

TEAM RULES

(aka: Rachel's TEN-nis Commandments)

1. **Our goal is to win, both individually and as a team. Always try to have fun in the process (however, winning is almost always more fun than losing).***
2. **No excuses. Don't tell your captain or partner why you are not going to play well that day unless it will affect your play significantly and/or you're in a position to have to stop play. (And never make excuses to your opponents before or during the match unless you are forfeiting.)**
3. **Don't speak negatively to other players about your teammate(s) or partner. Always talk to your captain/coach about any situation that involves a problem with team members.**
4. **Be open-minded about playing with different partners and different sides.**
5. **Come early to play, and come prepared to play tough.**
6. **Play at least once per week (outside of matches) and try to drill at least twice per month.***
7. **Don't complain, suggest better ways to accomplish goals and share ideas in a positive way.**
8. **Have at least two partners with whom you practice and play (the triangle concept).**
9. **Remember to give sincere, positive feedback to your teammates and partners whenever possible.**
10. **Adore and respect your captain – for you may be in the captaining "hot seat" next season!**

***(Subject to adjustment based on your team's agreed-upon goals)**

SIGNED: _____

PRINT NAME: _____

DATE/SEASON: _____