



2020 Spring Break High Performance Tennis Camp

April 6 – April 10, 2020

At Fairfax High School

Cost: \$215 for the week; \$60 drop-in

About: The High-Performance Camp is an approval-based camp that provides a focused and competitive training environment for motivated players looking to improve their tennis to play at highly competitive levels. The week of camp will provide a high-intensity training environment where players will emphasize technical skill development, shot selection and point construction, singles and doubles match-play, and fitness/conditioning. Players are encouraged to participate in the full week to maximize production.



Camp will be held in two sessions- **Morning** for players in the **Orange** and **Green** ball levels and **Afternoon** for players in the **Yellow** ball levels. Daily drills and practice will be tailored to fit the skill level and needs of the group. Friday morning will be a point/match-play focused session with all groups playing at the same time.

Groups and Schedule:

Monday - Thursday	8:30 am	-	11:30 am	Orange and Green Ball group:
	12:30 pm	-	4:00 pm	Yellow Ball group
Friday	8:30 am	-	12:00 pm	All Groups

Enrollment space is limited and all participants must have Director approval to register.

Camper's Name: _____ Age: _____

Parent's Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Parent's Phone: (H) _____ (W) _____ (C) _____

Payment Method: Check Cash MasterCard Visa

Credit Card # _____ Expiration Date _____ CVV _____

Parent's Signature _____ Spring Break 2020