

SUMMER CAMP 2016

Junior Tennis and Sports Camps & Academy – Ages 10-17

Monday, June 20 – Friday, August 5, 2016

7 Weekly Sessions (No camp on Monday, July 4)

Full Day Session: Drop off 8:30am-9am. **Camp 9am- 4pm** with daily lunch break - bring lunch or purchase from food concession. Pick up from 4pm-5:30pm – w/movie, ping pong, other activities as campers wait to be picked up.

Late Afternoon Mini-Session: 4:30pm – 7:00pm

Junior Tennis and Sports Camps - Our Indoor/Outdoor Junior Camps provide group tennis instruction to campers between the ages of 10-17 at all levels of play. Areas of emphasis include Technique, Tactics and Strategy, Fitness, and most of all - FUN. Continuing this year will be the inclusion of cross-training, as we introduce campers to soccer, softball, table tennis, and other sports that will enhance the individual's long term athletic development and overall camp experience.

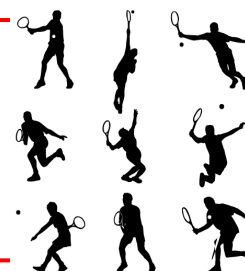


- **RED – Beginner (1.0-1.5):** Players are introduced to the fundamentals of tennis through drills and play-based activities.
- **GREEN – Advanced Beginner (2.0):** Players have limited on-court experience and are still developing their basic tennis strokes. They are working to improve consistency in rallying the ball over the net. Players engage in a variety of play-based activities to help them develop playing strategies.
- **BLUE – Low Intermediate (2.5):** Players continue to perfect basic tennis skills. They are

introduced to the tennis game format and scoring, and they begin to develop an understanding of the game. Overhead serves and games-based drills are a focal point at this level.

Tennis Academy - Areas of Player Development in Tennis Academy

- 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



- **BRONZE/Academy – Intermediate (3.0)**
- **SILVER/Academy – Advanced Intermediate (3.5)**
- **GOLD/Academy – Advanced (4.0 and up)**

Qualified Bronze, Silver and Gold players will be selected weekly for the Academy group following evaluation in the Camp.

Players who apply for the Academy must be actively competing in sanctioned tournaments or have appropriate NTC ratings. 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.

Optional Field Trips will also be available to **Full-Day** campers. Separate registration is required for these off-site Field Trips to nearby venues in the Flushing Meadows-Corona Park area which may include ice skating, miniature golf, Queens Zoo, Queens Botanical Gardens, museum visits and more.

Please complete the separate Field Trip Registration form and pay by cash or check **IN PERSON** in order to reserve a spot.