

2022 Spring-Ford Summer Tennis

Monday	Tuesday	Wednesday	Thursday	Friday
June				
20	21 - Drills and Match Play 9-11	22	23 - Drills and Match Play 9-11	24
27	28 - Drills and Match Play 9-11	29	30 - Drills and Match Play 9-11	1
July				
4	5 - No Workout	6	7 - No Workout	8
11	12 - Drills and Match Play 9-11	13	14 - Drills and Match Play 9-11	15
18	19 - Drills and Match Play 9-11	20	21 - Drills and Match Play 9-11	22
25	26 - No Workout	27	28 - No Workout	All PIAA Paperwork should be turned in.
August				
1	2 - Drills and Match Play 9-11	3	4 - Drills and Match Play 9-11	5
8	9 - Drills and Match Play 9-11	10	11 - Drills and Match Play 9-11	12
15 - Try-Outs 8:30-12:00	16 - Try-Outs 8:30-12:00	17 - Try-Outs 8:30-12:00	18 - Practice 8:30-12:00	19 - Practice 8:30-12:00

All Try-Out and Practices from August 15th on are Mandatory and should not be missed for any reason. Bring Water, Gatorade, and Light Healthy Snack.

All Tennis dates listed from June 21 - August 12 are optional workouts and will include an hour of drills and an hour of match play. These workouts are weather permitting days where we will play at the HS courts. Come as often as you like and whenever you can make it. If it is raining, or has rained heavily, we will not play. Check the team Twitter Page (@SF_GirlsTennis) for updates and cancellations.

All interested players should have a completed physical (Dated after June 1) turned into the high school athletic office before July 28th.

2022 SPRING-FORD TENNIS

"If Integrity Is The Cornerstone Of Everything You Do, You Can't Lose" -Steve Mazurek

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST					
15 - Tryouts 8:30-12:00	16 - Tryouts 8:30-12:00	17 - Tryouts 8:30-12:00	18 - Practice 8:30-12:00	19 - Practice 8:30-12:00	20 - Home CBE9/UV12 Report 8:15
22-Away RAD 10am(10 Cts) Report 8:15	23-Away CBS 3:30 (8 Cts) Report 1:15	24 - Home vs Wiss 3:30 Report 2:30	25 - Home vs P-Grove 3:30 Report 2:30	26 - Practice 9:00-12:00 Team Lunch	27
29 - Practice 3:00-5:00	30 - Away at Owen J (7 Courts)	31 - Practice 3:00-5:00	1 - Home vs Norristown	2 - Practice 3:00-5:00	3
SEPTEMBER					
5 - OFF <i>Labor Day</i>	6 - Practice 3:00-5:00 Mini Golf 6:30	7 - Away at Phoenixville (7 Courts)	8 - Practice 3:00-5:00	9 - Away at Pope JP II (6 Courts)	10
12 - Practice 3:00-5:00	13 - Home vs Upper Perk	14 - Practice 3:00-5:00	15 - Away at Methacton (8 Courts)	16 - Practice 3:00-5:00	17
19 - Practice 3:00-5:00	20 - Home vs Perk Valley	21 - Practice 3:00-5:00	22 - Home vs Boyertown	23 - PAC Singles	24 - PAC Singles
26 - Practice Varsity Only 9:00-11:00	27 - Away at Upper Merion (xx Courts)	28 - Home vs Strath Haven	29 - Away at Pottstown (6 Courts)	30 - District Singles	1 - District Singles
OCTOBER					
3 - Away at Conestoga (UMLY 8 Cts)	4 - Home vs Dtown West	5 - Practice Varsity Only 9:00-11:00	6 - Practice 3:00-5:00	7 - PAC Doubles	8 - PAC Doubles
10 - Team Districts	11 - Team Districts	12 - Practice 3:00-5:00	13 - Team Districts	14 - Practice 3:00-5:00	15
17 - Team Districts	18 - Practice 3:00-5:00	19 - Practice 3:00-5:00	20 - Practice 3:00-5:00	21 - District Doubles	22 - District Doubles Parade 11:00
24 - TBD	25 - Team States	26 - District Sing/Doub	27 - TBD	28 - Team States	29 - Team States
31 - TBD	1 - TBD	2 - TBD	3 - TBD	4 - States Sing/Doub	5 - States Sing/Doub

ALL DATES AND TIMES ARE SUBJECT TO CHANGE!!!

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 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 8th Grade Center, the High School Athletics Office or online on the High School Athletics Website. Athletic Registration MUST be completed online 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 15th.
- 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 9th grade team?
- A. There are 11 varsity players, and then we will usually keep between 16 and 20 JV players. There is no 9th grade team for tennis. 9th 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

GIRLS TENNIS

Coach: Todd Reagan

Email: treag@spring-ford.net

Please see the documents:

[2022 SF Girls Tennis FAQ for Potential Players](#)

[2022 Girls Tennis Schedule SUMMER](#)

[2022 Girls Tennis Schedule](#)