



2020 Summer Tennis Camp Information

***1st Week of Camp: June 15th-19th *Last week of Camp August 31st-Sept 4th**

Our weekly Summer Camp accommodates children 4 to 16 years of age, of all levels and abilities, from the absolute **Beginner** to the **High Performance competitive** player.

On the first day of each camp week, campers are thoughtfully divided up into groups that are both level and age appropriate.

Our camp program is **active**, and **challenging**. It consists of technique instruction, well formulated tennis drills, on court exercises, game and point play, and interactive play that covers all aspect of tennis. Campers also enjoy the opportunity to participate in off-court field sports and activities for up to 45 minutes per camp day (soccer, golf, baseball, obstacle course, capture the flag, and team games). Camp also includes our famous 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 Friday of each camp week.

For information on our **High Performance Camp Program** (for competitive and tournament level players) please review the **HPP flyer** for more details.

Camp Outline

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

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 (FFB - Famous Freezie Break)

11:00-12:00pm Game and point related drills and exercises, interactive play

12:00 noon Dismissal of 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 starts at 1pm and follows the same schedule as the morning camp with more emphasis on interactive play, and point related drills and games.

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 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.

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

Venue: Valley Tennis Club (Cnr Yonge St and Mill St, 2 blocks south of York Mills)