HMHS Tennis: Preseason Preparation Log

Name _____

Directions: Use the log below to record your preseason preparation activities. Use the examples as models for your entries.

Date	Time	Location	Description of Activity
6 /17/22	9 – 10:30 AM	HMHS Weight Room	Lifted weights, rode stationary bike
6 /20/22	1 – 3 PM	Centennial	Played 3 sets of singles with Sue Smith
6 /21/22	3 – 5 PM	Cherry Hill RC	Participated in clinic for high school players
6 /22/22	4 – 5 PM	Berlin Voorhees TC	Took lesson with Dave Okun
6 /23/22	6 – 6:45 PM	Home	Did pushups and situps, ran 2 miles thru neighborhood
6 /24/22	4 – 6 PM	Riverwinds	Played tournament match against Sarah Geller
6 /25/22	4 – 5 PM	Centennial	Hit practice serves
6 /26/22	4 – 6 PM	Wedgewood	Played 3 sets of doubles w/ Amy Zane, Jen Otto, Deb Jones

Date	**Time**	**Location**	**Description of Activity**