

# HJS Girls Tennis – 2020

The attached information is our current plan for starting our Fall season. If these plans change due to State of Ohio/Ohio High School/Lakota/Greater Miami Conference recommendations, the changes will be posted to [lakotaonline.com](http://lakotaonline.com) (Schools – Hopewell Junior -- Athletics) ASAP. We recommend you check the website throughout May, June and July for any updates.

Also, we encourage our future athletes begin some of the conditioning recommendations listed below so you will be physically prepared to begin your journey into Hopewell Junior Athletics. Go Hawks!!

## SUGGESTED SUMMER WORKOUT PROGRAM

1. Push ups – 3 sets of 15  
Body Squat – 3 sets of 15  
Crunchies – 3 sets of 25  
Chair Dips – 3 sets of 15  
Walking lunges – 3 sets of 30 seconds
  
2. Chin ups (can be modified) 3 sets of 5 – 10 reps  
Standing Walkout to push up position and back – 3 sets of 10  
Leg Lifts – 3 sets of 15  
Planks – 3 sets of 30  
Toe Touches – 3 sets of 15  
Step ups – 3 sets of 10 for each leg
  
3. Decline push up 3 sets of 15  
Box jumps – 3 sets of 10  
Heel raises – 3 sets of 15  
Twist with a stick – side to side with a stick – 3 sets of 10  
Hip Bridge – 3 sets of 10

Each group above (1, 2 or 3) can be done 1 or 2 times each week. Do not try to do all 3 groups every day. Rotate groups to allow rest and recovery for the targeted muscle groups. Your self-discipline and work ethic will help you prepare for the season.

# HOPEWELL JUNIOR GIRLS TENNIS -- 2020

Thank you for your interest in tennis. Try-outs will begin Tuesday August 4th. All practices and try-outs will run every weekday from 3:00 to 4:30. You will need to bring your completed physical to the first tryout. All other paperwork can be completed on Finalforms. (See the attached directions for parents and students.)

Matches will begin 15 minutes after the other team arrives or whenever we arrive. The start time is a best guess, but please understand we begin as early as possible to secure as much daylight and to take advantage of the weather as best we can. Matches can end as early as 5:15 and may last until 7:00.

Please make sure you bring a water bottle with you during practice as the weather can be punishing.

As far as expenses go, It costs \$150 to play, approximately \$30-45 for uniforms if purchased, pictures if ordered can be around \$15-\$30 and then around \$30 for food after school during match days. This totals around \$250.

All tennis players are expected to stay until the match is decided, i.e. until we know whether the team has won or lost. There are 5 matches played for the team, whenever we win 3 or lose 3 of those 5 matches then the team may go, though all are encouraged to stay and support the team. However, in an effort to be reasonable, and allow for homework to be completed, tests to study for, this is the compromise between other commitments and being a team player.

A brief look at the schedule that can be found at [www.arbiterlive.com](http://www.arbiterlive.com) Search for Hopewell Junior School. We are the second one listed. Below is an early look at the schedule as it is currently constructed. We may add some games and we'll have two school wide events on Fridays that will have us cancel practice (Athletic Dance and the Color Run).