



Valley Tennis Club

2010 Summer Tennis and Sports Camp

Starting: Monday June 14th thru to Friday September 3rd

Our weekly Summer Camps accommodate children of all levels of play from the complete **Beginner** to **High Performance**. 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 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 per camp day session. This may include soccer, golf, baseball, obstacle course, treasure hunt, and team activities. Camp includes a daily freezie snack. Every day of camp has a **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.

Camp Outline

Morning Camp: 9am-12noon

- 9:00-9:15am** Attendance 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 have the option of tennis instruction during this time)
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)

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.