

Summer Tennis Academy – Ages 10 and Up

7 Weekly Sessions from June 16 – August 1

USTA Coaching Philosophy

Our training process will include a drilling portion, point and match play, and conditioning.

In the drilling portion, you will see a simple progression from hand feeding to racquet feeding to live ball drills. Progressions will be customized to meet the specific needs of the players. In this portion coaches will help players acquire and maintain good technique, patterns of movement, and proper recovery.

In the point and match play portion, we will focus on developing patterns of play, ball recognition, and strategy to help players improve their match play experience. Coaches will provide players with shot selection and court positioning techniques and monitor the behavior of the players in different match situations to help them succeed in a competitive environment.

Conditioning will include basic conditioning testing which will measure players' endurance, balance, strength, speed and agility. Results of the testing will be shared with the players. Fitness training program will be customized to the group needs.

Juniors who apply for the Academy must be actively competing in sanctioned tournaments or have appropriate NTC ratings. Player commitment to excellence, an outstanding work ethic, and respect towards fellow students and coaches is expected. Players will be evaluated by our coaching staff and will be placed in the groups according to their level. Further changes in groupings may take place if the players demonstrate substantial progress. It is essential that players recognize the importance of working as a team to ensure the best learning experience.

Academy 10U - Players in the 10 and Under (TAUT) category may be considered to participate in the Academy. All selection criteria described above will apply to this group of players. Green dot balls may be used for this group of players to ensure a better learning environment and progress. Appropriate NTC rating (QSTP) is required to register to this level.

Areas of Player Development in Tennis Academy

In our academy, we are teaching tennis through an Eyes, Feet and Hands model. Coaches are expected to set specific goals for each practice and devise training processes to ensure the best learning environment for the athletes. The following points describe areas of focus for the coaches in developing successful competitors:

- Hands, Feet, Eyes, and Mind
- Consistency & Control, Shot Selection & Court Positioning, Patterns, and Strategy
- Fitness, Work Ethics, Attitude, and Mental Toughness
- Goal Setting and Tournament Selection
- Injury Prevention and Diet

Typical Daily Schedule

Morning	Dynamic Warm-up, Groove hitting Movement training, competitive drilling, Specific fitness training (different aspect each day)
1:00 pm	Lunch break (bring or buy lunch from food stand)
Afternoon	Groove hitting, "live-point" situations Competitive Match Play (supervised and critiqued)

- ✓ Signed "Consent and Waiver Form" is required to participate in our camps. Please mail the signed "Consent and Waiver Form" if you register on-line.
- ✓ \$25 administration fee will apply if camper is not registered by the preceding Friday, 8:00 p.m. for the following week of camp.

Tennis Academy – Ages 10 and Up

Summer Camps (June 16 -August 1, 2014. No camp on Friday, July 4)

First Name _____ Last Name _____ Age _____ Birth Date _____ Male / Female

Street Address _____ Apt. # _____ City _____ State _____ Zip _____

Parents' E-mail Address _____ Parents' Full Names _____

Home Phone _____ Business _____ Cell Phone _____

WEEKLY SESSIONS: Please "X" for desired sessions and enclose full payment.

		10U Academy 10:00AM- 5:00PM	Ages 10-13 Academy 10:00AM-5:00PM	Age 14-18 Academy 10:00AM-5:00PM	Office Use Only
Week 1	June 16-20	☐ \$ 550	☐ \$ 550	☐ \$ 550	
Week 2	June 23-27	☐ \$ 550	☐ \$ 550	☐ \$ 550	
Week 3	June 30-July 3 (4 days)	☐ \$ 440	☐ \$ 440	☐ \$ 440	
Week 4	July 7-11	☐ \$ 550	☐ \$ 550	☐ \$ 550	
Week 5	July 14-18	☐ \$ 550	☐ \$ 550	☐ \$ 550	
Week 6	July 21-25	☐ \$ 550	☐ \$ 550	☐ \$ 550	
Week 7	July 28-August 1	☐ \$ 550	☐ \$ 550	☐ \$ 550	

Please check group level below:

- ☐ 10U Academy NTC rating QSTP
☐ NTC rating 3.0 ☐ NTC rating 3.5
☐ NTC rating 4.0 ☐ NTC rating 4.5
 • No refunds for cancellation requests received after June 9, 2014. All individual cancellations/changes will incur a \$25 administrative fee. **No make ups.**
 • Make checks payable to "USTA National Tennis Center." Checks returned by the bank will incur a \$30 fee and must be replaced by cash or money order.
 • Mail to: USTA BJK National Tennis Center
 Attn: 2014 Summer Junior Camps
 Flushing Meadows Corona Park
 Flushing, New York 11368

