



Competitive Skills Development Camps – Summer 2011 9:30 am - 4:30 pm



Head Coach: Matt Halder

The Camp runs rain or shine for 10 weeks from June 20th through August 26th, daily Monday through Friday from 9:30am - 4:30pm on the TTC clay courts [no camp on Friday, July 1, and Monday, August 1]. The camp is designed for competitive players (aged 11-17) wanting to improve their game to a provincial level. The cost is \$475 per week (*4-day camp is \$380 + HST). Daily drop in rate is \$100 + HST. Healthy lunches are available at \$50 per week (HST incl.).

Dates: June 20, 27*, July 4, 11, 18, 25, Aug 2*, 8, 15, 22.

Sample daily schedule

9:20 am	Players meet .
9:30 am	Off court. Physical warm up, co-dex drills .
10:00 am	On court training. 45-60 min extended tennis warm up. Work on reception and projection skills, cooperation, and competitive drills for ground strokes, volleys and overheads. 60 min - competitive, situational drills for rallying, attacking and defending. Tactical/technical work on ground strokes, attacking shots and net play.
12:00 pm	Lunch at TTC.
1:00 pm	Off court training and playing.
2:00 pm	On court. 15 min warm up. 20-30 min serve and return development/improvement.
3:00 pm	Competitive play with serves.
4:00 pm	Off court - Cool down, Stretching.