

CMR TENNIS PLAYER PRESEASON CHECKLIST

Hello. Welcome to CMR Tennis! We are excited that you are interested in playing this year. Below is a checklist of things you will need to make sure and get done before the first practice and competing.

1. Each player MUST have a physical on file with the trainer BEFORE they can practice. Please get those scheduled now and turned in.
2. Each player MUST have a concussions test by the end of the first week to be able to continue practicing. Schedule with Teayre Klosterman.
3. Concussion paperwork must be completed and turned in, in order to compete. See Teayre Klosterman for this.
4. Activity Fee - \$40 if this is your first sport, \$30 for your second sport. This should be paid to Alicia Carr in the Finance Office and must be paid in order to compete.
5. Practice starts March 9th. Practice times TBD. Practice is mandatory. We will be at the courts unless the weather is bad. Then we will be in the fieldhouse. Come dressed and ready to play.
6. Team communication will be done through Team Snap. Please accept the invitation that is emailed to you. You will be able to see the schedule, get the latest schedule updates or changes, coach communication, etc.
7. Begin the preseason workout program. If you need a copy, please email the coach. There is also a Tennis weight training program posted in the weight room for students in weight training class. We want to be fit and ready for the season.
8. Please feel free to email, call or text us with any questions you may have.
9. Val Scheevel – valscheevel@charter.net 425-308-1570
10. Byron Boyd – boyd22mt@yahoo.com 406-670-6208