

Welcome to 2019 Potomac Girls Tennis!

I am very excited to be working with the girls varsity tennis team again this fall! I will be serving as the head varsity coach and will be working with Coaches Chris Caskin and Bing Waid. Debbie LeHardy will be joining the staff as our Head JV Coach. She also coaches at Washington and Lee High School and has been a tennis pro for many years. We're very eager to get started, and I think we should set our sights high as we have a strong returning team!

Our pre-season try-outs will begin Monday August 19th from 4:30-6:30. Once we select the JV and varsity squads, the JV team will continue to practice from 3:30-5:30, and the varsity will practice from 4:30-6:30 until school begins.

During the pre-season try-outs we will conduct a series of tournaments/challenge matches to determine the squads. It is imperative that you are in "tennis shape", as there will not be much time for warming up, and you will be performing in the heat of the summer. Bring water, Powerade Zero, Propel Zero and a hat! Be prepared!

If you aspire to make the varsity team, you are strongly encouraged play at least three tournaments over the summer. Some of you will play much more than that. I suspect that we will hold 12 players on the varsity squad and 12-14 on JV. Please come in shape and prepared to play. You all should be able to run a 9 minute mile. Being physically prepared and in shape will factor in to your position on the team. This is an opportunity to get serious about your game and improve!

A few rules:

- Don't be late...make practice a priority.
- Conduct yourself with decorum on the court...it means you have self-control over the one thing that you can control.
- Be a team player... win at your spot... a win at #3 doubles is just as important as a win at #1 singles.
- Support everyone on your team... we are a family, never leave a match until the whole team is finished.
- Don't worry about where you play on the line up. If you improve, we will probably know before you do.
- Never miss practice, for any reason, without communicating with your coaches. My cell number is [703-408-6773](tel:703-408-6773), put it in your phone. Text me directly if you have an issue. DO NOT rely on other team members to deliver your message.
- Please, no cell phones on the courts during practice.
- Improving is important, sometimes more so than winning. Let's learn how to get better. We will help you.

Practice is a time to escape the pressures of school. Cherish this time, as you will miss it one day.

Please keep in mind that I own and operate a number of retail tennis shops and, if you need anything, can provide you with any equipment and racquets at a substantial discount. We also string racquets every day and can offer you \$44 poly strings for \$35. We can turn around racquets overnight so no excuses for not having your equipment ready.

Sincerely,

Coach Hublitz