



The very first thing every coach must do before moving forward with in-person training plans, is to review the [Resources for Future SONC Events & Activities checklist](#) **in its entirety** (scroll about halfway down the page to find). In-person training is **not** “business as usual”, and there are many videos to watch, documents to read and preparations to make to ensure the safety of our athletes and volunteers.

Coach’s Meeting

- View the January 14, 2021 Coach’s Meetings found in the [Tennis section](#) of the [SONC Coach and Sport Resources](#) web page.

Sport Equipment

Tennis sport equipment is plentiful, and arrangements have been made for each athlete to have their own for the duration of practice

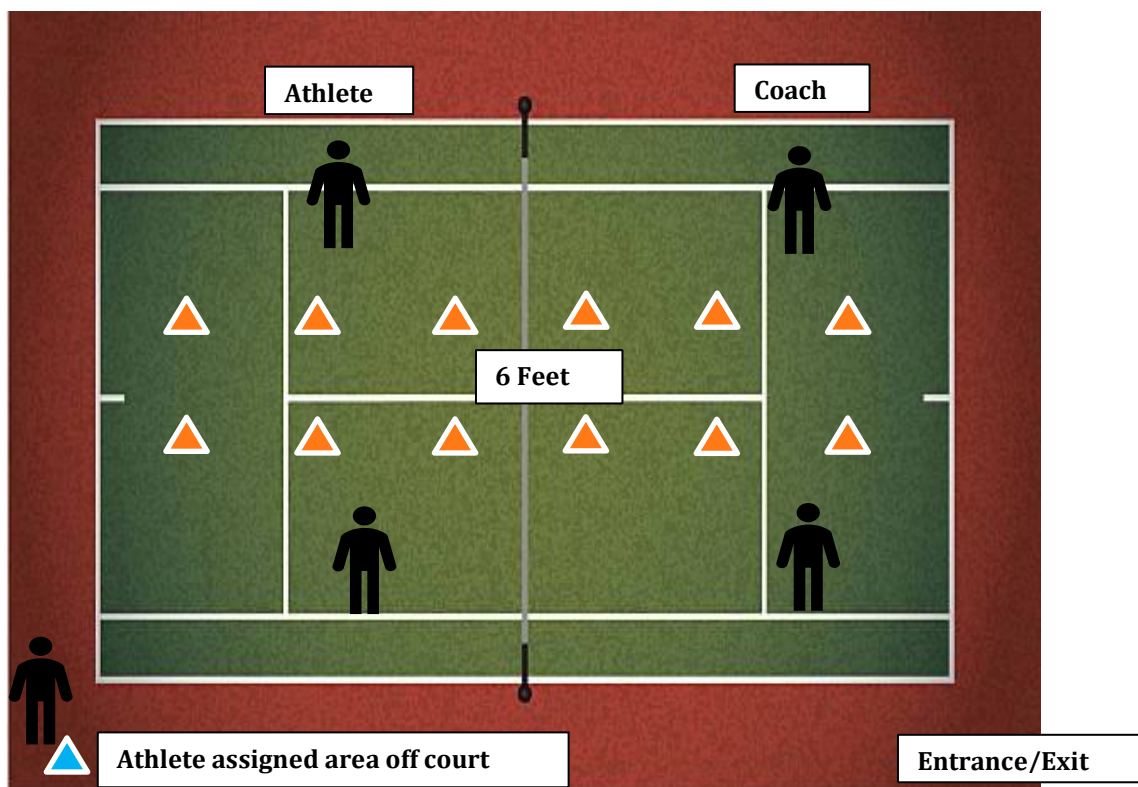
- Athletes Equipment
 - Racquet & tennis balls
 - Tennis shoes
 - Water bottle – make sure it is labeled
- Coaches Equipment
 - Water bottle
 - Baskets for athletes’ personal items
 - Sharpies and blue painters’ tape to label baskets and water bottles
 - Cones – 12 cones per court to set-up for physical distancing
 - Tennis balls – separated from general tennis balls to serving balls. Each athlete should be assigned a set of serving balls to use for the season.

