

## Tennis

Six Weeks: June 10-July 26

(Tennis camp is not in session W4: July 1-July 5 or W8: July 29-August 2)

9:00 a.m.-10:30 a.m. Entering grades 1-4

10:30 a.m.-12:00 p.m. Entering grades 4-8

The emphasis in this tennis camp is Fun and FUNdamentals. Players of all ages and skill levels will develop their tennis fundamentals in this camp. Each day of the week, athletes will focus on a specific stroke (i.e., groundstrokes, volleys, serves) by incorporating entertaining games like Lobster Rally, Beat the Coach, Camp Contest, and Tic Tac Toe. When campers are ready to progress, coaches will add drills and games that emphasize movement, fitness, and competitive tactics (e.g., Run Down, tennis Tag, Touch the Fence, King of the Court, Circle Singles). Using balls and court dimensions tailored to their age, coaches will quickly build your child's confidence and excitement for tennis. Children should have proper footwear, plenty of water, sunscreen, a hat, and sunglasses. \$165 Instructor: Nancy Hallowell, USPTR, CA Junior Varsity and Middle School Tennis Coach and team