

Junior & Academy Tennis Camps – Ages 11-17

Monday, June 25 – Friday, July 27, 2018

5 Weekly Sessions (No camp on Wednesday, July 4. Separate Mini-camp will be offered)

- **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.
Please make sure campers are dropped off and picked up within 30 minutes to camp starting or ending. For those who need more time, we have added extended sessions to our camp menu. Extended camp sessions are \$50 weekly and will provide appropriate supervision and structure for campers before and/or after our regular camp sessions.
- **Late Afternoon Mini-Session:** 4:30pm – 7:00pm

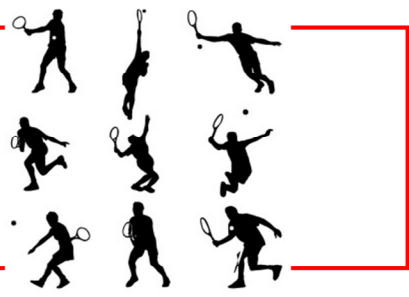
Junior Tennis and Sports Camps - Our Indoor/Outdoor Junior Camps provide group tennis instruction to campers between the ages of 11-17 at all levels of play. Areas of emphasis include Technique, Tactics and Strategy, Fitness, and most of all - FUN. Continuing this year will be the inclusion of cross-training, as we introduce campers to soccer, softball, table tennis, POP tennis and other sports that will enhance the individual's long term athletic development and overall camp experience.



- * **Beginner (1.0-1.5):** Players are introduced to the fundamentals of tennis through drills and play-based activities.
- * **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.
- * **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



Academy (3.0) **Academy (3.5)** **Academy (4.0 and up)**

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.

Free of charge:
Field Trips will be included to Full-Day registered campers ages 8 and above in 2018.
Off-site field trips will be nearby venues in the Flushing Meadows-Corona Park area, which may include ice skating, miniature golf, Queens Zoo, museum visits and more.