

## GIRLS TENNIS PRESEASON MEETING/CHECKLIST

### General items

- Attend preseason meeting and make sure your information is listed correctly on the roster spreadsheet.
- Know the “5 Pillars of the BH-BL Tennis Program” and improve where needed (see attached)
- Check with home and make sure family vacations to not overlap the season **(8/19 start date)**
- By June 1st, Complete the online preseason questionnaire (varsity tryouts only) at [spartantennis.com/vgirlspreseasoninfo](http://spartantennis.com/vgirlspreseasoninfo)
- Pass APP (for those entering into 7th or 8th grade). See back of this sheet for standards.
- Nurse/physical:
  - Contact your doctor and obtain a copy of your physical
  - Bring it to your nurse along with the Sports Recertification Form (in this packet) -OR- Sign up with school nurse ASAP for a free Physical **(given 6/12)** if you need one
  - Obtain Yellow Sports Clearance Slip from the nurse this summer (call nurse for summer hours)
  - Hand it to your coach on the first day of tryouts **(8/19)**
- Have the proper equipment/racquet for the upcoming tennis season. Locally, Player’s Choice in Schenectady or the online company [Tennis-warehouse.com](http://Tennis-warehouse.com) are both good resources and they are very both helpful. Call them with questions.
  - Appropriate racquet with the correct grip size
  - Tennis-specific sneakers (not running shoes as they lead to ankle rolls)
  - Over-grips for the season (3-6)
  - Varsity players should have their racquet restrung or have fresh strings to start the season. (Player’s Choice in Schenectady or Ken Shea [kenshea@kenshea.com](mailto:kenshea@kenshea.com) in Burnt Hills.)

### SpartanTennis.com

- Visit [www.spartantennis.com](http://www.spartantennis.com) and find your team’s page.
- Check out the preseason info page at [www.spartantennis.com/girlspreseason](http://www.spartantennis.com/girlspreseason)
- Understand the calendar and how to check it. It will be the most up-to-date resource for scheduling. There will be no paper calendars given out.

### Tennis/Fitness Development

- Summer Tennis Camps**
  - Spartan Tennis Camp: (beginner-intermediate. Already a waiting list)
  - Sportime Tennis Camps: <https://www.sportimetry.com/summercamps/sch>
  - TriCity Tennis Camps: <https://www.tricitytennis.com/summer-camp.html>
  - Wilton YMCA Camps: <https://srymca.org/wilton-branch/summer-tennis-camp/>
- Local Lessons**
  - Trevor Schneider:** tennisimpi7@gmail.com 518-429-3371
  - Caitlin Crowley:** ccrowley06@gmail.com 518-368-2354
- Fitness**
  - Visit our website for agility training drills. More will be added. [spartantennis.com/conditioning](http://spartantennis.com/conditioning)
  - Visit [www.518nextlevel.com](http://www.518nextlevel.com) for information on the local strength & conditioning camp offered at BHBL High School.
- Summer play nights at the BH-BL High School courts.**

“Play Nights” for tennis players wanting match-play (see attached). Coaches MAY be in attendance some nights but this is player-driven.

### Items to have on Day 1 of tryouts (7-8th graders must have passed the APP tests)

- Yellow Sports Clearance Form
- Program Guidelines and Expectations Packet signed (bring last page only)
- Tennis sneakers, plenty of water, hat/sunglasses, sunscreen, towel.

# SUMMER PLAY NIGHTS

PICK-UP STYLE MATCH PLAY FOR JV/VARSITY GIRLS AND BOYS

**JUST SHOW UP SOMETIME BETWEEN THE HOURS OF 5-8PM  
TO FIND SOMEONE TO PLAY WITH!**

**COME EARLY – STAY LATE! BRING FRIENDS!**

Bring tennis balls

**\*July (Tues/Thurs): 2, 4, 9, 11, 16, 18**

**July (Mon/Wed/Fri): 22, 24, 26, 29, 31,**

**August (Mon/Wed/Fri): 2, 5, 7, 9, 12, 14, 16**

\*Spartan Tennis Summer camp is taking place on MWF at the beginning of July.

**Courts will be unavailable on the following evenings: July 1, 3, 5, 8, 19, 12, 15, 17.**

**Of course, you're welcome to go play any night but having a couple of nights per week set aside will help with players looking for hitting partners.**

APP STANDARDS FOR INCOMING 7TH AND 8TH GRADERS TRYING OUT FOR JV OR VARSITY TENNIS

					Choose One	
Age	Sit Ups	Suttle Run	V-Sit	Mile Run	Pull Ups	Right Angle Push-Ups
11	42	10.5	6.5	9:02	3	19
12	45	10.4	7	8:23	2	20
13	46	10.2	7	8:13	2	21
14	47	10.1	8	7:59	2	20