

Tennis Camp

Daily Schedule

8–9 am . . . Drop-off at carpool circle

9:05–9:20 am . . . Counselor walks campers to Tennis Lobby (Home Base)

9:20–9:30 am . . . Counselor reviews all safety rules and protocols

9:30–9:45 am . . . Footwork and conditioning skills (indoor courts)

9:45–9:50 am . . . Break, snack and time to apply sunblock

9:50–11:25 am . . . Outdoor tennis drills (indoors if raining)

11:25–11:30 am . . . Ball pick-up (each child will be assigned their own hopper)

11:30–11:45 pm . . . Counselor walks campers to Tennis Lobby for lunch

11:45 am–12:15 pm . . . Lunch

12:15–12:30 pm . . . Counselor walks campers to Family Changing Rooms to change for pool (time to re-apply sunblock)

12:30–1:15 pm . . . Swim time (move to indoor courts if severe weather)

1:15–1:45 pm . . . Counselor walks campers to Family Changing Rooms and then to outdoor courts for snacks (move indoors if raining)

1:45–3:15 pm . . . Serving and point/game/match play (with breaks)

3:15–3:30 pm . . . Ball pick-up and tennis trivia

3:30–3:45 pm . . . Counselor walks campers to carpool circle for pick up

4–5 pm . . . Pick-up at carpool circle

Checklist: What to Bring Each Day

- ✓ Size-appropriate tennis racquet (new and used available for purchase. No demo racquets due to no sharing of equipment)
- ✓ Sports shoes (non-marking, light sole shoes)
- ✓ Hot weather athletic clothes (hats/visors suggested)
- ✓ Swimsuit and towel
- ✓ Water bottle
- ✓ Sunscreen
- ✓ Two snacks and a lunch (Note: We do not have refrigerators. Pizza/popsicle lunch provided on Fridays.)

Objective

Campers will have fun, improve their tennis skills and learn the importance of sportsmanship through a program tailored to meet each player's needs through drills, demonstrations, repetition, fun and games.

Questions? Contact Kim Shippy
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