

## 2019 Tennis Camps

Focused tennis instruction for a variety of junior players. Camps will be age and skill based groupings working on developing proper stroke technique in competitive situations, strategy in both singles and doubles, and conditioning and training to build a strong base for the beginning player up to the most competitive player.

Camps will be one hour per day for four consecutive days (4 hours of instruction)

One registration per player (2 players = 2 registrations please)

\$65 Foothills Club Members

\$85 Non-Members (general public)

\*Price includes 26oz. aluminum take home water bottle

### **Beginner Camp (8 yrs old and up) "Slammers" (1pm to 2pm)**

Players are still learning proper stroke technique, the rules of the game, court positioning and are developing their skills into match play. They are developing athleticism on the court and growing in their conditioning and tennis specific movement and footwork.

### **Intermediate Camp (8yrs old and up) "Crushers" (2pm to 3pm)**

Players have basic stroke technique and know the rules of the game. They are ready to take the next step to develop more consistent strokes and begin to play in a more competitive environment with strategy in both singles and doubles. Players will work on their footwork and conditioning to match the development of their skill levels.

### **Advanced/Competitive Camp (8yrs old and up) "Aces" (3pm to 4pm)**

Players are competing in match play including tournaments and are working on developing stroke weapons and skills in both singles and doubles. Strategies in competitive situations are taught and developed. Players will learn advanced conditioning and footwork drills for the competitive player.

#### **Session 1**

June 10-13 (Mon, Tues, Wed, Thurs)

#### **Session 2**

June 24-27 (Mon, Tues, Wed, Thurs)

#### **Session 3**

July 8-11 (Mon, Tues, Wed, Thurs)

#### **Session 4**

July 22-25 (Mon, Tues, Wed, Thurs)