

# OCHS Athletics Girls Varsity Tennis 2024



Following is information regarding the Ontario Christian HS Tennis Program. Playing tennis offers athletes exciting competition, and the opportunity to team with others to achieve excellence. OC High School Girls Varsity Tennis is an intense progressive program that helps motivated and committed athletes enjoy competing against others. New players are taught the fundamentals of the sport, which include proper movement, bio-mechanics and techniques. Returning players are taught how to improve their skills to effectively compete at the high school level. OC Tennis is played and watched in faithfulness to God. The following is important information:

- 1) A **sports physical** is required if you are interested in being part of the tennis team. The physical must be completed before school begins. Please commit to having this done as soon as possible, but no later than August 5, 2024.
- 2) You absolutely **must** find a way to play regularly this summer prior to mandatory practices which begin August 5. It is important to develop and/or improve skills and conditioning. One way to do so is to attend the summer pre-season practices that will be held during the spring and summer months as listed on the Girls Varsity Tennis 2024 calendar. Bring a tennis racquet, water bottle, and proper athletic shoes (absolutely no Vans, Toms, etc.). Wear athletic shorts/skirt and a t-shirt/modest tank top. Sunscreen is strongly recommended!
- 3) The official tennis season begins with **mandatory practices** on Monday, August 5. Final roster will be selected by August 9. Regular M-F weekly practices, along with scheduled competition will begin Wednesday, August 21. This is the nature of playing a fall sport. As a fall athlete, your summer free time may be shorter than your friends'. Plan vacations, appointments, and summer outings accordingly. *Showing up to mandatory practices with sharpened skill sets demonstrates that you are serious about your commitment to tennis and the team!*

- 4) Team summer practices are planned to be held at:

**Ontario High School Tennis Courts**

**901 W. Francis St.**

**Ontario, CA 91762**

*Courts are located off Palmetto Ave., between Francis & Philadelphia*

See the 2024 OC Tennis season calendar for dates/times/location of practices and games.



If you have any questions, please don't hesitate to call, text or e-mail us.

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**Why tennis?** Playing tennis offers the thrill of competition and the teaming with others to achieve excellence. Tennis may look straightforward (two players hitting a ball back and forth across a net); however, it's anything but. Technically, it's hugely

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varied; no other sport involves so many different movements. All racquet sports, because they involve hitting a moving ball with a racquet, are technically challenging: racquet players learn a far wider range of strokes than baseball players and golfers.

## Top 5 Reasons Tennis is the Best

- 1. Minimal Injuries:** Compared to other sports, especially contact sports, tennis is very safe. Most tennis injuries are related to overuse, but with the proper conditioning and exercises, even those can be minimized or eliminated. Everyone loves being able to compete without the risk of injury!
- 2. It's a Great Workout:** Many sports are great workouts, but few sports offer the fun AND anaerobic activity that tennis offers. Tennis players are almost constantly in motion, and using nearly every muscle in their body. In addition to short sprints, there are also constant changes of direction, and motion in every possible angle. It builds muscle and stamina.
- 3. It's Good for your Mind:** Tennis is as mental a sport as any. You can be a great player, but not fulfill your potential if your mental game is weak. Playing tennis will not only help you get in good shape, but it will also stimulate your mind in ways that other sports do not. Great tennis players are all mentally strong, and playing tennis can positively build self-confidence as a problem solver.
- 4. It's Social:** Tennis at the high school level is as much about fun as it is competition. It is a very social sport, allowing you to have fun with your teammates and opponents, not only during points, but also between, before, and after the match!
- 5. It Can be a Good Anger Management Session:** Tough day at school? Go smash some balls on the tennis court! What better way to relieve stress than by hitting a ball as hard as you can? It feels great, and when they stay inbounds, it feels even better!

If you have any questions about Ontario Christian Tennis, please feel free to call, or text.

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