

2010 Patrick Henry Girls' Tennis Team Tryout Information

My name is Coach Karen Ronney, and this is my fourth year leading the Lady Patriots Girls' Varsity Tennis Team, which won the 2008 and 2009 Eastern League Championships. I look forward to another great season. I hope you will be part of it.

Preseason Tryouts and Practices

When: Tryouts will be held on **August 16-17** at the PHHS Tennis Courts. The team will be announced at the end of the Aug 17th practice.

Team Practice Begins: Aug 18-20 and 23-27.

Time: 3 to 5:30pm.

Location: Patrick Henry High School Courts.

Bring Report Cards: Make a copy of your last semester grades. (Don't bring originals.) Incoming freshman bring a copy of your last report card. You must have a 2.0 GPA in both academics and citizenship to be eligible to make the team.

Proof of a Signed Medical Physical Exam: You must have an athletic medical form signed by a doctor to be eligible to try out. Go to the PHHS website to download the information at <http://henry.sandi.net/athletics/index.php> . Here is a tip: Make an appointment ASAP in July for an August appointment. Don't wait. Doctor's offices will fill up, and last minute times are often not available.

Proof of Health Insurance: Bring a copy of your medical insurance card.

Equipment: You will need rackets, water, a snack, visor/hat, sunscreen, 3 new cans of balls, and a jump rope. (A small water 8 oz bottle won't be enough and there may not be water available to replenish your supply.)

Upcoming Summer Junior Tennis Tournaments: The Lake Murray Tennis Club offers a junior round robin tournament in August. Call LMTC at 619-469-3232 for more information. Also check out the Barnes Tennis Center for tournaments: <http://www.tennissandiego.com>

The USTA junior tennis website also has all levels of tournaments listed at <http://tennislink.usta.com/tournaments/Schedule/Search.aspx>

FREQUENTLY ASKED QUESTIONS

What do I need to be able to do to make the varsity team?

You should easily jump rope for 10-15 minutes. It helps to work out to music. If you have not started jumping, do so today! If you don't have a jump rope go buy one and keep it in your racquet cover. Any type of jump rope will be great, and it can be purchased at your local sports store. This is a priority for tennis fitness.

Skill Requirements: You should be able to:

1. Hit 10-20 forehands crosscourt and down-the-line in a row with control. Power is not essential or necessarily desired. Use topspin and try to clear the net by at least 6 feet. Consistency is the key to success.
2. Hit 10-20 backhands crosscourt and down-the-line in a row with control. Again, power is not essential. (Same as above)
Hit 5 to 10 volleys with control to an desired area. Make sure your volleys are crisp and clean (not a swinging groundstroke at the net.)
3. Hit overheads on the bounce and in the air.
4. Hit at least 7 out of 10 serves in a row (that are in!!!)
5. Hit 7 out of 10 service returns with control for singles and doubles.
6. Play 3 sets in a row without being tired. Conditioning and mental toughness makes all the difference in the world.

Additional bonuses:

Know how to hit drop shots, angle volleys, poach at the net, also hit approach shots and slice forehands and backhands.

Will there be a JV team?

To be determined.

How many players will make the team?

To be determined.

Why is the team selected after two days?

Time is short. If you have been practicing all summer or playing for years, than you will most likely be ready. Tennis is a sport that takes a long time to develop your skills. We only have two weeks until our first match. We need to immediately kick things into gear, hence the short tryout time.

If I made the team in the past, does it follow that I will for sure make the team again?

Every year is a fresh start. Please prepare to the best of your ability.

Do team managers have to come to summer practices?

If you have asked to be a team manager please come to preseason practices. You will receive volunteer community service hours for your efforts. I very much appreciate your help.

When will I get more information on schedules?

If you are selected for the team, every effort will be made to give you 6th period physical education. I will also give you a packet that includes our schedule, directions and information. You will receive a loaner racquet bag and you can help select uniforms. Plan to participate in team bonding events outside of the tennis courts during the week of August 23-27.

What if I have more questions?

Please feel free to email me at coach@karenronney.com. I will answer very quickly. Good luck to everyone! Get busy, make dr. appointments, buy jump ropes, dust off your tennis racquets, grab a bucket of balls, start practicing and play practice matches and tournaments. We are going to have a fun and amazing season.

Coach Karen's Summertime Tip:

Play practice sets of singles and doubles to better prepare for the fall season. Hitting with a friend is an important part of getting ready, but be sure to play practice matches. If you don't know where to find kids to hit with, call Lake Murray Tennis Club and join the junior ladder. It's a great way to get started. 619-469-3232.

Take care and have a great summer.
Coach Karen

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Lake Murray Tennis Club: Teaching Professional

Patrick Henry High Girls Varsity Tennis

Natl USTA RCW and QuickStart Trainer

National Special Olympics Coach