

October 2003 rev02

Smith College Tennis

Rev 01 Sat., Aug. 17, 2003

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 <u>Simplicity</u> <i>what is in your control?</i>	29 Goals=I 12Noon IT 4-6pm Pract (V1) S&C=Agility/speed	30 Warm-up: 3pm 4 PM MHC (H)) 8pm CampusCenter (V1) 5-6:30pm practice (V2)	Oct 1 Goals=I No tennis <i>Climbing Wall 5-6pm</i> 4-5pm: S&C=UpperBody/Core	2 Goals=II 4:30-6:30pm: V1 pract <u>Invited guests</u> 5-6:30pm practice (V2) V1 Fitness eval& circuit <i>(Agility/speed/accel/power)</i>	3 Goals=II 3:30-5:30 Pract (V1) S&C=Quickness	4 ETD: 9am 1PM WHEATON (A) ETR: 9PM Box lunch \$ Dinner \$
5 <u>Fun</u> <i>Do you have a sense of humor at this point in the season?</i>	6 Goals=III 4-6 Practice (V1) Match Eval S&C=Agility/speed	7 Goals=III 4-6 Practice (V1) 5-6:30pm practice (V2)	8 Goals= IV 4:30-6:30 Prac (V1) <i>Totally Tacky Tennis</i> S&C=UpperBody/Core	9 Goals= IV 12Noon IT 4:30-6:30 Practice (V1) <u>Invited guests</u> 5-6:30pm practice (V2) V1 Fitness eval& circuit <i>(Agility/speed/accel/power)</i>	10 Ind. Goals 3:30-5:30 Practice (V1) Indiv work S&C=Quickness	11 Oct Break Warm-up: 11:15am 1 PM <u>WELLESLEY(H)</u> Box lunches
12 Oct Break <u>Attitude of Gratitude</u> <i>Positive self talk</i> <i>Affirming statements</i>	13 Oct Break [day off]	14 Oct Break [day off]	15 Goals V 4:30-6:30pm (V1) S&C=UpperBody/Core	16 Goals V 12Noon IT 6:30am Practice (V1) 5-6:30pm practice (V2) S&C=Quickness	17 <u>NEWITT</u> at <u>Amherst</u> Box Lunch/Dinner\$	18 <u>NEWITT</u> at <u>Amherst</u> Box Lunch/Dinner\$
19 <u>NEWITT</u> (at Amherst) <u>Tournament Prep</u>	20 Day off (V+JV)	21 Goals= II, III 4-6 Practice (V1) Individual sessions 5-6:30pm practice (V2) Tournament Eval S&C=Agility/speed	22 Goals= II, III 4:30-6:30 Practice (V1) <i>Pumpkin contest!</i> S&C=UpperBody/Core	23 Goals= II, III 12Noon IT 4:30-6:30 Practice (V1) <u>Invited guests</u> 5-6:30pm practice (V2) V1 Fitness circuit <i>(Agility/speed/accel/power)</i>	24 Goals= II, III 3:30-5 Practice (V1) 6:30 Depart for NEWMAC S&C=Quickness	25 <u>NEWMAC</u> at MIT
26 NEWMAC <u>Flow</u>	27 Individual meetings	28 Individual meetings	29 Collect Uniforms	30	31	Nov 01

S&C = Strength & Conditioning

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

