

Summer Tennis Camp



Camp Sessions

- Session One: June 28-July 1
Session Two: July 12-July 15
Session Three: July 19-July 22
Session Four: August 2-August 5
Session five: August 16-August 19

Camp Times and Ages

9:30AM - 1:00PM / Ages 6-14
Beginner to Intermediate Level

Cost

\$235 per session

Free Camp Tee Shirt if you register for two or more weeks.

Location

Memorial Park Tennis Courts
Walter Park Tennis Courts

(Fridays are Reserved for Make-ups in case of rain).

Camp Curriculum

- Stroke production - all basic strokes covered
- Strategic and biomechanical analysis
- Drills designed to enhance individual success and improvement
- Aerobic and anaerobic conditioning
- Strength, flexibility, and plyometric training
- Footwork drills/analysis

Topics For Intermediate Players

- Singles and doubles tactics/strategy
- Point Play analysis

A Typical Day at Camp

- 9:30 - 9:45 Rally Warm-up on Court
9:45 - 10:15 Stretching, agility, plyometrics
10:15 - 11:45 Drills for strokes/strategy
11:45 - 12:10 Off-court: Snack Break
12:15 - 12:50 Group drills/games
12:50 - 1:00 Wrap-up

John Trinity, Director

John is a member of the United States Professional Tennis Association. He has been teaching and coaching tennis for the past 20+ years. He is the Girls Varsity Tennis Coach at Villa Walsh Academy in Morristown.

John Holds a Masters Degree in Teaching from Montclair State University and a New Jersey Teaching Certificate in Health and Physical Education K-12.

Walt Michels, Assistant Director

Walt is a member of the United States Professional Tennis Association. He has been teaching for the Maplewood Tennis Program since it began in 1991. Walt has directed tennis camps for Rock Spring Club in West Orange and Fairmont Country Club in Chatham.

Additional Staff

Additional staff will include instructors with expertise in a variety of areas. Student/Instructor ration will be 6/1 or less.

For Further Information

John Trinity

Maplewood Tennis Program

973-763-4202

www.maplewoodtennis.com