



JUNIOR SUMMER TENNIS CAMPS 2022

Learn to play and improve your tennis in our week-long camps for juniors aged 4-18.

There will be on and off-court training. The emphasis will be on fun while improving athletic skills, coordination and tennis skills through drills and competitive play. Our certified coaches & instructors use progressive tennis methods in accordance with ITF and Tennis Canada. For more on progressive tennis <http://www.tennisplayandstay.com/tennis10s/overview.aspx>

HOW TO CHOOSE THE RIGHT CAMP FOR YOUR KID(S)?

Please **read through each of the descriptions** below and **try to find the appropriate group.**

There is an **intentional overlap in age** for the groupings. If you have questions, contact the camp director armstrongtennis@gmail.com

PLEASE DO NOT register your child in an inappropriate group - this will likely lead to the child being under or over challenged and unhappy. If the camps are full, there will be no opportunity to move kids from their registered groups.

A: Progressive 1 Red

The Red camp is designed for children 4-10 years old. The 1st level of progressive tennis uses larger foam and decompressed “Red” balls to allow for easier exchanges, 17” to 23” racquets for better control, mini sized nets and a smaller 12-meter court.

Red A - 4 – 7 years old (Cannot rally yet)

Red B – 6 – 8 years old (Can rally/almost rally or very athletic beginners)

Red C – 7 - 10 years old (stronger 9 & 10 years old should join the Orange group, less experienced 6 & 7 years old should join Red B group)

B: Progressive 2 Orange

The Orange camp is designed for student 8-11 years old. This level (2nd) of progressive tennis uses a normal sized “Orange” tennis ball of much lower compression to make it easier for the students to acquire the required skills at this stage of development. 23” to 25” racquets are typically used and the court is 18m in size.

C: Progressive 3 Green

The Green camp is designed for students 10-14 years old who are still learning to rally and play. This level (3rd) of progressive tennis uses a “Green” ball, similar to a real tennis ball but has 25% less compression. The students typically use a 25” to 27” racquet and a full-sized tennis court.

D: Progressive 4 Teen Tennis - AFTERNOONS ONLY!

The Teen Tennis camp is designed for students from 13-18 years old (higher skilled 10-12 years old who can rally well and/or play OTA tournaments can be in this class). Students will play on a full-sized tennis court with regular tennis balls.

NOTE: If morning camps sell out, we may open up some afternoon Red, Orange and Green camps if there is a demand.

DAILY SCHEDULE:

8:45-9 AM Arrival

9:00 - 9:30AM - On Court Warm Up & Coordination/Dexterity Drills

9:00 – 10:00AM Red Court Camp: Warm Up & Coordination/Dexterity Drills

9:30 - 12:00PM On Court Tennis Drills & Other Athletic, Tennis related activities

SESSIONS:

1 - July 4-8

2 - July 11-15

3 - July 18-22

4 - July 25-29

5 - Aug 2-5*

6 - Aug 8-12

7 - Aug 15-19

8 - Aug 22-26

9 - Aug 29-Sept 2

COST:

CAMPS A – C:

9:00AM – 12:00PM

Members - \$230 +HST (*4-day camp - \$185 +HST)

Non-members - \$250 +HST (*4-day camp - \$200+ HST)

TEEN TENNIS:

1:00 – 4:00PM

Members - \$220 +HST (*4-day camp - \$185 +HST)

Non-members \$240 +HST (*4-day camp - \$200 +HST)

(If space, we will allow daily registration at the cost of \$60 + HST/Day)

KID TO COACH RATIO:

Red, Orange and **Green** up to 6:1

Teens up to 8:1

We will do our best to keep these ratios. We may need to have different ratios under extreme circumstances.

IN THE EVENT OF RAIN campers will be in the clubhouse and dome. Coaches will do fitness, coordination exercises, indoor activities, art & crafts (younger kids), review tennis rules, etiquette etc. and/or watch tennis educational videos to enhance their on-court training.

CAMP CANCELLATION POLICY:

All cancellations or changes must be made in writing and confirmed. Cancellations or changes to program registrations must be requested at least 4 weeks prior to the first day of the program for a refund. Without sufficient notice refunds will only be considered if extenuating circumstances apply and we have another person take the place in the class/session. Pro-rated refunds are not available for days absent. An **administrative fee of \$30** will be charged for **cancellations** or **changes**.

WHAT TO BRING:

Please bring tennis shoes, athletic attire (layers if weather is cool), racquet, water bottle, snacks, sun block, mask & hat.

We will have a limited number racquets available for loan – please request in advance.

TENNIS RACQUET & EQUIPMENT DISCOUNT FOR CAMPERS:

Available at **Game Set Match Tennis Boutique** - 782 Annette St., Toronto - 416-760-0999