

## Preseason Tennis Meeting

- ❖ **First day of practice is Monday, February 27<sup>th</sup>**
- ❖ **Register On-line at our Kamiak High School webpage under the Athletics Tab. On the Athletics page under General Information, click on Athletics Registration & Eligibility.** You and your parents will need to log into **Final Forms**. Look for emails once registered for verification you are ready to practice. An e-signature is required by BOTH you and your parent.

### NOT CLEARED □ NO PRACTICE □ CHANCE OF MAKING TEAM DECREASES

- ❖ **In order for you to physically get onto the court to practice on February 27<sup>th</sup>, your clearance MUST be complete. Go see Ms. Shigematsu in the athletic office (East Campus) to confirm you have everything turned in before February 17<sup>th</sup>. Don't assume you are good to go.** Remember... mid-winter break is the week of Feb. 20 - 24 and the Athletic office will be closed. It does not open until Monday, Feb 27th which is the 1st day of practice. Get cleared **BEFORE** break!

- ❖ **Clearance requirements:**

- 1.) Register on-line and turn in an athletic physical to the athletic office (must be an athletic physical not a well child physical).
- 2.) Physicals are good for two years and cannot expire during the season. If you do not know when your physical expires check with Ms. Shigematsu in the athletic office. If it expires during the season, you must get a new athletic physical before you can try out.

**Note: You MUST still register on-line even if you turned out for a fall or winter sport this year.**

### Dates and Times:

- First week of practice is February 27 – March 3 (2:30 – 4:45) and Saturday, March 4<sup>th</sup> (Saturday time TBA)
- Second week (March 6 – March 10) and rest of season is: JV 2:30 – 4:30 and Varsity 3:00 – 5:00
- If it is wet outside, we WILL be practicing indoors. See attached schedule for indoor times.
- The most current, updated schedule of matches are found on the Kamiak Athletic website.

### Cuts:

14 players travel with varsity and 20 players travel with JV. This is a total of 34 players. If there are more people trying out, cuts will be made by Thursday the first week of practice. Seniors must make the varsity in order to stay on the team, if cuts have to be made.

### Come Prepared:

Start playing and getting in shape NOW!!! Don't wait until the 1<sup>st</sup> day of practice. Start stretching, running and playing tennis. We have only 3 days to evaluate you and make decisions regarding cuts and potential placement on the varsity and JV teams.

**Head Coach: Heidi Bloemker (Rm 247)**

[bloemkerha@mukilteo.wednet.edu](mailto:bloemkerha@mukilteo.wednet.edu)

**JV Coach: Eric Huffman (Off Campus)**

[ericjosefhuffman@gmail.com](mailto:ericjosefhuffman@gmail.com)

**Please join 2023 Kamiak Tennis REMIND group  
text to 81010 and input group code: @4683h37**