Amount Enclosed _____ Cash ☐ (In person only) Check ☐ # _____ VISA ☐ MasterCard ☐ AMEX ☐ Discover ☐

Card Number _____

Exp. Date _____

Card holder's name (Please print) _____

Card holder's signature _____

CONSENT AND WAIVER FORM

Camper Name: _____ Parent/Legal Guardian Name: _____

In consideration for permitting me to participate in a USTA Billie Jean King National Tennis Center ("NTC") program, I acknowledge and agree to the following:

I recognize the importance of following staff and coaches' instructions regarding training and other NTC rules, and agree to obey such instructions.

I certify I am in good physical condition, sufficient to use the facilities and participate in the program.

I recognize that tennis, sports conditioning and physical activity, by its very nature, carries with it certain dangers and risks that cannot be eliminated regardless of the care taken to avoid injuries; that although activities may not be strenuous, injuries or medical complications may occur; that balance and physical coordination may affect the occurrence of accidents or falls; that the participant should ask about other potential hazards and recommended precautions; and that, in addition to physical activity, the participant may be subjected to risks associated with traveling in vehicles. I knowingly assume all risks associated with participation in the program

I understand that I may participate in field trips away from the NTC throughout the duration of the program. I also understand that I may revoke permission for a specific field trip by written notice hand-delivered to the NTC's Director of Tennis Programs at least one day before the trip.

I hereby authorize any medical treatment deemed necessary in the event of any injury to the participant while participating in any activity. I have appropriate insurance, or, if not, I agree to pay all costs of medical services incurred on my behalf.

I understand that video production and/or photography may be conducted during the Program. I fully and irrevocably grant to the USTA National Tennis Center Incorporated ("USTA NTC"), its agents, and its designees, the unqualified right and permission in perpetuity, to reproduce, copyright, publish, broadcast or otherwise use my name, image, likeness, voice, biography or other identification in any and all media now known or hereafter devised, for any commercial or non-commercial purpose at the sole discretion of the NTC. I waive any right, claim or interest in such use and understand that there will be no compensation or other financial remuneration

As a further condition of participation in the program, and to the maximum extent permitted by law, I, on behalf of myself, my executors, administrators, heirs, personal representatives, successors and assigns, release, waive, hold harmless and discharge the USTA NTC, United States Tennis Association Incorporated ("USTA"), the City of New York (the "City") and others in any manner connected with any such program, event and/or other related activities, including, without limitation, the employees, officers, directors, agents and representatives of the USTA NTC, USTA and City (the "Released Parties"), from any and all claims and demands of every kind, nature and character for any losses, injuries or damages that I may sustain, directly or indirectly, arising out of or related to traveling to or from or participating in any program, event and/or any other related activities on any legal theory whatsoever, regardless of whether caused by the negligence of the Released Parties (the "Released Claims"). To the maximum extent permitted by law, I hereby covenant and agree that I will not bring or be a party to any legal action or claim against the Released Parties for any reason based on any of the Released Claims. I agree to indemnify and hold harmless each of the Released Parties from any and all liabilities, claims, actions, damages, expenses, losses and costs of any kind (including, without limitation, attorneys' fees and costs) caused by or arising out of my participation in any program, event and/or related activities, including, without limitation, my breach of any provision of this Consent and Waiver and any damages caused by me. I and USTA NTC irrevocably submit to the exclusive jurisdiction of the federal or state courts in Westchester County, New York in the event of any dispute, claim or action.

I HAVE READ THIS CONSENT AND WAIVER FORM, FULLY UNDERSTAND ITS TERMS AND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY. I INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Participant Name: _____ Date: _____

IF PARTICIPANT IS UNDER 18 YEARS OF AGE:

I represent and warrant that I am the parent or legal guardian of the above-named participant (the "Minor") and that I have read and understood the foregoing Consent and Waiver. I fully consent to and voluntarily authorize the Minor to participate in an NTC program. I acknowledge and agree individually and on behalf of the Minor to the representations, consents, agreements, grants, waivers, authorizations, indemnifications and releases set forth above, which shall be binding on me and the Minor.

Parent/Legal Guardian Signature: _____ Date: _____

Print Name: _____