



*High
Performance
Camp*



<i>Camp Dates</i>	
Week 1: June 2nd – 6th	Week 2: June 16th – 20th
Week 3: July 7th – 11th	Week 4: July 21st – 25th



The Fields at 17 Springs
2021 AL-14, Millbrook, AL

Contact Info:
Phone: (470) 456-3729
Email: officialbesttennis@gmail.com
Website: besttennisga.com

Camper's Name: _____ Age: _____ D.O.B.: _____

Shirt Size: _____ Allergies: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian's Name: _____

Parent/Guardian home: _____ Parent/Guardian Cell: _____

Email: _____ Week of Attendance: _____



Great **EFFORT...**

Great **ENERGY...**

Better **FOCUS...**



Schedule:

Check in—Campers can be dropped off as early as 8:00 AM for camp. Check in will be held court-side with the coaching staff.

Camp Starts— Camp will begin at 9 AM. The morning routine will include stretches, relay games, and agilities.

Morning workout— After stretches are complete, we will begin morning workouts which will include one of the following development strategies: Core, Agility, Speed, Strength, Endurance.

Theme of the Day— Campers will be given a theme at the beginning of the day such as transition shots. Expectations will be set and drills will be done to reinforce the concept.

Application— From ball toss to ball feed to live ball games—the theme will be reinforced to give the players knowledge as to how to apply the theme of the day into their point structure and game time decisions.

Ready Set Go!— At the end of each day campers will be expected to apply the day's theme into live points via match scenarios and short sets. We will play both singles points and doubles points at the end of each day.

Check out— Camp will end at 2:00 PM and late check out ends at 3:00 PM.

Need to know:

Lunch— Parents please pack a full lunch. Snacks are allowed throughout the day. Kids aren't allowed to share or trade their lunch/snacks. Please be mindful of common allergies. Every camper should have a hydro flask to fill with fresh ice and water. Gatorade or non caffeinated energy drinks are recommended to make sure your child is properly hydrated.

Behavior— Campers will be on a 3 strike rule. While most scenarios are easily handled on spot any child that is struggling to follow the rules and endangering the safety of another camper will be dismissed from camp. Parents will not be issued a refund for campers who are dismissed.

Rules—

- 1— No touching.
- 2- Appropriate language at all times.
- 3- Listen to instructions from coaches.
- 4- Stay with the group in transitions.
- 5- Ask for permission from a Camp Staff