

TENNIS 2009

IMPORTANT DATES TO REMEMBER

CAPTAINS PRACTICES- Tuesdays and Thursdays starting the week of July 6th through the preseason. (TIMES TBA pending Smoke Rise regulations).

PRESEASON PRACTICES- AUGUST 17th 8:30 AM- 12 PM. If you are planning on trying out for the team, you must be present at ALL of the practices starting August 17th.

PRESEASON SCHEDULE:

<i>M</i>	AUGUST 17th : 8:30 AM-12PM 1 st day of TRYOUTS/CHALLENGE MATCHES
<i>T</i>	AUGUST 18th : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES
<i>W</i>	AUGUST 19th : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES
<i>Th</i>	AUGUST 20st : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES
<i>F</i>	AUGUST 21nd : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES
<i>S</i>	AUGUST 22rd : 9:00 AM- 12PM TRYOUTS/CHALLENGE MATCHES
<i>M</i>	AUGUST 24th : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES
<i>T</i>	AUGUST 25th : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES
<i>W</i>	AUGUST 26th : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES
<i>Th</i>	AUGUST 27th : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES
<i>F</i>	AUGUST 28th : 8:30 AM-12PM TRYOUTS/CHALLENGE MATCHES- CUTS WILL BE DETERMINED (pending the weather)
<i>S</i>	AUGUST 31st : 9AM-12PM TRYOUTS/CHALLENGE MATCHES- VARSITY AND JV TEAMS WILL BE DETERMINED

THE WEEK OF AUGUST 31st will be decided depending on weather and scrimmages.

KINNELON TENNIS

EXPECTATIONS FOR ALL INTERESTED CANDIDATES

If you are interested in being a candidate considered for the 2009 Girls' Tennis team, it is expected that you take part in the following activities before the Regular Season begins.

- **Go out and practice with a friend/teammate/parent/family member, etc.**
- **Condition yourself to be physically fit. The preseason practices will include skill development, physical conditioning (short sprints, long sprints, long distance runs, upper and lower body training, and footwork drills) and tennis etiquette.**
- **Plan all summer vacations PRIOR to August 17th. It is expected that you attend all TRYOUT and REGULAR SEASON practices AFTER AUGUST 17th. WE WILL PRACTICE EVERY WEEKDAY AND SATURDAY AFTER AUGUST 17th until our 1st match.**
- **Come to some of the preseason captains' practices and get to know your teammates. It is especially important if you are playing in a doubles position.**
- **Run over the summer. We will be running endurance drills the first few weeks of practices.**

Any questions, please e-mail COACH JON CATALDI at cataldij@kinnelon.org