



Menlo School Athletics

VA Tennis

Team Information

Menlo School has had great success in tennis over the years. Our Varsity A tennis team is our top-level team at the Middle School. Many of our students on this team go on to play at the upper school.

Our Goals for Varsity A Tennis

- Learn great sportsmanship
- Teach our students to love the game
- Learn skills and strategies to help them advance in tennis
- Learn to be a productive team member

What We Teach

- Conditioning for Tennis
- Skill work
- Good Sportsmanship
- Doubles Strategy
- Singles Strategy
- Stroke variation and progression
- Proper mental game