![C:\Documents and Settings\murphyk2\Local Settings\Temporary Internet Files\Content.IE5\KHMJ8DQF\j0358003[1].wmf]()SWG Women’s Tennis 2023

Women’s Tennis Preseason will begin on Thursday, June 14, 9am @ Southwest Courts and continue as detailed below. Bring Water and a towel. Begin stretching and cardio NOW!. Bring water and a towel…maybe a hat, but definitely sunscreen. The Official Practice (\*) season will begin on the courts Mon, July 31st , 8:30 am. **Physicals and Proofs of residency** will be required prior to any practice. Bring Water and a towel. Bring water and a towel…not to the physical, just to practice. Get used to the heat…it will be a factor.

Keith Murphy

 **updated 5/18/2023**  Head Women’s Tennis Coach

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 (cell) 307-5932 /(school) 819-2970

Practice schedule:

All practices held on the Southwest Courts unless otherwise informed. Yes, the ones with lights…and the cute tennis shed

Wed, 6/14 ~~9-11am~~ 7-9pm **Class of ’27 may join**

Thurs, 6/15 ~~9-11am~~ 7-9pm

Mon, 6/19 7-9pm

Wed, 6/21 7-9pm

Mon, 6/26 ~~9-11am~~ 7-9pm

Tues, 6/27 ~~9-11am~~ 7-9pm

Thurs, 6/29 7-9pm

Jul 3 - 9 Dead Period

Mon, 7/10 9-11am

Tues, 7/11 7-9pm

July 17 - 23 Dead Period

Mon, 7/24 9-11am

Tues, 7/25 9-11am

Thurs, 7/27 7-9pm

**\*Mon, 7/31** **8:30-11, 7-9pm**

Tues, 8/1 8:30-11am

Wed, 8/2 8:30-11am, 7-9pm

**Sign up for SportsYou**



***TSR8VTSZ***

Thurs, 8/3 8:30-11am

Fri, 8/4 8:30-11am

Mon, 8/7 8:30-11am, 7-9pm

Tues, 8/8 8:30-11am, 7-9pm

Fast4 Dubs scrimmage HPC & Western TBD

Wed, 8/9 8:30-11am

Thurs, 8/10 8:30-11am,

7-9 JV Fast4 tourney??

Fri, 8/11 8:30-11, **Scrimmage Invitational 6-10pm** (top 6/8 ladies will play)

Mon, 8/14 **Mt Tabor 8:30am**

Tues, 8/15 8:30-11am, 7-9pm

Wed, 8/16 **@ Reagan 8:30am**

Thurs, 8/17 **@ HPC 6pm**

Fri, 8/18 8:30-11am

Mon, 8/21 **@** **Page 5pm**

Tues, 8/22 6:30-9pm

Wed, 8/23 @ **Western Guilford 5pm**

Thurs, 8/24 6:30-9pm

Fri, 8/25 6:30-9pm

Mon, 8/29 \*\*First Day of School and

 Northern Guilford 5pm

 early release pending