Player Name: _____

BRONCO TENNIS

Summer/Off-Season Point Program 2023

Each player in the Bronco Tennis Program should obtain a total of 2000 points (or more) during the off-season/summer (10 weeks = 200 points/week). Points may be accumulated based on the following activities. All points must be accumulated outside of team practice. You will be held accountable for each option chosen. **It is a REQUIREMENT for you to play in at least 3 tournaments. You must select options from at least 3/4 categories. You cannot get all of your points from one category. Try to diversify!**

*Remember -- Tryouts will consist of a timed mile run with target times to meet!

PRACTICE (must be signed by a parent or if a lesson, an instructor)

2/3 Set Match	35 points
8 game pro set	25 points
Hitting with a teammate (1 hour)	25 points
Serving (30 mins)	15 points
Ball Machine	15 points
Private Lesson (½ hour)	30 points
Private Lesson (1 hour)	50 points
Drills/Group Lesson (1 hour)	30 points
Tennis Camp (per hour)	35 points per hour

TOURNAMENTS (must be signed by a tournament/site director & print out a draw)

UTR Tournament	100 points
USTA Tournament	100 points
DPTA Tournament	100 points
ZAT Tournament	100 points
Champ/Supers Tournament	100 points

READING/VIDEO (must be signed by a coach/parent and ***must write*** ½ page on how you think the book/video will help influence your game in a positive way)

Winning Ugly by Brad Gilbert & Steve Jamison	55 points
The Inner Game of Tennis	55 points
The Mental Game/ Power of Full Engagement by Dr. Jim Loehr	55 points
The Hard Hat: 21 Ways to be a Great Teammate by John Gordon	55 points
Watching Tennis (tournaments) on TV	15 points / hour

CONDITIONING (parent or coach signature)

Bronco Performance Course Program	25 points per session
Running/Jogging (1 mile)	10 points
Weight Lifting (30 min)	10 points
Jump Rope (5 min)	05 points
Footwork/Agility Drills (30 min)	20 points

Player Name: _____

Point Report Due Dates

July 24th (Freshman and new players) July 25th (All returning players)

BRONCO TENNIS- Offseason Point Report **Name: _____**

DATE	ACTIVITY	DURATION	POINTS	SIGNATURE(S)

TOTAL POINTS: _____

Player Name: _____

BRONCO TENNIS- Offseason Point Report
Name: _____

TOTAL POINTS: _____

Player Name: _____

BRONCO TENNIS- Offseason Point Report
Name: _____

(You may add additional notebook paper if necessary if you run out of space on this form)

TOTAL POINTS: _____