



Bianca Ross

Head Girls Tennis Coach

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STRENGTHS

- 📅 **Practice Organization**
Built timed stations and clear assignments before sessions. Coaches knew their roles, and athletes received focused repetitions.
- ♥️ **Player Mentorship**
Used specific feedback with developing players. One small technical correction often became a meaningful confidence boost.
- ♥️ **Student Supervision**
Kept coverage visible from arrival through dismissal. Families valued dependable routines, especially on busy match days.
- 💬 **Family Communication**
Shared schedules and expectations in plain language. Clear updates reduced confusion and helped participation run smoothly.
- 📅 **Program Stewardship**
Tracked equipment and coordinated booster support. A simple inventory habit helped prevent avoidable shortages before competition.

SKILLS

Tennis coaching

Advanced tennis strategy

VHSL rules Practice planning

Player selection

Student mentorship

Parent communication

Coach coordination

Team supervision

Skill development

Equipment inventory

SUMMARY

High school tennis coach and licensed educator with eight years of progressive experience leading varsity and **junior varsity** girls programs. Plans purposeful practices with **skill stations**, **drill timing**, equipment assignments, and coaching coverage, then teaches advanced strategy through clear demonstrations and constructive feedback. Selects players thoughtfully, supervises students from arrival through dismissal, and maintains dependable coverage at practices, matches, and team activities. Communicates schedules, expectations, development goals, and decisions clearly with athletes, families, and **assistant coaches**. Applies VHSL rules and school athletics procedures while coordinating coaches meetings, equipment inventory, booster support, and fundraising activities. Builds positive team cultures where technical growth, sportsmanship, accountability, and student safety guide each spring season.

EXPERIENCE

Head Girls Tennis Coach

Cedar Grove Preparatory School 📅 February 2023 - Present 📍 Midlothian, VA

Lead varsity and junior varsity girls tennis operations across spring seasons, owning practice design, **player development**, selection, supervision, assistant coach coordination, compliance, equipment planning, family communication, and booster support.

- Built spring practice plans with timed stations and equipment assignments, improving daily coaching coordination.
- Evaluated roster candidates through strokes, match readiness, tactics, effort, and sportsmanship for balanced selection.
- Maintained **two coach coverage** during practices and matches, keeping **student supervision** continuous through departure.
- Applied **VHSL rules** and school procedures during eligibility coordination, match preparation, and **coaches meetings**.
- Managed racquet, ball, and training aid inventory with booster support for timely purchases and fundraising.
- Communicated schedules and expectations clearly with players and **parents**, strengthening seasonal accountability and trust.

Assistant Girls Tennis Coach

James River Academy 📅 February 2020 - May 2022 📍 Richmond, VA

Supported **varsity** and **junior varsity** instruction through structured stations, technical feedback, player evaluation, family communication, match operations, coverage planning, equipment stewardship, and compliance with school athletics procedures.

- Taught strokes, footwork, serves, doubles positioning, and match strategy through focused seasonal practice stations.
- Prepared equipment and timed drills from shared plans, giving athletes consistent repetitions across ability groups.
- Mentored developing players with specific feedback and progression drills, building confidence and **sportsmanship**.
- Documented practice observations and challenge match results, supporting informed lineup and development decisions.
- Shared schedule updates and expectations through approved channels, helping families plan dependable participation.
- Supported home match setup, equipment counts, booster activities, coverage needs, and VHSL compliance.

Junior Varsity Tennis Coach

Westfield Community High School 📅 February 2018 - May 2019 📍 Chesterfield, VA

Booster coordination

Fundraising support

Outdoor supervision

Match preparation

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Head Girls Tennis Coach at Cedar Grove Preparatory School (3.6 Years)

● Assistant Girls Tennis Coach at James River Academy (2.2 Years)

● Junior Varsity Tennis Coach at Westfield Community High School (1.2 Years)

Guided junior varsity athletes through foundational and intermediate tennis development while managing structured practices, competition preparation, student supervision, parent communication, **equipment needs**, and seasonal progression.

- Taught technique, court positioning, scoring, and team conduct through progressive **junior varsity** instruction.
- Built warmups, stroke stations, point play, and **match preparation** around student skill progression.
- Supervised athletes from arrival through dismissal, maintaining dependable adult coverage and clear behavioral expectations.
- Prepared players for singles patterns, doubles communication, serve returns, and VHSL match procedures.
- Tracked balls, racquets, training aids, and court equipment, helping plan replacements before competitions.
- Clarified practice times, match logistics, development goals, and expectations for players and parents.

PROJECTS

Youth Tennis Clinic Program 📅 2021

Coached Richmond youth players through welcoming tennis clinics that connected basic technique, movement, confidence, and sportsmanship. Adjusted instruction for varied ages and helped participants enjoy steady progress.

Spring Player Development Framework 📅 2024

Created a repeatable practice framework linking skill stations, drill timing, tactical themes, equipment needs, and assistant coach assignments. Framework supported consistent instruction across varsity and junior varsity groups.

LEADERSHIP & AWARDS

- Recognized for dependable leadership of varsity and junior varsity girls tennis programming during spring seasons.
- Commended by coaching peers for constructive player feedback, organized practices, and reliable student supervision.
- Selected to support Richmond Youth Recreation Program tennis clinics from 2021 to Present.

EDUCATION

Bachelor of Science in Health and Physical Education

Virginia Commonwealth University 🎓 GPA: 3.5 📅 2017 📍 Richmond, VA

Coursework: *Coaching methods, Exercise physiology, Health education, Student development*

CERTIFICATIONS

- Virginia Collegiate Professional License, Health and Physical Education 📅 2025
- CPR and AED for Professional Rescuers 📅 2026

TECHNICAL SKILLS

- **Tennis Instruction:** Stroke mechanics, serve patterns, doubles positioning
- **Practice Planning:** Skill stations, drill timing, warmups
- **Competition Preparation:** Match strategy, point play, game day setup
- **Player Evaluation:** Roster selection, challenge matches, performance observation
- **Student Supervision:** Arrival coverage, dismissal procedures, two coach coverage
- **Athletics Compliance:** VHSL rules, school board procedures, coaches meetings
- **Communication Tools:** Parent updates, team channels, schedule notices
- **Equipment Management:** Racquets, tennis balls, training aids
- **Program Operations:** Booster coordination, fundraising, seasonal scheduling
- **Safety Practices:** CPR, AED response, outdoor supervision

PROFESSIONAL AFFILIATIONS

- Volunteer Tennis Clinic Coach, Richmond Youth Recreation Program, 2021 to Present.
- School athletics coaching community participant, supporting VHSL aligned student development and sportsmanship.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST