



TORONTOTENNISCITY



High Performance U16 – U18 Camps – Summer 2011 Davisville Tennis Club 10:30 am - 4:30 pm



Coaches: Pierre Lamarche, Hiroud Akhavan, Katy Shulaeva

The Camp runs rain or shine for 11 weeks from June 13th through August 26th, daily Monday through Friday from 10:30am-4:30pm at the Davisville Tennis Club [no camp on Friday, July 1, and Monday, August 1]. The camp is designed for highly competitive players, [provincial, national or ITF level] preparing for their competitive summer season. The cost is \$360 per week (*4-day camp is \$290 + HST). Daily drop in rate is \$75 + HST. Healthy lunches are available at \$50 per week (HST incl.).

Pre-Provincial camps: June 13, 20, 27

Pre-National camps: July 25, Aug 2, 8

Sample daily schedule

10:20 am	Players meet at TTC.
10:30 am	Off court, physical training content developed by Dennis Lindsay.
11:30 am	Off to Davisville Tennis Club [waiver required] court training.
11:45 am	Off court warm up.
12:00 pm	On court. 45 min volume training technical consistency. 30 min competitive situation tactical training. 15 min specific serve and return volume training.
1:30 pm	Lunch at TTC [\$50 per week] or waiver required if off premise.
2:30 pm	On court. 15 min warm up. 75 min competitive play with feedback.
4:00 pm	Off court - Cool down. Stretching.