

Conference, Regional, and State Finals Info 101

Goals

1. *OK-Red Conference Championship*
2. *Win Division 1 Regional Title*
3. *Advance to State Finals and take a top 10-finish*

Goal #1: Win OK-Red Conference Championship

- There are seven schools in the OK-Red with tennis teams. The Red consists of the largest schools West of Lansing. They are:
 - East Kentwood
 - Grand Haven
 - Grandville
 - Hudsonville
 - Jenison
 - Rockford
 - West Ottawa
- How do you win the OK-Red?
 - 50% of a team's ranking comes from standings after duel matches. All the teams play each other, and once that has happened teams are ranked 1-7.
 - 50% of a team's ranking comes from the place they take in the OK-Red Conference tournament.
 - In this tournament, all flights will be placed in a draw and will play 3 matches during the day.
 - The exception is the team that gets a #1 seed. They get a bye first round and only have to play 2 matches.
 - There is no elimination at this tournament, you will keep playing regardless of whether you win or lose.
- How do you earn Seeds?
 - By going through the OK-Red duels with lots of wins. OK-Red duels are the only matches looked at in Conference seeding.
 - Seeding is by flight, not by team. So, at one flight, we might be the #1 seed, but at another flight, we might be the #3 seed. It all depends on how you rank at your particular flight.
 - Four teams get seeded at every flight. Since there are 7 total teams, there are 3 other teams that don't get seeded. They will have to play the 2-4 seeds in the first round. The #1 seed doesn't play anyone in the first round, cause they get the bye.

FOR AN EXAMPLE OF WHAT A CONFERENCE TOURNAMENT LOOKS LIKE, GO TO 2011 RESULTS AND CLICK ON OUR CONFERENCE FINALS RESULTS.

Goal #2: Win Regional Title

- What is Regionals? The Regional is the first round of States. The purpose is to determine which teams will qualify for the State Finals.
- Teams in our Region:
 - Caledonia, East Kentwood, Grand Haven, Grandville, Holland, Hudsonville, Jenison, Kalamazoo Central, Rockford, West Ottawa
- How do you qualify?
 - The top two teams in the Region automatically advance.
 - If a team takes lower than 2nd place, but earns 18 or more points at the tournament, they go(*this happens about every other year*).
 - If the 1st singles player makes it to the finals of their flight, they may qualify as an individual.
- So how do you earn points?
 - The top 4 teams at each flight get seeds. If you are a seed and you win your first match, you get 2 points. This puts you in the semifinals of your flight.
 - If you win your next match to get into the finals, that gets you a third point.
 - If you win your flight, you get a fourth point.
 - This is a single elimination tournament
 - Strategy is to get everyone seeded and to the semi-finals. This gets you 16 points alone.
- How do you get seeded?
 - #1 factor is how you do in the OK-Red tournament, since it takes place a few days before the Regional seed meeting and since they are mostly the same teams.
 - To get seeded above teams not in the OK-Red, we must show that we have dominant wins. This is why we schedule tough opponents all year long...wins against them help us earn seeds.
- How many points does it realistically take?
 - The most points a team could possibly take at a regional is 32 points if every flight took first.
 - In reality, the winning team generally is somewhere in the low to mid twenties.
 - From what I've seen from our competition this year, I think it will take 23 points to guarantee a regional title.

FOR AN EXAMPLE OF WHAT A REGIONAL TOURNAMENT LOOKS LIKE, GO TO MENS 2011 RESULTS AND CLICK ON OUR REGIONAL RESULTS (Sorry, last year's women's results were not put in a form that I'm able to upload to the website).

Goal #3: Place in the Top-10 at State Finals

- There are 8 Regions in Division 1
- About 2-3 teams qualify from each region.
- This means about 20 teams are usually at the State Finals. We need to finish in the top half of these teams to take finish in the top ten.
- For Division 1, the State Finals is always held at the Midland Community Tennis Center. This is the nicest tennis facility in Michigan, with over 30 courts, 15 of which are indoors.
- It generally takes 9 to 10 points to finish in the top ten. To do this we ideally want everyone to win one match at States. Any time someone does not win a flight, another player will have to win two matches to compensate.
- To advance to the second day of the State Finals, at least one flight must advance to the State Semifinals. The State Finals is a five round draw, so the semi-finals would be the fourth round. Depending on whether or not you get a first round bye, this means you must win 2 or 3 matches.

How do we reach these goals?

1. Make sure to have fun every time we are on the court. One of the biggest mistakes people make is thinking that playing good tennis makes you have fun. WRONG, WRONG, WRONG, it's actually the other way around. Fun produces good tennis.
 - a. Any time you are feeling tired or stressed (which WILL happen), you need to find a way to make your match fun.
 - b. Any time you notice a teammate who is tired or stressed (which WILL happen), you need to find a way to help them find fun.
2. Understand that fun doesn't always look like laughing and smiling. Sometimes it looks like a scowl on your face because you want to beat someone so badly. Sometimes it's the look of you hunched over, because you are so tired from trying so hard. If you are an athlete, then you understand that moments like this can also be fun in a weird way. But mostly, fun does look like laughing and smiling. 😊
3. Come out with energy every single match. I think it was pretty obvious during the Rockford match that in day 1 we didn't have much energy. In day 2, we had lots of energy. We did MUCH better as a team on day 2. There aren't really that many matches on the schedule. For example, we only play 6 OK-Red duel matches. We can't afford low energy days, and we need to bring the fun every single time!