

## Frequently Asked Questions for Potential SF Tennis Players.

- Q. What should I do if I am interested in trying out for the Spring-Ford Girls Tennis Team?
- A. 1) E-mail Coach Reagan at [treag@spring-ford.net](mailto:treag@spring-ford.net) to be added to the contact/try-out list.  
2) Participate in Summer Workouts if you are available.  
3) Ensure your schedule allows you to be at EVERY event for the Fall Season starting on Monday, August 15.
- Q. Do I need a Sports Physical? Where can I find physical paperwork?
- A. Physical Paperwork can be picked up from the main office at the 8<sup>th</sup> Grade Center, the High School Athletics Office or online on the High School Athletics Website. Your PIAA Sports Physical should be turned into the High School Athletic Office TWO weeks before the start of the season. The Doctor's signature must be dated after June 1. Everyone MUST have a completed physical submitted and approved by the Athletics Office to try-out.
- Q. Are Try-Outs mandatory?
- A. Absolutely. Athletes must attend ALL try-outs in order to be eligible to play on the team. Try-outs begin on Monday, August 15<sup>th</sup>.
- Q. I am going on vacation during try-outs, can I try-out when I return?
- A. No. To ensure fairness to all athletes trying out, everyone attempting to make the team must be at try-outs.
- Q. I have never played tennis competitively before, should I still consider trying out?
- A. Yes. The optional summer workouts on Tuesdays and Thursdays are great opportunities to test yourself and see how quickly you can improve. They also give players the opportunity to try the sport without the pressure of actually coming to try-outs. Then if the athlete decides they enjoy tennis and wants to continue playing, they can try out for the team!
- Q. The Tuesday and Thursday morning summer workouts, are they mandatory?
- A. Absolutely not. They are completely optional. Feel free to come whenever your schedule allows and it isn't raining. Optional summer workouts will be cancelled if it is raining or has rained heavily the night before.
- Q. Do I need to have my own racquet?
- A. Yes, if you do not have one currently, try to borrow one from a family member and if you decide you enjoy the sport and make the team, you would definitely want to buy your own so you can get used to playing with it.
- Q. How many players make the team? Is there a 9<sup>th</sup> grade team?
- A. There are 11 varsity players, and then we will usually keep between 16 and 20 JV players. There is no 9<sup>th</sup> grade team for tennis. 9<sup>th</sup> graders can play on either the varsity team or the JV team depending on their ability.
- Q. What does the season look like and how long does it last?
- A. We practice and play Monday through Friday and an occasional Saturday. Once school starts we practice after school until 5:00. We usually play 2-3 matches a week. Usually the season ends mid-October for most players. Playoffs for the top varsity athletes may last until the end of October.
- Q. What can I do before try-outs in August to best prepare myself?
- A. Play tennis! Whether you come to the optional workouts, attend outside clinics or lessons, play with a friend, or hit against a wall....it's all great practice. You will also want to exercise this summer and acclimate your body to the heat. Sitting inside in the air-conditioning all summer and then coming out to play tennis in the August heat can be stressful on your body. Be active this summer and stay fit.

**If your question wasn't answered here, please contact Coach Reagan at [treag@spring-ford.net](mailto:treag@spring-ford.net)**