

To: Harrisburg Academy Girls' Varsity Tennis Team
Re: Introduction/Preseason practices and schedule
From: Coach April Gift
August 1, 2008

Dear Varsity tennis team:

First of all, I want to introduce myself to the families and tennis players of Harrisburg Academy. I have accepted the position as the new Head Tennis Coach. I look forward to working with the tennis players on and off of the courts.

As you read this, I hope you are enjoying your summer break and working on your game. The beauty of this sport is that it is a lifetime sport and a great way to meet new tennis players. So, please encourage your friends to join our team. We certainly have fun at practices and matches! Remember that we are a **TEAM - Together Everyone Achieves More!**

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 it's good for the team.

A physical exam is required for each participant of every sport. The physical exam must take place after June 1, 2008 and before practices begin. A school sponsored physical (free of charge) is scheduled for Monday, August 11: 10:30 – Noon.

Preseason practices will take place at the Harrisburg Academy courts beginning Monday, August 11. On that day, due to the physical exam schedule, we will begin at 12:30 pm. All other days prior to the start of school, we will practice 9:00 a.m. – Noon, except Wednesday, August 13, will be from 12:30-3:30 p.m. Please remember to bring water for each practice. If you are in need of a tennis racquet, please let me know as soon as possible so I can supply you with one. Once school starts, practices will be each day after school from 3:15-5:30 p.m. on the courts. If it's inclement weather, practices will be held either indoors at the school or possibly at West Shore Tennis Club. At the coach's discretion, a date will be determined when challenge matches will begin and end.

The fall schedule of matches can be accessed on the Academy's website at www.highschoolsports.net. If you have any questions, please email at agift0810@comcast.net or wstctennis@comcast.net. Also, Coach Rauenzahn can be emailed at rrouenzahn@harrisburgacademy.org, and of course, you can always email our Athletics Director, Jeane Serino, at jserino@harrisburgacademy.org.

See you on the Courts!

Coach Gift