Summer Tennis Academy – Ages 10 and Up

7 Weekly Sessions from June 16 – August 1

USTA Coaching Philosophy
Our training process will include a drilling portion, point and match play, and conditioning.

In the drilling portion, you will see a simple progression from hand feeding to racquet feeding to live ball drills. Progressions will be customized to meet the specific needs of the players. In this portion coaches will help players acquire and maintain good technique, patterns of movement, and proper recovery.

In the point and match play portion, we will focus on developing patterns of play, ball recognition, and strategy to help players improve their match play experience. Coaches will provide players with shot selection and court positioning techniques and monitor the behavior of the players in different match situations to help them succeed in a competitive environment.

Conditioning will include basic conditioning testing which will measure players’ endurance, balance, strength, speed and agility. Results of the testing will be shared with the players. Fitness training program will be customized to the group needs.

Academy 10U - Players in the 10 and Under (TAUT) category may be considered to participate in the Academy. All selection criteria described above will apply to this group of players. Green dot balls may be used for this group of players to ensure a better learning environment and progress. Appropriate NTC rating (QSTP) is required to register to this level.

Areas of Player Development in Tennis Academy
In our academy, we are teaching tennis through an Eyes, Feet and Hands model. Coaches are expected to set specific goals for each practice and devise training processes to ensure the best learning environment for the athletes. The following points describe areas of focus for the coaches in developing successful competitors:

- Hands, Feet, Eyes, and Mind
- Consistency & Control, Shot Selection & Court Positioning, Patterns, and Strategy
- Fitness, Work Ethics, Attitude, and Mental Toughness
- Goal Setting and Tournament Selection
- Injury Prevention and Diet

Typical Daily Schedule
Morning: Dynamic Warm-up, Groove hitting
Movement training, competitive drilling, Specific fitness training (different aspect each day)

1:00 pm: Lunch break (bring or buy lunch from food stand)

Afternoon: Groove hitting, “live-point” situations
Competitive Match Play (supervised and critiqued)

Signed “Consent and Waiver Form” is required to participate in our camps. Please mail the signed “Consent and Waiver Form” if you register on-line.

$25 administration fee will apply if camper is not registered by the preceding Friday, 8:00 p.m. for the following week of camp.
CONSENT AND WAIVER FORM

Camper Name: ____________________________ Parent/Legal Guardian Name: ____________________________

In consideration for permitting me to participate in a USTA Billie Jean King National Tennis Center ("USTA NTC"), its agents, and its designees, the unqualified right and permission in perpetuity, to reproduce, copyright, publish, broadcast or otherwise use my name, image, likeness, voice, biography or other identification in any and all media now known or hereafter devised, for any commercial or non-commercial purpose at the sole discretion of the NTC. I waive any and all claims and demands of every kind, nature and character for any losses, injuries or damages that I may sustain, directly or indirectly, arising out of or related to traveling to or from or participating in any program, event and/or any other related activities on any legal theory whatsoever, regardless of whether caused by the negligence of the Released Parties (the "Released Claims"). To the maximum extent permitted by law, I hereby covenant and agree that I will not bring or be a party to any legal action or claim against the Released Parties for any reason based on any of the Released Claims. I agree to indemnify and hold harmless each of the Released Parties from any and all liabilities, claims, actions, damages, expenses, losses and costs of any kind (including, without limitation, attorneys' fees and costs) caused by or arising out of my participation in any program, event and/or related activities, including, without limitation, my breach of any provision of this Consent and Waiver and any damages caused by me. I and USTA NTC irrevocably submit to the exclusive jurisdiction of the federal or state courts in Westchester County, New York in the event of any dispute, claim or action.

I HAVE READ THIS CONSENT AND WAIVER FORM, FULLY UNDERSTAND ITS TERMS AND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY. I INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Participant Name: ____________________________ Date: ____________________________

IF PARTICIPANT IS UNDER 18 YEARS OF AGE:

I represent and warrant that I am the parent or legal guardian of the above-named participant (the "Minor") and that I have read and understood the foregoing Consent and Waiver. I fully consent to and voluntarily authorize the Minor to participate in an NTC program. I acknowledge and agree individually and on behalf of the Minor to the representations, consents, agreements, grants, waivers, authorizations, indemnifications and releases set forth above, which shall be binding on me and the Minor.

Parent/Legal Guardian Signature: ____________________________ Date: ____________________________

Print Name: ________________________________________