

2010 GIRLS' VARSITY & JV TENNIS SEASON GUIDELINES

I. Season Guidelines:

A. Improve your physical fitness

- 1. Spend time on endurance, agility and speed**

B. On court time

- 1. Ground strokes: stress correct form**
 - a. Schedule yourself for as many repetition days as possible
forehand/backhand**

C. You must “prepare” before you can succeed

D. 1st Pre-season practice August 23, 2010

- 1. Varsity: 8:00AM–10:30AM @Columbia High School Tennis Courts**
- 2. JV: 10:30AM–12:30PM @Columbia High School Tennis Courts**

E. August 9th Health History Review at Goff Middle School Health Office - 9:30AM – 11:30AM

F. Varsity 1st seasonal match September 2 vs Niskayuna JV 1st seasonal match September 10 vs Averill Park

ALL MATCHES AT COLUMBIA HIGH SCHOOL BEGINS @4:00PM