

Weekly Email - Week of August 21

Thanks to all for your efforts during our sorting process and for getting up early this morning to make it to East for photos. I tried to capture the photographer's attempt to get us lined up and captured for the team photo. I'll share it on the tennis X/Twitter account - @smeasttennis. Thanks also for attending the Fall Sports Information/Meet the Coach Night on Thursday.

I have attached our current group assignments - V/JV, B/W, or TBD - L4 - with this message. Competition for spots was extremely tight.

If you made the B/W team, our organizational meeting will be on Monday, August 21, immediately after school in the library. We should be finished by 3:30. During that meeting, we will get organized into teams and communicate the specifics of Blue/White schedule for the rest of the week. Teams of 7-9 usually work best. Don't worry if you don't have a full team yet. We'll help get smaller groups of players and individuals connected with teams. Be thinking of great names. We'll ask each team to identify a captain to be responsible for communicating with their teammates.

We will also play our first match of the season on Thursday, August 24. Ordinarily, I will assign players to our matches and send those out in this email. We are playing Bishop Miege's JV at Harmon Park. My plan is to have members of Blue/White teams play in that event. We will use our organizational meeting to assign players to the Thursday match.

HEAT and HYDRATION

This week is going to be VERY HOT. Be sure that you are hydrating throughout the day. Your body cannot absorb enough water just during practice time to meet your needs. Take a water bottle to school and use it.

One easy check to make sure that you are adequately hydrated is to pay attention to the color of your urine. It should be light/transparent yellow. You can also help your body stay hydrated by eating fruits and vegetables and staying away from caffeinated beverages.

If you are out on court and are beginning to feel light-headed or cramping, be sure to let a member of the coaching staff know immediately. We want to keep you safe!

TEMPERATURE CHECKS

The district athletic director checks temperatures and humidity levels each afternoon to make a decision about practice guidelines each afternoon. We will make adjustments to our plans based on those checks.

Here's the determination we will get from him:

Level 1 - GREEN	Maximum Practice Time - 3 hours (at least 3 water breaks per hour)
Level 2 - YELLOW	Maximum Practice Time - 2 hours (at least 3 water breaks per hour)
Level 3 - ORANGE	Maximum Practice Time - 2 hours (at least 4 water breaks per hour)
Level 4 - RED	Maximum Practice Time - 1 hour (at least 20 minutes of water breaks)
Level 5 - BLACK	No outdoor practice

On Wednesday and Friday of last week, we were in the YELLOW zone. We will likely spend most of the week in ORANGE, RED, and possibly BLACK. I will communicate adjustments as soon as I know our zone.

PLAYERS - GROUP ME

Our senior leaders have started a GroupMe to distribute information directly to players. The focus of discussion right now is Lancer Day Parade Theme and Float Building. Lancer Day is Thursday, August 31. They were sharing the code to join at photos this morning, but I know they may not have gotten around to everyone, and some were unable to attend photos. Here's the link for players to join: https://groupme.com/join_group/95760776/DJw0bEsO or they can scan this QR code to join.



SCHEDULE FOR THE WEEK

BE SURE TO HAVE A FILLED WATER BOTTLE EVERY DAY!

Monday, August 21

V/JV - Practice

- 3:15-5:00 p.m. (but could end at 4:15 because of heat) - Harmon Park. We may also use HS Courts.

Blue/White

- 2:45 p.m. - **Blue/White Organization Meeting** - SME Library - We should be finished by 3:30 at the very latest. You will receive an email from me Monday evening with information about Blue/White practices for this week and Thursday's match assignments.

Tuesday, August 22

V/JV - Practice

- 3:15-5:00 p.m. (again, could end at 4:15 because of heat) - Harmon Park. We may also use HS Courts. Miego is scheduled to host a doubles tournament and have asked to use two of our courts at Harmon.

Blue/White - League Day?

- Blue/White - Events and times TBD based on Miego's tournament and the heat zone we are in. I'll have a better idea about Miego's tournament by Monday.

Wednesday, August 23

V/JV - Practice

- 3:15-5:00 p.m. (again, could end at 4:15 because of heat) - Harmon Park

Blue/White - League Day

- 3:15-4:15 p.m. - 2 teams at HS Courts
- 4:15-5:15 p.m. - 2 teams at HS Courts; possibly 4 teams at Harmon Park depending on heat zone

Thursday, August 24 - SME BACK TO SCHOOL NIGHT - 6:00-8:20 p.m. - Starts in Main Gym

MATCH v. Bishop Miego JV

Harmon Park - We will have between 16-20 **Blue/White** team members competing if we are able to hold the event. We will assign players to this match after we organize Blue/White teams on Monday. Those playing

should report to Harmon Park by 3:00 p.m. Wear white uniform top and black shorts/skirt. If you don't yet have a uniform top, a plain white tank top will be great. For spectators, play will start at 3:30 p.m.

V/JV - Practice

- 3:15-5:00 p.m. (but could end at 4:15 because of heat) - **SME HS Courts** - Depending on temperatures, we may divide into 2 groups for practice - 3:15-4:15 p.m. and then 4:15-5:15 p.m.

Friday, August 25

V/JV - Practice

- 3:15-5:00 p.m. (but could end at 4:15 because of heat) - Harmon Park.

Blue/White - League Day

- 3:15-4:15 - 2 teams at HS Courts
- 4:15-5:15 - 2 teams at SME HS Courts; possibly 4 teams at Harmon Park depending on heat zone

A LOOK AHEAD - Week of August 28

Monday, August 28

V/JV - Practice

- 3:15-5:00 p.m. - Harmon Park. Be ready to start at 3:15.

Blue/White - League Day (10 teams - I'll have specific team match-ups in next week's message)

- 3:00-4:00 - SME HS Courts - 2 teams
- 4:00-5:00 - SME HS Courts - 2 teams
- 5:00-6:00 - Harmon Park - 4 teams and SME HS Courts - 2 teams

Tuesday, August 29

Match v. SMNW

- Varsity Match - @ SMNW - Play will start at 3:30 p.m. Players competing in this match will be dismissed from their 6th period class a few minutes early. We'll provide roster and transportation details in next week's message. This match will likely include **V/JV** group members.
- JV Match - Harmon Park - Play will start at 3:30 p.m. Players competing in this match will not be dismissed from their 6th period class a few minutes early. Report to Harmon Park by 3:00 p.m. to warm-up for the match. We'll provide roster and transportation details in next week's message. This match will likely include **Blue/White** group members.

V/JV - Practice (for those not competing in the match)

- 3:15-5:00 p.m. - HS Courts.

Wednesday, August 30

V/JV - Practice

- 3:15-5:00 p.m. - Harmon Park

Blue/White - League Day (10 teams - I'll have specific team match-ups in next week's message)

- 3:00-4:00 - SME HS Courts - 2 teams
- 4:00-5:00 - SME HS Courts - 2 teams
- 5:00-6:00 - Harmon Park - 4 teams and SME HS Courts - 2 teams

Thursday, August 31 - LANCER DAY

No practice.

12:30 - Line-up for the Parade.

1:00 - Parade Begins

Friday, Sept. 1

V/JV - Practice

- 3:15-5:00 p.m. - Harmon Park

Blue/White - League Day (10 teams - I'll have specific team match-ups in next week's message)

- 3:00-4:00 - SME HS Courts - 2 teams
- 4:00-5:00 - SME HS Courts - 2 teams
- 5:00-6:00 - Harmon Park - 4 teams and SME HS Courts - 2 teams