



**The Cain Mustangs are looking for dedicated student-athletes who take pride in their school and are willing to make maximum effort in both the classroom and on the tennis court. Wearing a Mustang uniform is a privilege, one that carries both responsibilities and rewards.**

**\*\*\*Students must have a physical uploaded to Rank One and the online forms completed before try outs begin. Students will not be permitted to try out without the proper documentation.**

## **What to Bring and What to Wear**

- **Comfortable Athletic bottoms with a pocket. A plain white t-shirt. You will be assigned a number and that needs to be on your shirt. (Dress appropriately for the weather conditions, we will be outside.)**
- **Tennis Shoes**
- **Your Tennis Racquet (You may borrow one of ours for tryouts, but you are required to have your own for the season)**
- **You should bring your own reusable water bottle.**

## **Tryout Criteria**

- **We are looking for coachable athletes who have a great work ethic and want to learn to be better players and teammates.**
- **Prospective student athletes will be tested and evaluated for their overall athletic ability and level of tennis skill. Coaches will apply the following skill (in this order):**
  - 1. Attitude: Players who are positive, competitive, and eager to learn.**

### **ATTITUDE EVALUATION:**

- **Prospective CMS Tennis players should be willing to try hard, make mistakes, learn from those mistakes and keep trying.**
  - **Coaches will take note of those players who listen, follow directions, and ask appropriate questions when necessary as well as those who are disrupting a drill/getting others off task.**
- 2. Athletic Ability: Players with the ability to learn and perform complex skills (no complaining about running; in tennis...YOU RUN!)**

### **SKILL/COMPETITION EVALUATION:**

- **Prospective players will be asked to demonstrate their understanding of basic tennis skills (forehand, backhand, volleys, and serve) in competitive situations. Hitting TOPSPIN is very important.**
  - **Expect to work hard. You will be asked to perform all physical testing and drills at full speed.**
  - **You should run when getting tennis balls, when moving from drill to drill and when going to and from water breaks.**
  - **Student**
- 3. Ranking: Players will be required to register for UTR in order to participate in the CAIN tennis program. Rankings will be used to determine the players for each match during the season.**

**\*\*\*\*As with most sports, coaches will evaluate players for their ability and potential to fill the needs of the team.**

### **How to Impress the Coaches**

- 1. Be there to help get out tennis equipment.**
- 2. Be among the first to line up for drills or demonstrations (don't force the issue to be with a friend).**
- 3. Look the coach in the eye when she/he speaks to you or to the team.**
- 4. Be a champion go-getter.**
- 5. Be among the first to help put away equipment.**
- 6. Don't talk while the coach is talking to the group!**

### **Options for Players Not Selected**

- **Tryouts are a difficult time. One of the toughest jobs for any coach is the final decision about which players make the team, and those who do not. We strive to make all decisions fairly, without bias, and after extended deliberation and evaluation of each prospective student-athlete.**
- **If you are not selected this season, and would like to try out again in the future, there are other options available to you that may help you in the future.**
  - **You may be selected as a team manager. Tennis managers have a chance to learn leadership and organizational skills and fill a valuable role on the team.**
  - **Participate in Track or Soccer at Cain.**

**This is a list of recommendations to get better over the course of the year:**

- **Take lessons: either group and/or private.**
- **Join UTR**
- **Play in local tournaments.**
- **Attend tennis camps (we missed seeing many of you over the summer at the Rockwall/Heath tennis camp). There is an active recreational tennis community year-round at local clubs.**
- **Hit a LOT of tennis balls and work on your technique and mental game**
- **Don't give up**