



## **2023 Summer Tennis Camp Information Brochure**

**\*1st Week of Camp: June 19th - 23rd 2023 \*Last week of Camp August 28th - Sept 1st 2023**

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 [tennten@rogers.com](mailto:tennten@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](mailto:tenten@rogers.com) or (905) 771-7511**

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