



SUMMER CAMP SCHEDULE

2019

MON	TUE	WED	THU	FRI	SAT	SUN
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8:30 am	Club Opens					Saturday Squad Fast Track Review of Mon/Tues & Solidify Learning Points	Summer Zzzz's
9:00 am	Private and Semi-Private Lessons						
10:00 am	Camp Begins: Setting the Scene						
10:15 am	Activation Session					S2 Signature Camp Tournament	Private and Semi-Private Lessons
10:30 am	Structured Matchplay Emphasizing the Morning's Targeted Focus						
10:45 am	Exploring the Front Court	Serve Analysis	Longitudinal Halves	Serve Responsiveness			
11:00 am	Precision	Building the Advantage	Front Court Reflexes	Advanced Quarters			
11:15 am	Working the Wrist	Evolve the Elbow	Anticipation Skills	Target Practice: Wall			
11:30 am	Shot Sequencing	Hold vs. Hide	Kinesthetic Connections	Deception Integration			
11:45 am	Speed/Agility Training	Muscular Endurance Circuit	Movement Competencies	Yoga			
12:00 noon	Written Session Reviews						
12:15 pm	Lunch & Fun Games Electronic & Board, Team Games, Table Tennis Tournaments, Squoccer, Walleyball						
1:00 pm	PM Camp Begins: What Have We Learned So Far?						
1:15 pm	Activation/Cross Training						
1:30 pm	Themed Matchplay to Draw Players into the Topic of the Afternoon						
1:45 pm	Preparation Point	Defending the Back Court	Structure the Rally	Latitudinal Halves			
2:00 pm	Readiness	Technical Modeling	Decisiveness	Movement Competencies			
2:15 pm	Back Court Reactions	Target Practice: Floor	Showing 2 Shots	Anticipation Skills			
2:30 pm	Complex Patterns	Positional Patterns	Pick Your Game	Deception Integration			
2:45 pm	Workshop/Goals	Team Conditioning	Workshop/The Process	S2 Fitness Challenge			
3:00 pm	Daily Review Followed by Pickup						
3:15 pm	Lesson Opportunities					Fast Track Review of Wed/Thur & Solidify Learning Points from the Whole Week	