

Tiedt stresses wellness with Coe tennis

Written by Christine Ebekebrede
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Kris Tiedt has focused her life on the wellness of others and now as the head women's tennis coach at Coe she can do just that.

Tiedt played tennis at Northern Illinois University. She still plays in league tournaments in the area and national tournaments.

Tiedt served as an assistant coach for both the men's and women's tennis teams at Coe under Eric Rodgers for five years, but now she's leading the women's program and Rodgers is leading the men's program.

Tiedt also works as the strength and conditioning coach for men's and women's soccer, men's and women's tennis, and men's and women's golf.

Wellness is important to her.

"As you climb the different levels of tennis, physicality becomes that much more important," she said.

The tennis department tries to make sure all its players give one hour off the court for every hour on the court. Tiedt said the team does this willingly because they understand that wellness is important and they see the return from that.

"I put more thought into big-picture items in terms of not only where I want the team to be on the court but also off the court," she said.

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Tiedt enjoys serving as the head coach and led the Kohawks to another successful season. Haley Resnick won the Iowa Conference singles title this past Saturday. Laura Birky and Jordan Ferree won the doubles title, topping teammates Sarah Lasecki and Resnick in the finals.

"Whether it be academics, careers, and happiness in general, I see myself more as helping them try to grow as people, not just tennis players," she said.

Tiedt attributes the team's success to a variety of factors. She praised how Rodgers built the program for 25 years, the culture that that's been established, the work ethic of the players, and the fact they love tennis and want to be better on a daily basis.

Tiedt is thankful for her leaders on the team like Ferree.

"Her work ethic and time investment have set the tone," said Tiedt. "She leads very much in that respect.

"We have a four [person] strong junior class, so essentially every time we step on the court we have five leaders.

"I consider my role to help them grow as people and tennis players. That makes you a mentor and coach first and a friend second.

"They have fun when they are together. It is neat and rewarding to me to watch them bond and have those connections with those in their class and their team.

"They are a group of ladies that likes or loves tennis, depending on the day. Most of the time they love it. They have a really good perspective on trying to improve or get a little bit better each day.

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"I think they are part motivated by results, by the healthy rivalries that exist within the conference, and each other and their levels. [They are] always motivated to return to the NCAA tournament each year."

Tiedt joked that even trips to Dairy Queen motivate them.

"My experiences in total have made me into the person I am today," said Tiedt. "My being a parent helps me being a coach more than [being an attorney]. My competing does the same.

"There is a reason I coach instead of wear a business suit. I get to spend more time outside than not, I'm on a college campus where there's energy and I get to run, jump and play. I like sports more than [business] skirts.

"I don't feel like I have a job. I always tell people that every day I get to run jump and play. Every day is different. It brings new and different challenges."