

Summer Camp 2019

★★★ High-Performance Camp Information ★★★

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

Eligible Levels:

- Feed the Feeder Plus
- Feeder Youth
- Feeder Teens

Dates:

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

NTC Camp week 1:	June 24-28	Not offered
NTC Camp week 2:	July 1-5 (no camp 7/4)	\$380
NTC Camp week 3:	July 8-12	\$475
NTC Camp week 4:	July 15-19	\$475
NTC Camp week 5:	July 22-26	\$475

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

