



# GIRLS AND BOYS TENNIS SUMMER WORKOUTS

**WORKOUTS BEGIN TUESDAY, JULY 26<sup>th</sup> through FRIDAY,  
AUGUST 12<sup>th</sup>**

**Student/Athletes will need to report to the tennis courts on the 26<sup>th</sup>  
at 8:00 am and the workouts will end at approximately 11:00 am**

***You will need to have an updated physical plus all the required  
equipment to participate in the sport.***

**Our focus will be:**

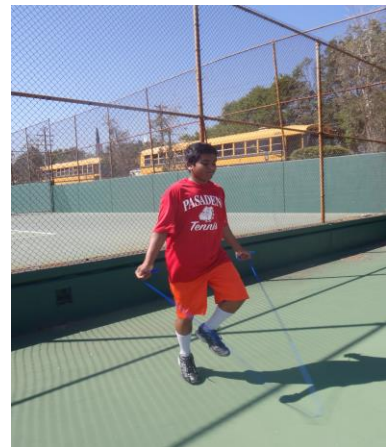
***FITNESS/CONDITIONING***

***INSTRUCTION***

***TENNIS DRILLS***

***STRATEGY***

***MATCH PLAY (SINGLES AND DOUBLES)***



**For the returning varsity and junior varsity players: do not wait for these workouts to start playing and getting ready for the upcoming tennis season. Get out there and play! Compete!**

*Summer Workout Schedule is as follows: Tuesday, July 26 – Friday, July 29; Tuesday, August 2 - Friday, August 5; Monday, August 8 - Friday, August 12. School begins Monday, August 15<sup>th</sup>, 2016. Girls Tennis Tryouts will be held Tuesday, August 23 – Friday, August 26.*