

Summer Schedule

DELTA TENNIS

Phase 1

Phase 2

- **Returning players and incoming freshmen** ... your IHSA Physical Form from last year is still good for 2020-2021. You do not need to get another one.
 - Returning players and Incoming Players ... you must complete NEW form called **IHSA Health History Questionnaire and Consent Form** prior to attending workouts on July 6th
 - Returning players ... you must update all your Final Forms forms prior to Aug. 3rd
 - Incoming players ... you must complete Final Forms also prior to Aug. 3rd
- **Any new players** who don't have an IHSA Physical Form from last year on file at Delta HS or Delta MS... you must have **IHSA Physical Exam** completed before you can attend summer workouts that start July 6th
 - You must complete Final Forms also by Ag. 3rd
- All summer activities are voluntary
- All summer activities are open only to players and coaches (no parent spectators)
- Masks are optional outdoors.
 - I highly recommend everyone have one available with you in case it is needed (EX: rain shower forces everyone into the shelter for awhile, something like that)
- **ABSOLUTELY NO ONE SHOULD COME IF FEELING ILL**
 - Do not risk it if you are sick
 - You will be sent home if you are experiencing fever, chills, cough, shortness of breath, fatigue, headache, body aches, new loss of taste or smell, sore throat, congestion, runny nose, nausea or diarrhea
- Social distancing guidelines should be followed (for example, in the shelter house, during breaks, while waiting your turn, etc.) Maintain 6 feet of distance.
- **Students should bring their own water jug (labeled with name)**. Come with jug already full of water and ice.
- No sharing of towels, water jugs, or other equipment.
- No use of locker rooms available.
- Use hand sanitizer at the courts before and after practice.
- Wash your hands before / after practice for 20 seconds with soap and water.
- Avoid hand shakes, high-fives, and other celebratory contact.
- Our collective ability to prevent the spread of the virus now may help ensure that we get to play our season this fall. Please follow all instructions from coaches.

Monday, July 6 6 p.m. to 8 p.m.- Boys Team hitting 8 p.m. to 9 p.m.- Girls Team hitting	Tuesday, July 7 10 a.m. to 11 a.m. - Conditioning (boys and girls)	Wednes., July 8 6 p.m. to 8 p.m.- Boys Team hitting 8 p.m. to 9 p.m.- Girls Team hitting	Thurs, July 9 10 a.m. to 11 a.m. - Conditioning (boys and girls)	Friday, July 10 10 a.m. to 11 a.m. - Conditioning (boys and girls)
Monday, July 13 6 p.m. to 8 p.m.- Boys Team hitting 8 p.m. to 9 p.m.- Girls Team hitting	Tuesday, July 14 10 a.m. to 11 a.m. - Conditioning (boys and girls)	Wednes., July 15 6 p.m. to 8 p.m.- Boys Team hitting 8 p.m. to 9 p.m.- Girls Team hitting	Thurs, July 16 10 a.m. to 11 a.m. - Conditioning (boys and girls)	Friday, July 17 10 a.m. to 11 a.m. - Conditioning (boys and girls)
Monday, July 20 10 a.m. to 11 a.m. -- Girls Team hitting 6 p.m. to 8 p.m.- Boys Team hitting	Tuesday, July 21 10 a.m. to 11 a.m. - Conditioning (boys and girls)	Wednes., July 22 10 a.m. to 11 a.m. -- Girls Team hitting 6 p.m. to 8 p.m.- Boys Team hitting	Thurs, July 23 10 a.m. to 11 a.m. - Conditioning (boys and girls)	Friday, July 24 10 a.m. to Noon -- Boys Team hitting Noon to 1 p.m.- Girls Team hitting
Monday, July 27 10 a.m. to 11 a.m. -- Girls Team hitting 6 p.m. to 8 p.m.- Boys Team hitting	Tuesday, July 28 10 a.m. to 11 a.m. - Conditioning (boys and girls)	Wednes., July 29 10 a.m. to 11 a.m. -- Girls Team hitting 6 p.m. to 8 p.m.- Boys Team hitting	Thurs, July 30 10 a.m. to 11 a.m. - Conditioning (boys and girls)	Friday, July 31 10 a.m. to Noon -- Boys Team hitting Noon to 1 p.m.- Girls Team hitting
Monday, Aug. 3 First Official Day of Boys Practice 4:00 to 6:15 p.m.	Tuesday, Aug. 4 Boys 4:00 to 6:15 p.m.	Wednes., Aug. 5 Boys 4:00 to 6:15 p.m.	Thurs, Aug. 6 First Student Day of School Boys 4:00 to 6:15 p.m.	Friday, Aug. 7 Boys 4:00 to 6:15 p.m.
Monday, Aug. 10 Boys 4:00 to 6:15 p.m.	Tues., Aug. 11 Boys 4:00 to 6:15 p.m.	Wedn., Aug. 12 Boys 4:00 to 6:15 p.m.	Thurs, Aug. 13 Boys 4:00 to 6:15 p.m.	Friday, Aug. 14 Boys 4:00 to 6:15 p.m.

