



Coach: Kaleb Sosebee Assistant Coach: Mike Nolan



Boss of Blog: Gray Bowen
Writer: Maximus Medina
Treasurer: Caroline Moody

New Issue every month

Edberg V.S. Rude

OVER

Edberg Wins 21-16

Team Captain: Brayden

Payton

Max

Adler

John Brock

Noah

Raine

Izzie

Eliza

Ford

Mattison



SOS Australian Open Doubles Tournament SOS Australian Open Singles Tournament

Took place right before the Australian Open.

1st: Brayden Lamb & Mike Nolan

2nd: Max Medina & Noah Brown

1st: Brayden Lamb

2nd: Adler O'Neal

COMING NEXT WEEK



- Mondays-Saturdays
- Come anytime you want during those days
- CANNOT MAKE UP THOSE DAYS
- Monday-Wednesday: 4:00-5:30
- Thursday 5:00-6:30
- Friday: 4:00-5:30+Family Funday: 5:30-6:30
- Saturday: 11:30-1:00
- Times will change with the year
- Come Early at 3:45 for extra warm ups Monday-Thursday

-We start off the day with warming up by hitting some balls with Coach Kaleb and Coach Mike.

-Then, we do team matches. Right now it would be Edberg against Rude.

-Next, we do drills. That would be like hitting forehands, backhands, serves, or volleys for a consecutive period of time

-Then, we do Physical Conditioning where we learn to get faster and stronger by running, doing planks, lunges, ...etc.

-Lastly, we finish the practice off with a fun/competitive game. Chicago, the wave, space invaders, ...etc.

-If it is below 40 degrees, raining, courts are wet, or it is over 95 degrees we will cancel practice for that day.

A FRIENDLY WORD OF INSPIRATION

Life is just like ice cream, filled with surprises, you can be basic or extraordinary

SOS tennis academy is just your chocolate sauce, we all need our chocolate sauce.

Forehands are the sprinkles, Backhands are candies, Serves are your whip cream, and

Volleys are your cherries on top. Physical Conditioning is the sun that melts the ice cream, but gets YOU in shape!

The SOS Scrolls are the things we are mastering.
These are some of them.



Introducing SOS Blog Premium

SOS Blog Premium gives special stuff that most people don't have. For example we will release exclusive content on it that won't be released on the normal blog. (ex. Hot News Column, POM Awards, and Model Pics) You also do not have to wait for the newest content to come out. If you would like to get access to SOS blog premium, contact one of the SOS Blog team members listed below.

Gray Bowen, Maximus Medina, Adler O'Neal, or Caroline Moody