February 5, 2015

Dear Parents/Guardians,

You are receiving this letter because your child is interested in participating in our middle school/junior high intramural tennis program. Below you will find additional information about the upcoming season!

# Coach Contact Information

Our head coach is Heidi Flees, German Teacher at the Junior High and JV Girls Tennis Coach. Nicole Paulson is the director and will be assisting as necessary. In addition, many of the high school girls’ tennis players will be helping out.

If you have any questions or concerns, please feel free to contact us:

Head Coach: Miss Heidi Flees

715-359-0511, ext. 3413

hflees@dce.k12.wi.us

Director: Mrs. Nicole Paulson

715-241-9700, ext 2236

npaulson@dce.k12.wi.us

#### Dates and Times

\*First day of practice: Monday, April 13th Last day of practice: Wednesday, May 20th (six-week season)

 \*\*Practice Time: 3:15pm - 5:00pm Practice days: Monday-Thursday, 2 tentative Fridays

*\*Please send your child with 2 cans of tennis balls on the first day of practice!*

\*\*If you need to pick-up your child later than 5pm, they will be sent to the Junior High to wait for you.

# Transportation from the Middle School and Changing Rooms

Students will be practicing at the Junior High courts (located on the east end of the football field). Your child should ride their regular bus to the Junior High and get off at the Junior High (if they do not usually ride the bus, all buses go to the Junior High). There are changing rooms and bathrooms for students to change inside the Junior High. *Doors will not be open to the Junior High after practice, so players must bring their belongings to practice.* Depending on the weather, make sure layers are worn. Students should report to the courts dressed and ready to start by 3:15pm.

**Schedule of a Typical Practice**

Your child’s lessons will go as follows: begin with stretching, warm-ups and announcements. This may involve some light conditioning/running activities. Then there will be about an hour of drills in which the students will learn different tennis strokes/hits including the forehand, backhand, serve, and volley. In the remaining time students will be playing each other in matches or playing a game with the entire group.

**We hope to play AT LEAST two official matches this year**. More information regarding where and when will be announced at a later date. Please note that because our program runs in the Spring, our opponent will be an all-boys team.

# Equipment

Please be sure your son/daughter has the necessary equipment. He/she needs to bring a tennis racket, court shoes, WATER, and sun block. Your child may also want to pack a healthy snack. **Tips on rackets:** if you are not sure whether or not your son or daughter is really going to want to play, a cheaper racket from *Wal-Mart* is okay. However, if you see tennis as something your child will really enjoy and will stick with, a mid-end racket from *Dunham’s* or *Shepherd and Schaller* would be better. **Tips on shoes:** a good court shoe is best, but any tennis shoe will do. NO FLIP-FLOPS, SANDALS or SLIPPERS.

**Fundraiser**

Because we are not a school-sponsored team, our only funds for equipment, coaches, and bussing come from your child’s registration fee. So, we will be running a simple fundraiser. You will be asked to provide a list of 10 addresses for people who can sponsor your child in a “Tennis-a-thon”. More information will be shared at practice on Wednesday, April 15th.

If you have questions regarding any of this information, please do not hesitate to contact us. Thank you and we look forward to working with your son/daughter!

Sincerely,

Heidi Flees and Nicole Paulson