

## Women's Tennis Team Shifts to Offseason Schedule

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As the Penn State women's tennis fall season drew to a close this past week, the team entered into its offseason training routine. While each player's winter training program for the spring season is slightly different based on their needs, overall offseason goals remain the same across the team.

"[We have to be] maintaining and building our strength," said coach Dawna Denny. "Being explosive out on the court, that...and being fit, those are the main goals for us coming back into the season. Strong, healthy and explosive."

The NCAA limits the amount of practice time players can have with their coaches in the offseason. In the regular season the team has 20 practice hours per week. In a given offseason week, players are allowed six hours of strength and conditioning work and two hours of instruction with coaches.

The team's coaching staff must be economical with its diminished time with the players. At the end of the fall season the coaches come together to create a training program that best addresses the team's needs.

"We're really limited in what the NCAA allows us to do [in the offseason]," said Denny. "Our strength coaches, along with our staff...come together and figure out what is best for the team."

Senior Petra Januskova, who won the ITA Atlantic Regionals and led the team in singles wins this past fall, said the coaching staff talks to the players beforehand outlining what to work on in offseason.

“Coach usually tells us what we need to work on,” said Januskova. “When we get back [to practices] they have a mile run that we need to get under 7 minutes.”

In addition to working on their mile times, the players were given an exercise routine. To stay sharp, the team also hits together on the side. According to Januskova, the training program has not changed much from year to year.

Now that team practices are over the players have shifted to individual practices, which are designed to isolate the individual needs of a given player.

“In individual [practices] a lot of times we’ll work on a specific stroke or a specific pattern that [a player] need[s] that is or isn’t working,” said Denny. “It really gives us that option to [say] ‘okay, what do *you* need right now and what’s something that’s going to get you ready?’”

It is recommended that players do work on their own, whether they are at school or at home. To make the most efficient use of her time in the offseason, Januskova

practices with her coaches from back home over the Thanksgiving and Winter breaks.

While individual play is a focus in the offseason, the team particularly looks to improve in doubles play upon return for the spring season. The team finished the fall with a combined 17-21 record in doubles play.