



High Performance Summer Camp

Tennis Center Sand Point

Week 1: June 26th - 29th

Week 2: July 10th - 13th

Week 3: July 17th - 20th

Week 4: July 24th - 27th

Week 5: July 31st - Aug 3rd

Week 6: Aug 7th - 10th

Week 7: Aug 14th - 17th

HP "B":

HP "A":

Morning Class 8:30- 10:30 AM

Morning Class 10:30- 12:30 PM

Fitness 10:30- 11:00 AM

Fitness 12:30- 1:00 PM

Lunch Break 11:00- 12:00 PM

Lunch Break 1:00- 2:00 PM

Mental 12:00- 12:30 PM

Mental 2:00- 2:30 PM

Afternoon Class 12:30- 2:30 PM

Afternoon Class 2:30- 4:30 PM

Fitness 2:30- 3:30 PM

Fitness 4:30- 5:30 PM

Tennis

The HP Summer Camps are intense 2-hour workouts on court that allow players to work on every aspect of their game. Players can choose from either half-day or full-day camp sessions. Sessions are unique so be aware that half-day camps will only give players partial exposure to the entire experience:

- Each ***morning session*** will focus on drills that concentrate on different parts of the game. For example, consistency, offense, defense, transition game, serves, and return of serves.
- Each ***afternoon session*** will focus on constructing points, match play, strategies and the opportunity to really put their mental skills training into practice.

Mental

Mental class time helps build players' mental toughness and help keep their mind clear of distractions by way of:

- Relaxation exercises
- Imagery training
- Learning on-court mental skills to deal with anxiety, frustration, anger and nerves
- Setting goals for tennis, mental, and fitness
- Establishing a performance routine for each player

Fitness

Fitness classes focus on building player's' speed, endurance and core strength. Tom Jennings, HP Fitness Director, is excellent at helping identify and improve player's' weaknesses. Investing in Fitness will have direct results with players' match play, confidence and longevity.

- Agility Training
- Speed Training
- Reflex Training
- Core Training
- Strength Training

Registration

- Please email hp@tenniscentersandpoint.com to register:
 - Specify which weeks and which days your player wants to come: Full Time, Part Time, etc.
 - If choosing Part Time, please specify days and times.
 - Ex: Week 1 (Full Time), Week 2 (Monday and Tuesday AM, Wednesday all day)
- You will receive a confirmation email from Rachel depending on availability. Summer Camp deposit will be due once your registration is confirmed.

Makeup Policies

- 24-hour emailed notice to Rachel must be given for missed class in order to be eligible for a makeup. No exceptions. Rachel: hp@tenniscentersandpoint.com
- All makeups must be used within the Summer session when space is available. No exceptions. Please email Rachel for requests.
- Account credit will be given if a player is unable to continue due to injury. *A doctor's note and 24-hour notice is required for account credit.*

Billing

- A 25% refundable deposit will be due upon registration confirmation to ensure your spot in Summer Camp. This deposit is refundable up until June 12th.
- We will bill weekly for Summer Camp in order to help our players get as much training in as possible. Full payment for each week of camp is due the week before that camp. If full payment is not made a week prior, that player will lose their camp reservation and deposit.

Pricing

Full Time: \$600 per week

Part Time 7 classes per week: \$560

6 classes per week: \$500

5 classes per week: \$440

4 classes per week: \$380

*Families with two or more players in the program will receive a 10% sibling discount.