



April 17, 2017

To: Rising 9th Grade Student Athletes

Ref: Bartram Trail Varsity Girls Tennis Team

We will begin conditioning drills for the 2018 season on December 4th, 2017. You will need running and tennis shoes along with a jump rope. We will meet three times weekly from 4:00-5:30 at the tennis courts. You will not need a tennis racquet.

These workouts will consist of cardio and circuit training exercises that will get you ready for the 2018 season.

There will be a 3 day tryout in the middle of January to determine the final roster. Those dates are determined by the FSHSA and will be posted once announced.

Each child needs to have all registration information complete before beginning ANY workouts. Go to registermyathlete.com and the Bartram Trail webpage for more information.

Feel free to contact me if you have any questions.

Sincerely,

David French

Head Coach – Girls Tennis

HUMILITY PASSION UNITY SERVANTHOOD THANKFULNESS

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