



Athletes,

As the summer is about to be upon us, recognize that it is what you do over the next few months that will lay the groundwork for what you will be during your fall tennis season. While you need to rejuvenate your body, mind, and spirit this summer, you also need to commit to working hard to become the best athlete you can be.

Make sure you are consistently giving great effort to your agility and strength training, putting in time on your tennis-specific skill development and **match-play**, and working with your teammates to maximize your team's potential. Your teammates are counting on you to do your best this summer so you can be your best next season!

If you have any questions about the information on the following pages, reach out to your coach. We are happy to help.

See you on the courts!

-Coach Leggieri, Coach Durrant and Coach Schneider

**Geoff Leggieri**

Varsity Girls Tennis  
[gleggieri@bhbl.org](mailto:gleggieri@bhbl.org)  
518-366-8017

**Michaela Durrant**

JV Girls Tennis  
[mdurrant@bhbl.org](mailto:mdurrant@bhbl.org)  
619-852-9049

**Trevor Schneider**

Girls Assistant  
[tennisi7@gmail.com](mailto:tennisi7@gmail.com)  
518-429-3371