



To: Harrisburg Academy Girls' Tennis Team
Re: Introduction/Preseason practices and schedule
From: Coach April Gift

August 3, 2010

Dear Varsity Girls' Tennis Team:

Before you know it, August 16 will be here and practices for the season will begin. Physicals (free of charge) are scheduled for 10 -11:30 a.m. and practice will start at noon that day. A physical exam is required for each participant of every sport.

In the meantime, I hope you have been working on your game. Our tennis season is a short season, so hopefully by working out prior to the season you will be ready for preseason training and have the endurance for practice. The beauty of this sport is that it is a lifetime sport and a great way to meet new tennis players. Please encourage your friends to join our team — plus we have some new players this year that will be joining the team!

In order to start the preseason practices with a running start, Coach Rauenzahn and I are asking that you prepare by getting in shape BEFORE the season begins. Each day, devote 30 minutes to exercising by running, walking and/or weight training. It's both good for your body and good for the team. I have speed jump ropes to help plus resistance bands to help you get in shape!!!

Team Meeting will be on Aug. 16 at 11:30 a.m., after physicals and before practice begins. Preseason practices will take place at the Harrisburg Academy courts beginning Monday, Aug. 16, 2010 from 12:00-2:00 pm (weather permitting). Practices will run (before the school year starts) each day from 9 – 11 a.m. Once school has started on Aug. 31, practices will be from 3-5 p.m. Our first scrimmage is against Northeastern on Aug. 26 at home at 3:30 p.m. Please find our current schedule below, although recognized that it is subject to change (so check back on our website for the most up-to-date information).

Please dress appropriate for practices due to the summer weather conditions. Water will be supplied for each practice. Please come to practice with a racquet, wearing sneakers, dressed in tennis attire or shorts with pockets, and with a refillable water bottle. In the case of inclement weather, practices may be held either indoors at the school or possibly at Hershey Racquet Club.

The summer schedule of matches can be accessed on the Academy's website at www.harrisburgacademy.org on the Athletics webpage or at www.highschoolsports.net. If you have any questions, please email at agift0810@verizon.net. Also, Coach Rauenzahn can be emailed at Rauenzahn.R@harrisburgacademy.org and of course, you can always email our Athletics Director, Jeane Serino, at Serino.J@harrisburgacademy.org. Also you have access to my cell number below.

See you on the Courts!

Coach Gift
(717) 574-4841



Tennis

Girls Varsity

			Place	Time
	Monday	08/16/10	(Practice)	Home 12:00PM
	Tuesday	08/17/10	(Practice)	Home 9:00AM
	Wednesday	08/18/10	(Practice)	Home 9:00AM
	Thursday	08/19/10	(Practice)	Home 9:00AM
	Friday	08/20/10	(Practice)	Home 9:00AM
	Monday	08/23/10	(Practice)	Home 9:00AM
	Tuesday	08/24/10	(Practice)	Home 9:00AM
	Wednesday	08/25/10	(Practice)	Home 9:00AM
S	Thursday	08/26/10	Northeastern	Home 3:30PM
	Friday	08/27/10	(Practice)	Home 9:00AM
	Monday	08/30/10	(Practice)	Home 9:00AM
	Tuesday	08/31/10	East Pennsboro Area High	Home 3:45PM
	Thursday	09/02/10	Linden Hall School	Home 3:45PM
	Tuesday	09/07/10	Bishop McDevitt High School	Home 3:30PM
	Tuesday	09/14/10	Susquenita High School	Home 3:30PM
	Wednesday	09/15/10	Linden Hall School	Away 3:30PM
	Monday	09/20/10	Lancaster Country Day	Home 3:30PM
	Monday	09/27/10	Lancaster Country Day	Away 3:30PM
	Tuesday	09/28/10	Middletown High School	Away 3:00PM
	Wednesday	10/06/10	Middletown High School	Home 3:30PM
	Friday	10/08/10	Mid Penn Tournament	Away TBA
	Saturday	10/09/10	Mid Penn Tournament	Away TBA
	Monday	10/11/10	Mid Penn Tournament	Away TBA

Head Coach: April Gift

Assistant Coach: Richard Rauenzahn

Head of School
 James Newman

Athletic Director
 Jeane Serino