



TORONTOTENNISCITY



Skills Development Half Day Camps – Summer 2011 3:30 pm - 6:30 pm



Head Coach: Tania Englander

The ½ day camp runs rain or shine for 10 weeks from June 20th through August 26th, daily Monday through Friday from 3:30pm - 6:30pm 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 \$240 per week (*4-day camp is \$195 + HST). Daily drop in rate is \$50 + HST.

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

Sample daily schedule

3:20 pm	Players meet.
3:30 pm	Off court. 30 min physical warm up, co-dex drills .
4:00 pm	On court. 45 min extended tennis warm up. Work on reception and projection skills, cooperation, and competitive drills for ground strokes, volleys and overheads. Progressions will be used for all strokes. 30 min competitive, situational drills for rallying, attacking and defending. Tactical/technical work on ground strokes, attacking shots and net play. 20 min serve and return development/improvement. 25 min competitive play with serving.
6:00 pm	Off court. 30 min cool down, Stretching.