

IMPORTANT INFORMATION

Session Dates

June 26-30 July 24-28 August 14-18
July 10-14 July 31-Aug. 4 August 21-25
July 17-21 August 7-11 Aug. 28-Sept. 1

Sample Schedule

8:30 Stretching and warm-up
9:30 Session 1 (technique and drills)
11:00 Break
11:30 Session 2 (technique, drills, match play)
1:00 Lunch
1:30 Sports and games
2:00 Fitness drills and tests
2:50 Swimming pool
3:50 Day summary
4:00 Pick-up

Recommended Items

Tennis racquet White hat
Tennis shoes and socks Swimsuit and towel
Sun glasses and sunscreen Water bottle
White t-shirt and shirt or shorts
Lunch (or money to buy some)

- YTA offers Half Day and Full Day Summer Camp for 10 & Under, 11-13 and 14-18 years old (intermediate and advanced level) with the following activities:
- 2,5 hours of tennis for half day campers; 3,75 hour for full day.
 - Sport Games: Dodgeball; Knockout; Relay Races; Basketball; Volleyball.
 - Tennis Tournament with Awards on Fridays
 - Tennis Specific Fitness Drills and Tests
 - Ice Cream/Pizza on Fridays
 - Swimming Pool Every Day!

Camp Cost

10 & Under

Half Day (lunch not included)

8.30AM - 1PM \$289
9AM - 1PM \$269

Half Day (lunch included)

8.30AM - 1.30PM \$315
9AM - 1.30PM \$295
12PM - 4PM \$295

Full Day (lunch not included)

8.30AM - 4PM \$389
9AM - 4PM \$365

Full Day (lunch included)

8.30AM - 4PM \$415
9AM - 4PM \$389

11-13, 14-18

Half Day (lunch not included)

8.30AM - 1PM \$289
9AM - 1PM \$265

Half Day (lunch included)

8.30AM - 1.30PM \$315
9AM - 1.30PM \$289
12PM - 4PM \$279

Full Day (lunch not included)

8.30AM - 4PM \$469
9AM - 4PM \$445

Full Day (lunch included)

8.30AM - 4PM \$494
9AM - 4PM \$469

YOUTH TENNIS ACADEMY

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YOUTH TENNIS ACADEMY

SUMMER TENNIS CAMP

JUNE 26, 2017 -
SEPTEMBER 1, 2017



REGISTER ONLINE AT
WWW.YOUTHTENNISACADEMY.COM

CAMP PHILOSOPHY AND OBJECTIVES

The goals of YTA camp are to encourage kids to love tennis, to bring their understanding of the game to a higher level, and to improve their fitness. Within the week, we show kids the many different sides of tennis. We go through all four major components of any sports: technique, tactics, physical fitness, and mental toughness.



For **technique**, we practice every major stroke in tennis: forehand and backhand groundstrokes, forehand and backhand volleys, serves, overheads, lobs, and drop shots. We discuss and practice the basics ball control, such as ball rotation, margin of errors, and many others.

Tactically, we emphasize that technique is just a tool, serving all-important tactics. We go through major tactical concepts of tennis, such as a combinational thinking, shifting the court, directionals, and many others.

The **physical fitness** program is designed specifically for developing fit tennis players. This side of the game is often lacking for many kids in lessons during the year. For some, trying the same tests and drills that famous tennis professionals use daily changes their attitude toward the sport forever.

During the week, every camper passes 17 fitness tests, plus many drills and games built around tennis player development. All test results are recorded and e-mailed to each camper. This can leave a huge impression: some kids remember their results for years.



The **psychological** component is also very important. Feeling that you did your best and improved (not just because somebody said it, but because you truly feel it) is character building at its best.



We aim to ensure that kids have good memories of their time in camp. We motivate them and encourage them to overcome their doubts and fears of not succeeding. Kids always have a fun time relaxing and recovering in the swimming pool after a long day of hard work.

Ultimately, most important is to improve each kid's health and fitness, to help him or her become stronger, faster, healthier, and happier.