



Mini Tennis Camps – Summer 2011 10:30 am - 3:30 pm



Coach: Tania Englander

- The Camp runs rain or shine for 10 weeks from June 20th through August 26th, daily Monday through Friday from 10:30am - 3:30pm on the TTC clay courts [no camp on Friday, July 1, and Monday, August 1]. The camp is designed for players (aged 4-8) wanting to improve all aspects of their game using an 11m (1/2) court and red (foam or 2nd stage “red”) ball.
- The cost is \$320 per week (*4-day camp is \$260 + HST). Daily drop in rate is \$65 + 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

10:30 am	Off court. 30 min physical warm up and athletic development.
11:00 am	On court. 30 min ground stroke development progressions. Work on reception and projection skills, cooperation, and competitive drills for ground strokes. 15 min volley and overhead development progressions. Work on reception and projection skills, cooperation, and competitive drills for volleys and overheads. 10 min competitive, situational drills for rallying, attacking and defending for the advanced players. Competitive game for the players still learning to rally.
12:00 pm	Lunch at TTC or waiver required if off premise.
1:00 pm	Off court. 60 min soccer, badminton, codex and physical development.
2:00 pm	On court. 20 min ground stroke development progressions continued. 30 min serve and return development/improvement. 10 min tactical training with point play. Competitive play with serving. Other games for the players still learning to rally.
3:00 pm	Off court. 30 min cool down. Stretching.