

## Junior Tennis Summer Camps – Ages 10-17

### 6 Weekly Sessions from June 26, 2017 - August 4, 2017

**\*\*Choice of Full Day Session (8:30 a.m. – 5:30 p.m.) or Afternoon Mini Session (4:30 p.m.— 7:00 p.m.)\*\***

### Junior Red, Green & Blue

**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

#### Areas of Focus:

- Monday - Groundstrokes
- Tuesday - Movement
- Wednesday - Volleys and Overheads
- Thursday – Serves and Returns
- Friday – Patterns, Strategy and Match play



#### Sample Daily Schedule: Drop off 8:30am-9am/Pick-up 4pm-5:30pm

**9:00am:** Daily Itinerary and demo of the day.

**9:30-11:45am:** Area of focus. During the morning session, groups will also rotate among different stations

**12:00-1:00pm:** Lunch. \*Campers must provide or purchase their own lunch.\*


**1:00pm:** Afternoon agenda and Tennis Talk.

**1:30-4:00pm:** Instruction, Team Tennis Match Play, Cross-Sport Training.


There will also be a number of optional field trips scheduled.

**4:00-5:30pm: Dismissal / Pick-up**—Campers will be escorted to the classrooms where they will either stay for the activities (movie, ping pong, game room) or be dismissed for the day.

**\*\*NOTE: Friday is our end of week raffle.** Raffle tickets will be earned daily by campers in preparation for the prize giveaway each Friday.\*\*

 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.



 \$50 administration fee will apply if camper is not registered by the preceding Thursday, 8:00 p.m. for the following week of camp.

**\*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, including ice skating, miniature golf, museum visits and a Mets game.

### Academy

**Academy (3.0, 3.5, 4.0+):** 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.

#### 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

#### Typical Daily Schedule: Drop off—8:30am-9am/Pick-up 4pm-5:30pm

**9:00am:** Players will meet in classroom. The daily agenda will be discussed at that time.

**9:30-12:00pm:** Stretching, Fitness, Drilling, Live ball play.

Training will follow the USTA Player Development Coaching and Philosophy based on "The Five Principles": Patience, Progressions, Parameters, Planning & Goals and Problem Solving.

Practice sessions will have specific daily goals focusing on these principles.

Coaches will teach the game of tennis through the Eyes, Feet and Hands philosophy. Fitness will be part of each days practice session.

**12:00-1:00pm:** Players will play competitive matches and take their lunch break at 1:00pm. This enables them to take advantage of all the open courts.

**1:00pm-2:00pm:** Lunch. Players will take their lunch break in the downstairs lobby area.

**2:00pm:** Players will meet in classroom for discussion regarding afternoon activities.

**2:00pm-4:00pm:** Dynamic Warm-Up and Stretching, Competitive Match Play and Cross-Sport Field Games.

**4:00pm-5:30pm: Dismissal / Pick-Up** — as players wait to be picked up they can watch a movie, play ping pong, play board games, etc...