

Weekly Email - Week of August 14

TENNIS STARTS ON MONDAY! The schedule for the week is included later in this email. We also have Meet the Coach - Fall Sports Information Night on Thursday evening and Team Photos on Saturday morning.

It looks like we might get a little break from the heat early next week, but you still need to get acclimated to being outside and be sure that you are hydrating well this weekend in preparation for next week. **Good hydration choices:** water and sport drinks with low sodium and carbohydrates. **Avoid:** energy drinks, soda, fruit juices, carbonated beverages, and caffeine.

The beginning of the school year and season is always a bit hectic, especially as we welcome new players and start to get them acclimated to how our program operates. I have included a couple of links to information that may be helpful as you get started as a Lancer Tennis player:

- Team Website - <https://smeasttennis.wixsite.com/tennis> Weekly Emails are archived and can be accessed by clicking on the Weekly Email Menu.
- Program Organization and Tryout Process - <https://smeasttennis.wixsite.com/tennis/tryout-information>
- Shawnee Mission East Athletics - <https://smelancers.com/>
- KSHSAA Tennis - <https://www.kshsaa.org/Public/Tennis/Main.cfm>
- East Tennis X (Twitter) - @smeasttennis
- SME Lancers Athletics X (Twitter) - @SMEastLancers

PHYSICALS AND PAPERWORK

Remember, in order to participate on Monday, you need to have your Physical Form and Paperwork turned in to Mrs. Dusek - jeannedusek@smsd.org - in the SME office. She has already processed over 550 student-athletes who have submitted completed paperwork. I will have that list with me at practice on Monday.

If you submit on Monday and she gives you a sheet of paper saying that you have submitted completed paperwork, **you must bring the paper with you to practice so that we know you are cleared to participate.**

UNIFORMS

We were able to open a second team store for those who were not able to order earlier. All players in our program will have the opportunity to compete in matches, so they should have a uniform. The second team store is only offering the uniform tank and will close on Monday. Team Store - <https://bsnteamssports.com/shop/SMETN232>

In addition to the white East tennis tank, we wear a black tennis skirt or shorts. Many of our players use a tennis skirt or shorts that they already own. We also try to keep the uniform top design consistent from season to season so that you can wear the top for multiple seasons. If you have a uniform top from a previous season, you are welcome to continue to wear it.

WHAT TO BRING FOR TRYOUTS

Players should bring/wear the following to tryouts:

- Tennis Racquet
- Athletic Shoes - preferably shoes designed for tennis
- Athletic Apparel - I'd encourage light colors
- Large, Filled Water Bottle/Jug - Be sure that you are properly hydrated before coming to practice and be sure that you are hydrating throughout practice. Remember, we will be outdoors on a tennis court in the afternoon in August in Kansas.

- Hat or Visor
- Sunscreen - wear it

I know that finding and storing tennis items during the school day can be challenging, especially for those who do not drive themselves to school. Coach Hallstrom has a storage room in the back of her classroom that you are welcome to use next week and throughout the season. SME re-numbered classrooms over the summer, so although Coach Hallstrom is in the same room, the room number is now 423. My desk is still in the same room - 510 - but like last year I will be teaching in several rooms on the 5th floor.

USTA TOURNAMENTS AND OTHER OUTSIDE EVENTS

Remember, if you are still planning to compete in USTA events, especially over Labor Day weekend, you cannot join the high school team (participate in our practices or events) until after those events are completed. I have heard from 7 of you who are planning to play upcoming USTA events. If you have not yet communicated those plans to me, please let me know so that we can account for you in our process and wait to add you to our KSHSAA roster until after you have officially joined the team. If you have questions about this process, let me know.

Additionally, once you have joined the high school team (attended your first practice), you cannot play outside events or attend group tennis lessons or sessions until after your season is completed (played your last match of the HS season).

Even if you plan to join the team later, you should still plan to attend Meet the Coach/Fall Sports Information Night on Thursday, August 17 and Team Pictures on Saturday, August 19.

SCHEDULE FOR THE WEEK

Next week is our sorting weeking - <https://smeasttennis.wixsite.com/tennis/tryout-information> - during which we work to identify the members of our V/JV group and our Blue/White group. We currently have 122 players planning to play. Competition for spots in our V/JV group will be competitive.

Right now, the weather forecast does not call for rain. Often, if rain comes early in the day, courts are ready for use in the afternoon. Do not assume that the possibility of rain automatically means that we will not have tennis. Additionally, we follow KSHSAA guidelines for heat and may need to adjust times depending on temperatures. Most often, temperatures require us to shorten practice times and/or increase rest breaks.

If we must make adjustment or cancel because of weather next week, we will extend the tryout process. I will send out notifications if we need to make adjustments through email and/or the team Twitter account.

