

July 15, 2021

Hi Girls,

I hope you are all well and enjoying your Summer. Here is the latest news...

1. **The Mubadala Silicon Valley Tennis Tournament at San Jose State is not having a High School Day** like they have had in the recent past. It is the longest-running women's tennis tournament on the planet (1971-2021, 50<sup>th</sup> anniversary this year) and I would like us to go, but we would need to buy our own tickets and provide our own transportation, and there will not be the fun events and lunch like there was a few years ago.
2. **The tennis courts are now scheduled to be completed on Friday, August 13<sup>th</sup>.** The official start date of our season is Monday, August 9<sup>th</sup>. Though the courts will not be available, we need to start conditioning as soon as possible. We are not allowed on to the LMC tennis courts, and we cannot use the parking lot. I am open to suggestions as to where we can meet to at least begin hitting again.
3. **I am working on finalizing our schedule.** We have home/away matches with the teams in the BVAL (Bay Valley Athletic League): Antioch, Deer Valley, Freedom, Heritage, and Liberty. So far, we have non-league matches with College Park, Clayton Valley, and Jesse Bethel. I am also working on matches with Alhambra, Concord, Mt. Diablo, Ygnacio Valley, Berean Christian, and Edison of Stockton.
4. **We need to recruit new players!** Many girls do not know about tennis, especially incoming Freshmen and Sophomores. When school starts, over half the students will be brand new to Pittsburg High! Coach Ivy and I are relying on you girls to bring a friend to practice. Give them the **Girls Tennis Remind: 81010 @ d0382** so they can begin receiving these messages. Tell them they need no previous tennis experience, and I have rackets and shoes (if needed).
5. **Returning players:** you need to go online to your account and reinput all your emergency and insurance information. You also can upload your old physical if it does not expire before November 2021. If your physical expires before November 2021, you will need to upload a new physical. **DO THIS AS SOON AS POSSIBLE.**
6. **New players:** you need to **get a sports physical that says you are cleared to play.** This needs to be **signed and stamped by the doctor.** You also need to **create an online account and fill out emergency and insurance information.** I am enclosing a form that explains everything to do, the sports physical form (print this out and take to physical exam), and a link to the online account. If you have any questions, please feel free to contact me via Remind, or text me: 925 768-8722.

<https://www.athleticclearance.com/login.php> (link to create online account)

<https://www.pittsburg.k12.ca.us/domain/1976> (link to district athletic clearance website)



Athletic Clearance  
Guide.pdf



Sports Physical  
Form.pdf

**We will start some kind of conditioning next week. It may just be hitting against the gym wall or on the blacktop behind the gym. At least we will be outside and active again!**

**With much love and gratitude for what we have and do not have, (Coach) Thomas B. Arbuckle**