

## 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) You and your parent should text @sfgt24 to 81010 to be added to the Remind.**  
3) Participate in Summer Workouts if you are available.  
4) Ensure your schedule allows you to be at EVERY event for the Fall Season starting on Monday, August 12.
- Q. Do I need a Sports Physical? Where can I find physical paperwork?
- A. Physical Paperwork can be found 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 to be eligible to play on the team. Try-outs begin on Monday, August 12<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 heavily rained 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 will 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 around 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 was not answered here, please contact Coach Reagan at [treag@spring-ford.net](mailto:treag@spring-ford.net)**

# 2024 Spring-Ford Summer Tennis

Monday	Tuesday	Wednesday	Thursday	Friday
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## July

8	9 - Optional Workout 9-11	10	11 - Optional Workout 9-11	12
15	16 - Optional Workout 9-11	17	18 - Optional Workout 9-11	20
22	23 - Optional Workout 9-11	24	25 - Optional Workout 9-11	26
All PIAA Paperwork should be turned in.	30 - Optional Workout 9-11	31	1 - Optional Workout 9-11	2

## August

5	6 - Optional Workout 9-11	7	8 - Optional Workout 9-11	9
12 - Try-Outs 9:00-12:00	13 - Try-Outs 9:00-12:00	14 - Try-Outs 9:00-12:00	15 - Practice 9:00-12:00	16 - Practice 9:00-12:00

**All Try-Out and Practices from August 12th on are Mandatory and should not be missed for any reason. Bring Water, Gatorade, and Light Healthy Snack.**

All Tennis dates listed from July through August 8 are optional workouts. 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. Join our REMIND group by texting @sfgt24 to 81010 to get notifications of postponements and cancellations.

All interested players should have a completed physical (Dated after June 1, 2024) turned into the high school athletic office before July 29th

# ***2024 SPRING-FORD TENNIS***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AUGUST</b>					
12 - Tryouts 9:00-12:00	13 - Tryouts 9:00-12:00	14 - Tryouts 9:00-12:00	15 - Tryouts/ Practice 9:00-12:00	16 - Practice 9:00-12:00	17
19 - Away at CBS (8 Cts) 10:00(8:00)	20 - Practice 3:00-5:00 Parents 5:00	21 - Home vs Wiss 3:30 Report 2:30	22 - Away at GrV (9 Cts) 3:30(1:45)	23 - Home vs DTW 10:00 Pix 8:00am?	24
26 - Away at Pottsgrove (6 Courts)	27 - Practice 3:00-5:00	28 - Home vs PJP	29 - Practice 3:00-5:00	30 - Practice 3:00-5:00	31
<b>SEPTEMBER</b>					
2 - OFF Labor Day	3 - Practice 3:00-4:30 Mini Golf 6	4 - Away at Phoenixville (7 Courts)	5 - Practice 3:00-5:00	6 - Away at Owen J (7 Courts)	7
9 - Home vs Norristown	10 - Practice 3:00-5:00	11 - Away at Upper Merion (at NT 8 Cts)	12 - Practice 3:00-5:00	13 - Home vs Perk Valley	14
16 - Home vs Pottstown	17 - Practice 3:00-5:00	18 - Away at Boyertown (8 Courts)	19-PAC Singles Practice 3-5	20 - PAC Singles No Practice	21
23 - Away at Methacton (8 Courts)	24 - Practice 3:00-5:00	25 - Home vs Upper Perk (Senior Day)	26 - Home vs Strath Haven	27 - District Singles Rain Make-Up	28 - District Singles
<b>OCTOBER</b>					
30 - Practice 3:00-5:00	1 - Practice 3:00-5:00	2 - PAC Doubles?	3 - PACs?	4 - PAC Doubles	5
7 - Team Districts	8 - Team Districts	9 - TBD	10 - Team Districts	11 - TBD	12
14 - Team Districts	15 - TBD	16 - TBD	17 - TBD	18 - District Double	19 - Parade 11:15am 19-Dist Dubs
21	22	23	24		
<b>ALL DATES AND TIMES ARE SUBJECT TO CHANGE!!!</b>					
<b>Home Match</b>		PAC Singles-1,2 Singles (#3 with 6 PAC Wins)			
<b>Away Match</b>		PAC Doubles - Four Varsity Players			
<b>Special Event</b>		Districts - Must Qualify from PAC Play			