

JOHN JAY TENNIS 2019

I hope you are looking forward to the fall season as much as we are. We are looking forward to an exciting, yet challenging, schedule this year with a few new teams on our schedule and many old rivals as well.

As some of you may recall from last season, we stressed the importance of training in the offseason. Some great ways to improve your game include: making sure you are involved with private and/or group tennis lessons (at least twice a week), getting involved with USTA tournaments if you have not been previously, joining summer tennis camps, competing on junior tennis teams throughout the year, joining tournament training clinics, and competing at your local clubs match/ladder play to teach you how to better compete and maintain your edge. Doing any, or all, of these things will benefit your try outs, as well as get you “match tough” for the start of the season. If you have not been training as recommended, the good news is that you still have two months left to become the very best you can be before the season starts.

Get out there and PLAY!

It is also very important that each player get themselves in good physical condition. Doing exercises that include light weight training, to build upper and lower body strength, jump rope, quick sprints (shuttle sprints), long distance run (at least 1 mile), and abdominal exercises to help build core strength, will all help to get you in great shape.

Tryouts:

Varsity tryouts begin on Monday, August 19th and JV tryouts begin August 22nd at the John Jay High School tennis courts from 4-7pm. All players are expected to be at all practices and matches. Please refer to the John Jay athletic calendar (www.klschools.org and click on Athletics or <http://wtennis.klufsd.tandem.co/>).

Make sure you come prepared to practice with racquets, towels, extra shirts, water bottle etc.

On-line registration for fall sports opens July 19th. All student-athletes must be registered on www.familyid.com and cleared by the nurse's office prior to August 7th in order to participate in tryouts. Be sure you have a current physical (and any other medical forms) on file in the nurses office before August 7th. If you are not registered online and medically cleared you will not be eligible to participate, so please register early and get your paperwork in on time.

Enjoy the rest of your summer and we are looking forward to an amazing season!

Coach Passman
Coach Flynn