



**HIGH PERFORMANCE
SUMMER CAMP**
HP@TENNISCENTERSANDPOINT.COM

Tennis

The HP Summer Camps are 2-hour intensive on-court workouts designed to work on every aspect of their game. Players can choose either half-day (morning or afternoon) practices, or full-day practices. **Please be aware that morning and afternoon practices differ in focus.*

- Morning practice — Focuses on drills that concentrate on various aspects of the game. For example; consistency, offense, defense, transition game, and serves & returns.
- Afternoon practice — Focuses on constructing points, match play strategies, and an opportunity to apply mental skills training.
- Outdoor Practice — Match play in preparation of outdoor tournaments.

Mental

Mental training sessions help players develop mental toughness and teaches them methods to keep the mind clear of distractions.

- Relaxation exercise
- Imagery training
- On-court mental skills to deal with anxiety, frustration, and nerves
- Goal setting for tennis, mental, and fitness
- Establishing a performance routine for each individual

Fitness

Fitness sessions focus on developing player's speed, endurance, and core strength. Investing in fitness will have direct impact in a player's match play, confidence, and longevity. Training will emphasize: agility, speed, reflex, core,

B Group	A Group
AM Session 8:30—10:30 AM	AM Session 10:30—12:30 PM
Fitness 10:30—11:00 AM	Fitness 12:30—1:00 PM
Lunch 11:00 AM—12:00 PM	Lunch 1:00 —2:00 PM
Mental 12:00—12:30 PM	Mental 2:00—2:30 PM
PM Session 12:30—2:30 PM	PM Session 2:30—4:30 PM
Fitness 2:30—3:30 PM	Fitness 4:30—5:30 PM

Thursday practices at University of Washington outdoor courts
B group (**9 am—12 pm**) & A group (**1 pm—4 pm**)

Registration & Eligibility

Please submit completed forms in person or to hp@tenniscentersandpoint.com

- **Part-time**- please specify days & practices times (Minimum 4 practices/week)

Confirmation will be sent via email (depending on availability). Summer camp deposit is due once registration is confirmed.

New to the program?

Please schedule an evaluation, Universal Tennis Rating (UTR) will also be considered

Summer 2018

Week 1: **Jun 25th—28th**

Week 2: **Jul 9th—12th**

Week 3: **Jul 16th—19th**

Week 4: **Jul 23rd—26th**

Week 5: **Jul 30th—Aug 2rd**

Week 6: **Aug 6th—9th**

Week 7: **Aug 13th—16th**

Week 8: **Aug 20th—23th**

Pricing

7 practices/ week: \$550

6 practices/ week: \$500

5 practices/ week: \$440

4 practices/ week: \$380

****Thursday practices: \$100**

**WA state tax will be applied to all fees*

Sibling Discount 10%

Make-up Policies

24 hour notice of absence must be given to be eligible for a make-up. **No exceptions.**

All make-ups must be used within the summer session when space is available. **No exceptions.** Please email for requests.

Account credit will be given if a player is unable to continue due to injury. A *Dr's note & 24 hour notice is required for account credit.*

Billing Policies

A 25% refundable deposit will be due upon registration confirmation- deposit is refundable up until June 11th.

Summer Camp will be billed weekly. Full payment is due the week prior to registered camp week. If full payment is not made, that player will forfeit their camp reservation and deposit.



Registration Form

NAME:

Please indicate desired practice weeks, days, and times (**Minimum of 4 practices/week**)

Session	Dates	Practice	Part-time				Total Practices
			Monday	Tuesday	Wednesday	Thursday (UW) \$100	
<i>Example</i>	<i>Jun xxth - Jun xxth</i>	AM	x		x		6
		PM	x	x	x	x	
Week 1	Jun 25th - Jun 28th	AM					
		PM					
Week 2	Jul 9th - Jul 12th	AM					
		PM					
Week 3	Jul 16th - Jul 19th	AM					
		PM					
Week 4	Jul 23th - July 26th	AM					
		PM					
Week 5	Jul 30th - Aug 2nd	AM					
		PM					
Week 6	Aug 6th - Aug 9th	AM					
		PM					
Week 7	Aug 13th - Aug 16th	AM					
		PM					
Week 8	Aug 20th - Aug 23th	AM					
		PM					

B Group

A Group

AM Session **8:30—10:30 AM**

Fitness **10:30—11:00 AM**

Lunch **11:00 AM—12:00 PM**

Mental **12:00—12:30 PM**

PM Session **12:30—2:30 PM**

Fitness **2:30—3:30 PM**

AM Session **10:30—12:30 PM**

Fitness **12:30—1:00 PM**

Lunch **1:00 —2:00 PM**

Mental **2:00—2:30 PM**

PM Session **2:30—4:30 PM**

Fitness **4:30—5:30 PM**

Pricing

Price (Deposit)

7 practices/ week: \$550 (\$150)

6 practices/ week: \$500 (\$125)

5 practices/ week: \$440 (\$110)

4 practices/ week: \$385 (\$95)

**Thursday practices: \$100 (\$25)

Thursday practices at University of Washington outdoor courts

B group (**9 am—12 pm**) & A group (**1 pm—4 pm**)

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