



Junior Summer Camp 2009

This year we are pleased to offer two separate programs: Junior Development Tennis and High Performance Training. If you have any questions, please contact Claudia Vlasak at 415.777.9000 or e-mail summercamp@sftennis.com.

Junior Development Tennis Camp

For kids ages 8 and above

AM session held on our **rooftop courts**

PM session held on our newly resurfaced **indoor courts**

Maximum 8:1 ratio

Monday – Friday

9:00-4:00pm (Full Day)

9:00-12:00pm (Half Day AM)

1:00-4:00pm (Half Day PM)

See below for session dates and fees

Daily Format:

9:00-11:00am Instructional drills and stroke technique

11:00-12:00pm Groundstroke games

12:00-1:00pm Lunch included for full day participants

1:00-2:30pm Supervised point play/match play/Wii tennis

2:30-4:00pm Integrative on-court games

Goals:

The goal of the Junior Development Tennis Camp is to provide a solid foundation of tennis fundamentals in a challenging and fun environment. Our staff is trained to supply a program that develops your junior's game.

High Performance Training Camp

For aspiring high school and ranked junior players

Held on our newly resurfaced **indoor courts**

Maximum 6:1 ratio

Monday – Thursday (Please note: this program is not held on Fridays)

2:30-5:00pm

See below for session dates and fees

Daily Format:

2:30-2:40pm	Warm-up
2:40-3:15pm	Advanced live ball drills
3:15-4:00pm	Strategy and tactical training with supervised point play/match play
4:00-5:00pm	Agility and conditioning training (on court) with a personal trainer

Goals:

The goal of the High Performance Training Camp is to provide an intensive program for the aspiring high school and ranked juniors who are committed to developing their skills for tournament play. The indoor program covers advanced live ball training, supervised point play, singles and doubles matches and includes agility and conditioning training.

Session Dates*

Session 1	June 8-12
Session 2	June 15-19
Session 3	June 22-26
Session 4	July 6-10
Session 5	July 13-17
Session 6	July 20-24
Session 7	July 27-31
Session 8	August 3-7
Session 9	August 10-14
Session 10	August 17-21
Session 11	August 24-28 Just Added! <i>Minimum number of sign ups required to hold Session #11</i>

**High Performance Training Camp does not include Fridays*

Rates

New this year! We offer a 10% discount for enrolling more than one child or beginning the third week of one child enrolled.

Weekly Rates for Junior Development Tennis Camp:

\$440/wk Member (\$490 non-Member) for Full Day (9am-4pm, includes lunch)
\$280/wk Member (\$310 non-Member) for Half Day (AM: 9:00am-12:00pm or PM: 1:00-4:00)

Rates for High Performance Training Camp (Monday thru Thursday):

\$250/wk Member (\$275 non-Member)

Our Tennis Camp is designed for the weekly student; however, if you need to drop in, we have provided drop-in rates. You must sign up in advance to guarantee space.

Drop In Junior Development Tennis Camp:

\$90/Day Member (\$100 non-Member) for Full Day
\$60/Day Member (\$65 non-Member) for Half Day

Drop In High Performance Training Camp:

\$75/Day Member (\$85 non-Member)

Summer Camp Staff

Paul Garron, Director

- USPTA Certified
- Has designed and directed junior tennis camps for 18 years
- Has directed high performance junior camps for 7 years
- Norcal zonal coach for 14 and under team, 2007, 2008

Jenny Sperry

- Division 1 NCAA player
- Taught at summer camps at Gold River Racquet Club, 4 years
- WCC Second Team for Doubles, 2 years
- Top 15 Junior Player in the Nation
- Winner of the San Francisco Open, 2001

Shannon Randolph

- USPTA Certified
- Current Oceana High School Coach Boys and Girls
- Summer Camps & Quick Start Programs
- Cardio Tennis Instructor

Barish Firatli

- Current SFTC Junior Academy Tennis Pro

John Magsanay

- SFTC elite Personal Trainer for 13 years
- Master's degree in Physical Education
- Etcheberry Certified since 2006