CUMBERLAND VALLEY HIGH SCHOOL

TO: GIRLS TENNIS APPLICANTS

FROM: COACH MALLOS & COACH LANDIS

- *FOR YOUR PLANNING:*

  READ THE ATTACHED MATERIAL CONCERNING PHYSICALS. PHYSICAL FORMS, EMERGENCY FORM AND DRUG TESTING FORM MUST BE SIGNED BY THE 1ST DAY OF TRYOUTS. ALL FORMS ARE ATTACHED AND/OR ARE AVAILABLE ONLINE OR FROM THE TRAINERS.

- *TRYOUTS:*

  Monday, August 13th - 17th **8:30 – 11:30 AM**

As you can see, we start matches 7 days after the first day of tryouts; therefore you cannot wait until the beginning of tryouts to decide to pick up your racquet. It is very important that you are playing as much as possible over the summer.

If there are any questions during the summer, call Coach Mallos at 657-1443

GIRLS TENNIS SCHEDULE 2018

Monday	8/20/18	Mifflin County HS	Away	4:00PM
Wednesday	8/22/18	Mechanicsburg HS	Home	4:00PM
Friday	8/24/18	Northern York HS	Away	4:00PM
Monday	8/27/18	Lower Dauphin HS	Home	4:00PM
Wednesday	8/29/18	Palmyra HS	Away	4:00PM
Friday	8/31/18	Hershey HS	Home	4:00PM
Tuesday	9/4/18	Harrisburg HS	Away	4:00PM
Thursday	9/6/18	Central Dauphin East	Home	4:00PM
Tuesday	9/11/18	Red Land HS	Away	4:00PM
Monday	9/17/18	State College HS	Away	4:00PM
Thursday	9/20/18	Carlisle HS	Away	4:00PM
Monday	9/24/17	Cedar Cliff HS	Home	4:00PM
Tuesday	9/25/18	Central York HS	Home	4:00PM
Thursday	9/27/18	Chambersburg HS	Home	4:00PM
Monday	10/1/18	Central Dauphin HS	Away	4:00PM
Thursday	10/4/18	Mid Penn Conference	CDE/CD	TBD
Friday	10/5/18	Mid Penn Conference	CD East	TBD
Monday	10/8/18	Mid Penn Conference	CD East	TBD

CUT POLICY
VARSITY/JV TENNIS

Coaches: Nick Mallos
Rick Landis

Due to a limited number of spaces available on the tennis courts, it may become necessary to cut potential players. The need to cut is determined by the number of students that try out for the tennis team. Typically, the team consists of 10-12 JV members and 8 Varsity members.

The coaches have outlined the following guidelines to use when it becomes necessary to cut prospective team members:

Varsity team considerations:

- To be considered for the varsity team players are evaluated for advanced tennis technique and evidence of quite a bit of previous experience.
- A position ladder based on wins and losses is a key factor to determining membership on both teams.
- Other equally important factors in selecting team members for varsity and junior varsity are positive attitude, physical preparation, sportsmanship, knowledge of the game, athletic ability and a willingness to be a team player.

Junior Varsity team considerations:

- The JV team is considered a developmental team. With this in mind, seniors and foreign exchange students are not permitted on the JV team.
- Due to the JV program being developmental, more weight is given to younger players (freshmen and sophomores).
- Player attendance is a must, if you miss a tryout session you must have a conference with the coach. Players must be willing to attend all practices, matches, and post season matches.
- It is important to come out for the team with prior experience and practice at the game of tennis. Because of the team nature of high school tennis and the time it takes to be competent with the skills required to play tennis the team is not the place for absolute beginners who have never played tennis before.
- Required Skills for JV tennis:
    1. Ball Contact, you must be able to make consistent ball contact with forehand and backhand stroke.
    2. Keeping the ball in play, you must be able to keep the ball in play for at least 6 times over the net.
    3. Movement, you must be able to hit the ball while moving sideways, left or right, backhand or forehand and forward to get short balls and backwards for a deep ball.
    4. Getting the ball in play, you must be able to serve the ball in the court to start the point.
    5. Keeping score, you must be able to keep score in tennis.
    6. Fitness, you must be able to sustain 15 to 20 seconds of full effort running/sprinting short distances. 30 to 40 second recovery time and be able to do it again and again. This requirement resembles a competitive tennis match.