

JULY 1, 2011
SUMMER LETTER

Practice for the Girls Shaker High Tennis Program begins Monday, August 22nd. Please refer to the practice schedule below. All physical forms must be turned into the Junior High or the High School nurse's office. A sports recheck card must be filled out and mailed to the school nurse after July 15th and received prior to August 15th. If you need sports physical forms, they are available online or by contacting the health office.

All prospective players need to be fit and **MATCH TOUGH** prior to the start of the first training date, August 22nd. We will start play-off matches on the first day of tryouts for varsity singles and doubles positions. Please remember to bring water or sports drinks, sun screen, and running shoes. In the event of rain, players will run, (aerobic), do agility, speed and strength training, (we will practice rain or shine). Expect to be outside training unless severe weather occurs, ie lightning. Bring layered clothing for cold weather, light clothing for hot weather. Play sets and matches this summer to get ready.

PRACTICE SCHEDULE

DATE	DAY	TIME	COMMENTS
8/22-8/26	mon-fri	8-11:00am	junior varsity practice
8/22-8/26	mon-fri	1:30-3:30pm	varsity practice
8/23-8/25	tues-thurs	3:30-5:30pm	varsity practice
8/29-9/2	mon-fri	8-11:00am	junior varsity practice
8/29-9/2	mon-fri	1:30-3:30pm	varsity practice
8/30	tues	7:00pm	sports information night for parents

Practice subject to change as needed. Additional dates will be provided at the first practice. Sports Information Night is mandatory for parents. Players missing tryouts will be cut. See you at the courts!

Gerry Cuva
Varsity Coach
H 463-0707 C 428-5725
coachcuva@aol.com

Ernie Ripepi
Junior Varsity Coach
W 785-5511 ext 3430
eripepi@ncolonie.org