

Summer 2020

★★★ High-Performance Camp Information ★★★

High-Performance Camp is open to the players with following NTC ratings.

Eligible Levels:

- Feed the Feeder Plus
- Feeder
- Elite

Dates:

11:00 a.m. – 6:00 p.m., Monday through Friday

NTC Camp week 1:	June 22-26	(Not offered)
NTC Camp week 2:	June 29-July 2	(no camp 7/3) \$420
NTC Camp week 3:	July 6-10	\$525
NTC Camp week 4:	July 13-17	\$525
NTC Camp week 5:	July 20-24	\$525
NTC Camp week 6:	July 27-31	\$525
NTC Camp Indoor:	August 3-7	\$525

NTC High Performance Camp Itinerary:

- 11-2 pm: Dynamic warm-up
 Fitness (on and off-court)
 Drills
 Situational points
- 2-3 pm: Supervised lunch
- Social time
 - Ping pong
 - Relax
- 3-6 pm: Dynamic warm-up
 Controls
 Serve
 Return
 Matches
 Cool down
- Stretches
 - Reflections from day
 - Journaling