General Notes and Reminders

- Stagger entry/exit onto courts
- Only coaches should pick up tennis balls.
- Sanitize hands before and after picking up tennis balls.
- 2 athletes on court at one time.
- At least 1 coach per court.
- Coaches/athletes should remain on same court.
- No physical touching/prompting.
- Designated athlete area: assigned to each athlete for personal belongings storage.

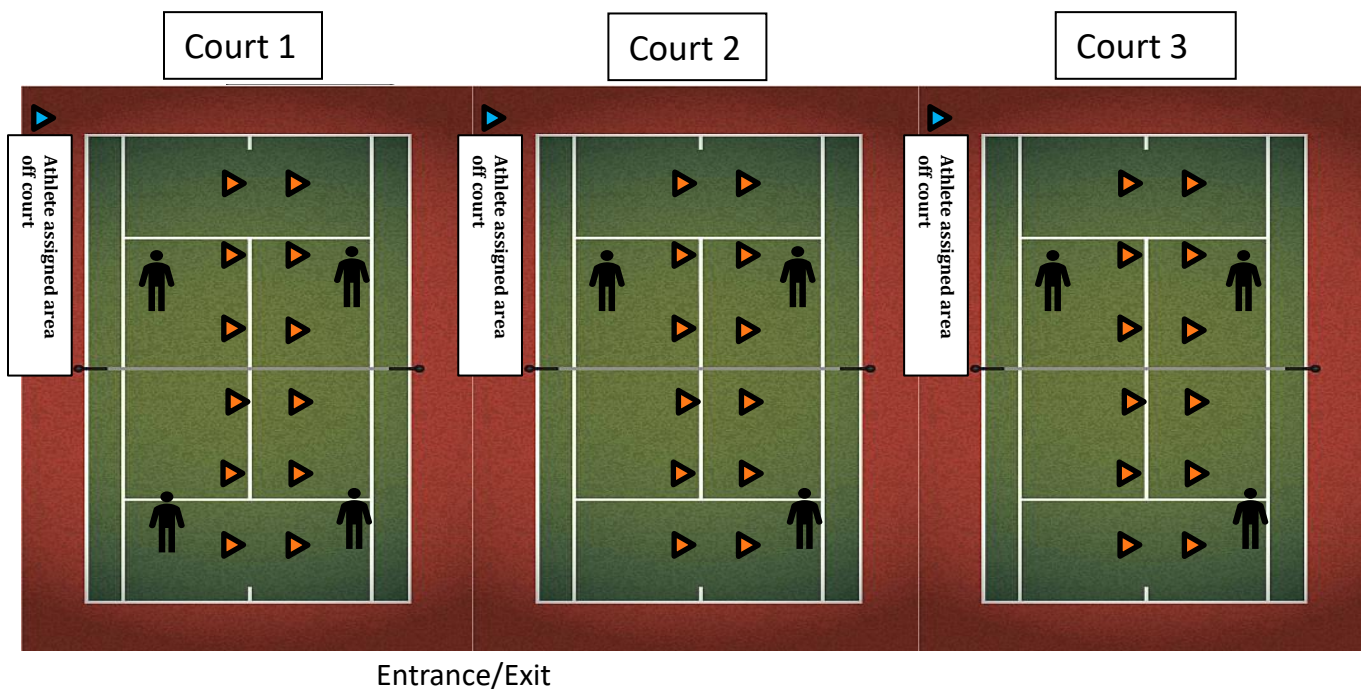
Serving

- Each athlete should be assigned tennis balls to serve with.
- Clearly mark tennis balls for each athlete.
- Store serving tennis balls separate from other tennis balls.



General Notes and Reminders

- Stagger entry/exits – furthest court from entrance enters first.
- 2 athletes per court. At least 1 coach per court.
- Cones should be set-up to create 6' of distance between athletes and coaches, on both sides of court.
- Limited court switching.
- Designated athlete area should remain the same during practice.
- Maximum of 10 people per practice, regardless of the number of courts available.



Plan B: General Fitness and Conditioning Practice

