

Summer Tennis Camp 2011

Camp Sessions

- Session One: June 27-June 30
Session Two: July 11-July 14
Session Three: July 18-July 21
Session Four: July 25-July 28
Session Five: August 8-August 11
Session six: August 15-August 18
Session seven: August 22-August 25

Camp Times and Ages

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

Cost

\$235 for 1 session

\$195 for additional sessions or for additional siblings:

(SESSIONS 1,2,3,4, & 5 ONLY)

Location

Memorial 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

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|---------------|----------------------------------|
| 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 received the 2009 Star-Ledger Girls Tennis Coach of the Year Award and the 2010 NJSIAA Tennis Coaching Award.

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

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