



2024 Summer Tennis Camp Information Brochure

***1st Week of Camp: June 17th - 21st 2024 *Last week of Camp August 26th - 30th 2024**

Our weekly engaging Summer Tennis Camp accommodates children 4 to 16 years of age, of all levels and abilities, from the first time **Beginner**, to **Intermediate** level, to **Advanced level** players (which includes High Performance tournament level players). Camp accommodates recreational seasonal players as well as competitive players.

Each camp week, campers are thoughtfully divided up into groups that are both age and level appropriate. Pods/cohorts can also be arranged in advance by contacting the Head pro.

Our camp program is **active, engaging, and challenging**. It consists of technique instruction, well formulated tennis drills, on court exercises, interactive games and point play, and on court instruction that covers all aspects of tennis. Campers also enjoy the opportunity to participate in 'grass' court tennis activities in the park, as well off-court field sports and fun games that may include soccer, sprinkler time, golf, baseball, obstacle courses, capture the flag, and team games. We have a daily camp **theme** that is incorporated into the daily program. Campers participate in a **Tournament** or a **Skills Test** on the Friday of each camp week. Our Ratio is 7:1 (6:1 ratio for TenTen camp)

For information on our **High Performance Camp Program** (for tournament level players) please contact Brian at tenTen@rogers.com

Morning Camp: 9am-12noon

9:00-9:15am Attendance, Theme of the Day briefing and demo, and Warm-up

9:15-10:00am Instructional and corrective stroke-play, drills and exercises (this may be instructed on the 'grass courts')

10:00-10:45am Off court Field sporting activity (Advanced players and older campers have the option of tennis instruction during this time, **HPP** stay on court)

10:45-11:00am Recess and Snack

11:00-11:55pm Interactive game and point related drills and exercises.

11:-55-12:00 noon Dismissal of Morning Campers

Lunch:12:00-1:00pm

Lunch for Full Day campers (BYO lunch. NUT free please). Lunch is supervised by the coaching staff.

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

1:-1:15pm Attendance, Theme of the Day briefing and demo, and Warm-up

1:15-2pm Instructional and corrective stroke-play, drills and exercises (this may be instructed on the 'grass courts')

2-2:45pm Off court Field sporting activity (Advanced players and older campers have the option of tennis instruction during this time, **HPP** stay on court)

2:45-3pm Recess and Snack

3-3:55pm Game and point related drills and exercises, interactive play

3:55-4pm Dismissal of Afternoon and Full Day Campers

What To Bring To Camp:

1. **Water Bottles - 2 or more are recommended**
2. Sun block - please apply before camp too
3. Hat
4. Change of clothing (on hot days we turn on the sprinkler)
5. Towel
6. Hand sanitizer and mask
7. An amazing and positive attitude

Rain Cancellation Policy:

PLEASE NOTE: No Refunds or credits are given for camp days that are rained out or missed.

Rained out Camp days may be made-up anytime during the course of the summer but only with prior arrangement with Brian Panovka. Exceptions do apply. If need be Rain make-up days may be scheduled in the Fall.

For Info contact: Brian - Head Professional tenten@rogers.com or (905) 771-7511

Junior Membership of the Valley Tennis Club is mandatory to register for Camp, classes, and private lessons.