



TenTen Sports Academy Inc @ Valley Tennis Club

2011 Summer Tennis and Sports Camp

Starts Monday June 20th to Friday September 2nd

Our weekly Summer Camps accommodate children of all levels of play from the complete **Beginner** to **High Performance** level. The camp is ideal for children aged 4 to 16 years of age.

Campers are divided up into groups that are both level and age appropriate. The camp program is **active** and **challenging**. It consists of technique instruction, drills, on-court exercises, and interactive play that covers all aspect of tennis. Campers also enjoy the opportunity to participate in other field sports and activities for up to 45 minutes per camp day session. This may include soccer, golf, baseball, obstacle course, treasure hunt, and team activities. Camp includes a daily freezie snack. We have a daily camp **theme** that is incorporated into the daily program. Campers participate in either a **Tournament** or a **Skills Test** on the last day of camp each week.

We also run a **High Performance Program (HPP)** for competitive and tournament level players. For more information please review the **HPP flyer** for more details.

Camp Outline

Morning Camp: 9am-12noon

- 9:00-9:15am** Attendance and Warm-up, Theme of the Day explanation and demo
9:15-10:00am Instructional and corrective stroke-play, drills and exercises
10:00-10:45am Off court Field sporting activity (Advanced players have the option of tennis instruction during this time, **HPP** stay on court)
10:45-11:00am Recess (Freezie Break)
11:00-12:00pm Game and point related drills and exercises, interactive drills
12:00 noon Dismissal for Morning Campers

12:00-1:00pm Lunch (BYO lunch). Lunch is supervised by one of the staff.

Afternoon Camp: 1:00pm-4:00pm

The afternoon camp follows the same schedule as the morning camp with more emphasis on interactive and point related drills.

Please bring the following to camp:

1. **Water Bottle** (Instructors stop programs on a regular basis for water breaks)
2. Sun block
3. Hat
4. Change of clothing (on hot days we turn on the sprinkler)
5. **Great attitude**

Rain Out Policy

No refunds or credits are given for camp days that are rained out or missed.

Camp days may be made-up anytime during the summer with prior arrangement. Exceptions apply.