

# Girls 2021/2022 Workout Schedule

Cardio and weightlifting with Coach Smith – Monday & Thursdays until 4 PM

Open Facility Workouts on Tennis Courts-Monday & Wednesday 4 PM to 5:30 PM

Field House Open Facility Workouts Begin – Monday, December 13<sup>th</sup> from 5-7PM

(Note: every player must be cleared thru Privit to participate in OFW)

(Go to <https://ahs.avon-schools.org/athletics> to see info on Privit & Physical Info)

Thursday morning workouts start on January 6<sup>th</sup> from 6:30– 8:00 AM

Optional Team Building Events: Halloween Tennis Tournament October 30<sup>th</sup>, 2021

See link to sign up:

<https://playtennis.usta.com/avoncommunitytennisassociation/BookClass/8c7a646b-b7e0-43b9-8549-60e26a19ae71>

Winter Tennis – U Indy (Link on programming page)

Winter Tennis – High School Link on Programming (for freshman and under)

[Tournaments, Camps, & Events \(avoncta.org\)](https://www.avoncta.org/tournaments-camps-events)

Team Movie Gathering – Time TBD

Movie – “King Richard” with Will Smith as Serena and Venus Williams Father

Official First Day of Tryouts – March 14<sup>th</sup> 3:15 PM to 6 PM

Preliminary Parent Meeting in January Date & Time TBD

Mandatory Parent Meeting March 16<sup>th</sup> from 6:00 – 7:15PM

Team Pictures Date: TBD