

★★★ High-Performance Camp Information ★★★

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

Eligible Levels:

- Feed the Feeder
- Feed the Feeder Plus
- Academy Teens Plus
- Feeder Youth
- Feeder Teens

Dates:

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

1. June 25-29 \$475
2. July 2 - 6 (no camp 7/4) \$380
3. July 9-13 \$475
4. July 16-20 \$475
5. July 23-27 \$475

Ratio:

4 to1 (players to Coaches)

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