Monday, August 14 - We want to be on court playing as close to 3:00 as we can. I will likely be able to start checking players in and distributing tryout numbers by 2:45. We will check players in on the north side of the Harmon Park courts near the Prairie Village Pool parking lot. Members of the coaching staff will be evaluating you as you go through your session. Our goal is to identify players who are in competition for spots in the V/JV group.

- 3:00-4:30 - Evaluation Session 1 - **All 9th and 11th Graders** - Meet at Harmon Park to check-in and get your tryout number. We will use courts 1-6 as well as the SME HS Courts.
- 4:30-6:00 - Evaluation Session 1 - **All 10th and 12th Graders** - Meet at Harmon Park to check-in and get your tryout number. We will use courts 1-6 as well as the SME HS Courts.

Tuesday, August 15 - You will wear the same tryout number that you wore yesterday. Members of the coaching staff will again be evaluating you as you go through your session.

- 3:00-4:30 - Evaluation Session 2 - **All 9th and 11th Graders** - Meet at Harmon Park to check-in. Be sure to wear your tryout number. We will use courts 1-6 as well as the SME HS Courts.
- 4:30-6:00 - Evaluation Session 2 - **All 10th and 12th Graders** - Meet at Harmon Park to check-in. Be sure to wear your tryout number. We will use courts 1-6 as well as the SME HS Courts.

* You will receive an email from me Tuesday evening with information for those continuing on in the match play portion of the tryout process. The message will let you know whether you should report to the Harmon Park courts or the SME courts and the time for Wednesday. Players who are not continuing to the match play portion of the process will automatically be part of our Blue/White Group. We will have an organizational meeting for Blue/White Groups on Monday or Tuesday, August 21 or 22, immediately after school. We will likely be in either the cafeteria, the commons, or library.

Wednesday, August 16

- 3:00-4:30 - Tryout Match Play - Group 1 - Meet at designated location (Either Harmon Park or SME Courts) to begin match play. In the past, we have used pools and a short-set format for these matches..
- 4:30-6:00 - Tryout Match Play - Group 2 - Meet at designated location (Either Harmon Park or SME Courts) to begin match play.

Thursday, August 17

- 3:00-4:30 - Tryout Match Play - Group 1 - Meet at designated location (Either Harmon Park or SME Courts) to continue match play.
- 4:30-6:00 - Tryout Match Play - Group 2 - Meet at designated location (Either Harmon Park or SME Courts) to begin match play.
- 7:00 - **Meet the Coach/Fall Sports Information Night** - Meet in the SME Auditorium for the general session. The Girls Tennis Team will meet in the Cafeteria immediately after the conclusion of the general session.

* You will receive an email from me Thursday evening with information to regroup players for matches on Friday. Depending on where we are in the process, we may adjust start times for our groups.

Friday, August 18

- We will start at 3:00 but may need to extend the time to get matches played that we need to see to make placements of players.

* Over the weekend (likely on Saturday), you will receive an update from me with a listing of those players in the Varsity/JV group and those in the Blue/White group.

Saturday, August 19 - Picture Day and Lancer Dancer Pancake Breakfast

Picture Day for All Tennis Players (Varsity/JV and Blue/White as well as those starting practice later because of continuing participation in USTA events) - **8:00 a.m.** at HS tennis courts. All players should wear a plain white tank top and either a black tennis skirt or shorts for the team picture. Uniform tops will not have arrived and we want to look relatively uniform. If you would like to have your individual photos taken in a uniform top, you are welcome to bring one from a previous season with you and pull it on over your tank top. I have photo order envelopes and will distribute them at tryouts. I believe the company also offers online ordering. .

- After pictures, you may want to attend the Lancer Dancer Pancake Breakfast. It will run from 8:00-11:00. There is a discount if you preorder tickets. I have attached a flyer with advanced ticket purchase information.
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A LOOK AHEAD

Monday, August 21

- **Blue/White Organizational Meeting** - Immediately After School - Location TBD
- **V/JV Practice** - 3:15-5:00 p.m. - Meet at Harmon Park. Be ready to start at 3:15.

Tuesday, August 22

- ***Alternate date for Blue/White Organizational Meeting** - Immediately After School
- **V/JV Practice** - 3:15-5:00 p.m. - Meet at Harmon Park. Be ready to start at 3:15.
Blue/White Practice - 5:00-6:00 p.m. - Meet at Harmon Park. Be ready to start at 5:00.

Wednesday, August 23

- **V/JV Practice** - 3:15-5:00 p.m.
- **Blue/White Practice** - 5:00-6:00 p.m.

Thursday, August 24

- **JV Match v. Bishop Miege** - Match will start at 3:30. We'll send out a match roster and more specific information in next week's weekly email.
- **V/JV Practice** - 3:15-5:00 p.m.
- **Blue/White Practice** - 5:00-6:00 p.m.

Friday, August 25

- **V/JV Practice** - 3:15-5:00 p.m.