

September 2003

Smith College Tennis

Rev 03 Sat., Aug. 22, 2003

1. V2 match schedule TBA.
3. On "Mountain Day" practice from 8:30-10:30am, or match if/as scheduled.
4. IT = Intense Tennis scheduled 12Noon at ITT is optional.
5. Attend "Late Dining" whenever practice goes beyond 6:30 PM (V1)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 24 Unity "team" player	Aug 25	Aug 26 Invited Varsity Team candidates to arrive Aug 27: Pick up keys bet. 2-5 at equip booth. (see details on website)	Aug 27 7pm required tennisMtg 7:45pm med clearance and NCAA oath Sophia Smith's bday 1796	Aug 28 Trip to US Open 7 AM Depart from JMG (ETR= 10 PM) 3pm pract for those not at Open.	Aug 29 Goals=I 9am Capt's mtg. 9:30-11 Varsity1 practice/tryouts 2-4 PM Fitness eval& circuit (Agility/speed/accel/power)	Aug 30 Goals=I 9-12n: V1 Prac/matches 3-5 PM V1 help move first yrs into houses. central check-in 1 st yrs
31 GoalSetting choices Indirect challenges	1 Labor Day Goals=I 9am Capt's mtg. 9:30--11 V1 Practice 3-5 PM V1 Prac/matches S&C=Agility/speed	2 Goals=II 9-10:30 V1 Practice V1 Fitness eval& circuit (Agility/speed/accel/power) 11 Athletic Mtg (1 st yrs) 3-5 V1 Practice/tryout V2 arrive to campus	3 Goals=II 9-10:30 Prac V1 12:30-2pm V2 Oath Mtg/ Tr Rm clearances 3-5 pm Pract. (V1) 5:15 Barbeque 7:30 Convocation S&C=UpperBody/Core	4 Goals=III Classes Begin 4-6pmSgls Prac(V1) V1 Fitness eval& circuit (Agility/speed/accel/power) 4:30-6 Prac./Tryouts (V2) 7:30 Uniforms (V1)	5 Goals=III 3:30-5:30 Dbls Practice (V1) 4:30-6 Capt. Prac. (V2) S&C=Quickness	6 Warm-up: 11:15am 1 PM Clark (H) Box Lunch
7 Grace encouragement, forgiveness Indirect challenges for those not in CLARK match.	8 Goals=IV 12Noon IT 4-6pm Pract (V1) Doubles strategy Match Eval S&C=Agility/speed	9 Goals=IV 4-6pm Pract (V1) 4pm Uniforms (V2) 5-6:30pm practice (V2) S&C=UpperBody/Core	10 ETD: 1pm 4:30PM TUFTS(A) (V1&V2) ETR (10:30pm) Dinner \$	11 Goals=V V1 Fitness eval& circuit (Agility/speed/accel/power) 4:30-6pm Pract (V1) 5-6:30pm practice (V2) Invited guests	12 Goals=V V2 Ladder Posted 3:30-5:30 Pract (V1) 4:15 PM Team pics (V1&V2) S&C=Quickness	13 ETD: 9am 1 PM MIT (A) ETR: 9PM Box lunch \$ Dinner \$
14 Discipline rituals/routines	15 Goals=VI 12NoonIT 4-6pm Pract (V1) S&C=Agility/speed	16 ETD: 2PM 4 PM SPRGFLD (A) 5-6:30pm practice (V2) CampusCenter(V1)) S&C=UpperBody/Core	17 Goals=VI 4:30-6:00pm: V1 pract Scavenger Hunt 5:30pm S&C=UpperBody/Core	18 Goals=VII V1 Fitness eval& circuit (Agility/speed/accel/power) 5-6:30pm practice (V2) 4:30-6:30 V1 Practice Invited guests	19 Goals=VII 3:30-5:30 Pract (V1) S&C=Quickness	20 Warm-up:11:15am 1 PM Babson (H) Box lunch
21 Confidence believing is seeing Doubles fund-raiser journey hosted by Smith Tennis	22 Goals=VIII 12NoonIT 4-6pm Pract (V1) S&C=Agility/speed	23 ETD: 12:30pm 3:30 PM WPI (A) ETR:9:30pm 5-6:30pm practice (V2) CampusCenter(V1)	24 Goals=II 4-5pm 2 ITA players 5-6pm Pract (V1) Crazy Hat Day S&C=UpperBody/Core	25 Goals=II ?? PM Departure to ITA 5-6:30pm practice (V2) Ind. Matches: Invited guests	26 ITA REGIONAL 1 dbls + 2 sgls (2 participants)	27 ITA REGIONAL 1 dbls + 2 sgls (2 participants)
28 Simplicity what is in your control?	29 Goals=I 12Noon IT 4-6pm Pract (V1) S&C=Agility/speed	30 Warm-up: 3pm 4 PM MHC (H) CampusCenter(V1) 5-6:30pm practice (V2)	Oct 1 Goals=I No tennis 4-5pm Climbing Wall 5-6pm S&C=UpperBody/Core	2 Goals=II 5-6:30pm practice (V2) V1 Fitness eval& circuit (Agility/speed/accel/power) 4:30-6:30pm: V1 pract Invited guests	3 Goals=II 3:30-5:30 Pract (V1) S&C=Quickness	4 ETD: 9am 1PM WHEATON(A) ETR: 9PM Box lunch \$ Dinner \$
				Goal I = Baseline consistency	Goal V = Overheads	
				Goal II = Serving	Goal VI = Approach	
				Goal III = Service returns	Goal VII = Passing shots	
				Goal IV = Volley	Goal VIII = Drop shots	
SC2003Calendar09-rev04.doc						

