



# SAMPLE TENNIS CAMP LINEUP

Sign your kids up for a tennis camp that will teach them technique, strategy, and teamwork while having fun and building their athletic skills!

**8:45–9:00 am** | Campers will be greeted by camp coaches/counselors as a welcome and then escorted to complete a check-in and a safety check.

**9:00–10:00 am** | Campers will begin each day with dynamic warm ups, hand-eye coordination activities, footwork, and team games to kick off the day on an energetic and fun note.

**10:00–10:30 am** | The athletes will then be divided into groups based on their experience and ability for on-court training.

**10:30–10:45 am** | The campers will take a brief break to recharge with snacks and water.

**10:45–12:00 pm** | Campers will continue their on-court training. Games and drills will be inserted into the exercise to keep interest and energy levels up.

**12:00–1:00 pm** | The kids will be encouraged to eat together and make new friends over healthy meals.

**1:00–1:45 pm** | Campers will play fun cross-training games such soccer, basketball, capture the flag, etc.

**1:45–2:30 pm** | Campers will review the skills from the morning session in preparation for point play and matches.

**2:30–2:45 pm** | Campers will cool off with a delicious snack break in the shade.

**2:45–3:55 pm** | Match play! Players will learn how to play points and matches in a fun and friendly environment.

**3:55–4:15 pm** | Parents will pick up their happy athletes.

