



**Varsity Head Coach:** Geoff Leggieri  
[gleggieri@bhbl.org](mailto:gleggieri@bhbl.org), 518-366-8017  
**JV Coach:** Peter North  
[pnorth@bhbl.org](mailto:pnorth@bhbl.org)

## BH-BL BOYS TENNIS 2020 PRESEASON INFORMATION

### Varsity Tryouts

- Begin **Monday 3/9/20 in the MS gym.**
- First round of team selections will be made Wed or Thursday.
- Final selection is Friday 3/13
- All preseason tryouts/practices will be held in the MS gym unless otherwise noted. The most updated times/locations are on our website. See below.
- Practices (other than when at TriCity Tennis) will be held during the following times: M/F: 2:45-4:45, T/W/R 3:30-5:30.
- Going out on our courts during preseason will be determined by weather. Our HS courts will **always** take precedence over gym time or indoor time if the weather cooperates.
- *Flexibility* in our schedule is a key element of preseason!
- Varsity matches and training WILL take place over spring break. **Do not try out for the varsity team if you cannot commit to being a part of our team during the break.**

### Junior Varsity Tryouts

- Begin Monday **3/16/20** in the MS gym.
- Same times as Varsity.

### Nurse Clearance

- All athletes must turn in a yellow medical clearance form ("Yellow Ticket") to their coach before trying out. **No form/no tryout/no exceptions.**
- Athletes can bring them the first day of tryouts or hand them into the coach they are trying out with ahead of time. This form lets the coach know that the athlete is medically cleared to participate.
- Athletes may obtain the form from their school nurse.
- MS nurse: [ljewell@bhbl.org](mailto:ljewell@bhbl.org) HS nurse: [dfredericks@bhbl.org](mailto:dfredericks@bhbl.org)
- **Free sports physicals** will be done during the school day at the HS and MS on **MARCH 4th**. Athletes need to sign up with their respective school nurse ASAP.

### Season Calendars

- Varsity and JV calendars can be found at [www.spartantennis.com](http://www.spartantennis.com), under **BOYS TENNIS**.
- Other useful info can be found at [www.spartantennis.com/boyspreseason](http://www.spartantennis.com/boyspreseason)
- As the season approaches, more training times and locations will be added.

### Parent Meeting

The coaches will host a parent meeting in March (date/location TBD) that all athletes and parents should plan to attend. We will cover various topics related to upcoming season with regard to what to expect from participation in this program both as an athlete and as a parent.

### NYS Athletic Performance Placement (for middle school students only)

Physical requirements for 7<sup>th</sup> and 8<sup>th</sup> graders (because they are playing a HS sport) who have not already passed the tests last season or for another sport are listed in the chart below. **Passing scores in PE class will count.** Mr. Scalise, our athletic director, will be conducting the testing in the Middle School gym **on March 4<sup>th</sup> and 5<sup>th</sup> during activity period. A letter will be sent home to you and your child from Mr. Scalise explaining the process and the dates.** Four out of the five tests must be successfully completed in order to participate. All APP questions should be directed to Mr. Scalise at 399-9141 x83309.

AGE	Curl-Ups (# in 1min.)	Shuttle Run in seconds (30')	V-sit & Reach in inches	1-mile run	Choose 1	
					Pull ups	Right angle push ups (one every 3 seconds)
11	47	10.0	4.0	7:32	6	26
12	50	9.8	4.0	7:11	7	30
13	53	9.5	3.5	6:50	7	35
14	56	9.1	4.5	6:26	10	37