

3rd SET

NAME: _____

APRIL

AUGUST

STRENGTH

PUSHUPS (1-MIN) _____

BENT OVER ROWS (1-MIN) _____

3-CLEANS (max.weight) _____

AGILITY TIME _____

UP/DOWNS (1-MIN.) _____

CONSISTENCY

FOREHANDS _____

BACKHANDS _____

VOLLEYS _____

1st SERVES _____

2nd SERVES _____

MATCHPLAY

20 matches-2/3 sets, no ad, 20 different opponents

TOURNAMENTS

2 Tournaments

MATCHPLAY

1. _____

20. _____

TOURNAMENTS

1. _____

2. _____
