



## SUMMER TENNIS CAMP AGENDA

Our Camp goal for is for your child to have fun while learning new skills. We will be focusing on all facets of the game including grips, strokes, footwork and fitness. This camp is geared toward recreation, fun and fundamentals of the game.

### Information:

- Please arrive 5-10 minutes before camp starts each day.
- Loaner racquets are available and located at the courts.
- Parents please encourage hydration each day even if they are NOT thirsty!
- Parents are always welcomed to observe and provide encouragement to all campers. We do ask that all parents enjoy watching their child from outside the courts (parents are not allowed on the court while teaching).

### Items to Bring/Tennis Attire:

- Water bottle
- Sunscreen with minimum SPF 30 (apply before camp & during break)
- Hat or visor
- Light colored clothing, t-shirt/gym shorts, soft sole non marking tennis shoes.

### Daily Camp Agenda:

- Introduction/Rules/Safety
- Dynamic Stretching/Warm-up
- Break into groups based on age and playing levels
- Footwork Drills / Conditioning
- Each day we teach/practice/review the proper technique for tennis strokes - Forehand, backhand, volleys, & serves.
- Point Play Development Strategies - Strategic education of sportsmanship, scoring, court positioning & shot selection.

**Thank you for spending the week with us!**