



Menlo School Athletics

VB Tennis

7th and 8th Grade Varsity B (co-ed) - Intermediate Level

The varsity B team continues to develop the fundamentals of the game with an emphasis on doubles play and court strategy. Concentration on the use of spin (consistent) as well as physical conditioning will be the focus. One of the goals is to get the students prepared for match play.

- The importance of the serve
- Doubles positioning
- Singles play
- Improving form and footwork
- Physical conditioning

General Practice Format

Practices are from 2:10-3:15 during the school day. Matches are played after school during the week.