

## Centennial High School Girls Tennis (7th-12th grade)

### 2026 Tennis Season Information

\*Centennial High School Tennis is a no cut program

\*The high school team is composed of three teams, each with their own coach.

**\*B Team:** less experienced players begin on the B Team, learning technique and strategy. The B Team has a schedule of about 15 matches including two multi-team tournaments.

**\*Junior Varsity:** at this level, more experienced players work on improving their skills and developing a greater understanding of the game. The JV match schedule is similar to the B Team.

**\*Varsity:** This is the highest level of play for our most experienced players. The expectation of dedication, work ethic, and competitiveness, along with being a positive teammate, is an important part of being a player at this level. The Varsity season is longer than the C Team and JV season. Varsity competes in sections both as a team and as individuals once the regular season is complete.

**\*Summer practices** are available at no cost to girls going into 7th-12th grade for the 2026 fall season. Beginning June 15th, the summer practices will take place every **Monday, Wednesday, and Friday** mornings from **7:00-8:30am**. Practices are run by captains and upper level players (coaches also may be there to help). **\*\*NOTE - For at least June 15, and June 17 we will be at Centennial Middle School practicing due to the HS courts getting the courts fixed up! Check our Team Stack page for updates :)**

**\*Official Captains Practice** begins on August 3rd. For two weeks, Monday, Wednesday, Friday, 7-8:30am, Captains and Varsity level players will be running practices, setting up match play, and getting players ready for tryouts (there are no cuts in tryouts- its intention is to divide players into one of the three teams, best matching their skill level).

\*Note: Summer practices and Captains practices are **NOT** mandatory; it is simply meant as a way to give girls interested in tennis an opportunity to get more experience. There is no fee to participate in these practice opportunities.

**\*Tryouts** begin on Monday, August 17, through Wednesday, August 19th. On the first day we will have returning varsity and JV players come from 8:00am-10:00am and 11:30-1:30pm, and returning C players and all new players come from 9:30-11:30am. From there we will divide girls into "Group A" and "Group B". Group A will also have tryouts from 11:30am-1pm on Tuesday and Wednesday. Pending weather, the girls' should know what team they are on by Friday.

\*Before players can participate in tryouts, they **must be registered** for girls tennis through Campus Parent Portal, including having a **physical** on file (physicals are good for three years). Usually registration for fall high school sports opens a few weeks before tryouts. If you have any questions, please contact the girls varsity tennis head coach, **Kelly Quach, at 651-278-3188 or girlstennis@isd12.org.**