

# Tennis Camp

## Camp Overview

Students are divided into 2 groups, division is mostly ability based but depending on activity or event it may be by gender or age.

Daily activities focus on technical, tactical, physical, and psychological training either on their own or as a combination.

Camp days are broken into two parts.

Mornings include a warm up, followed by

1. A Physical part e.g. Serve technical and tactical training.
2. Tactical training - moving your opponent, fun game, warm down, recap

Afternoons involve each participant taking part in one of the following:

- \* Match play practice
- \* Round robin events
- \* Team events

## What you need to bring

- \* Rackets x 2
- \* Tennis footwear (Omni court)
- \* Tennis appropriate clothing
- \* Change of clothes
- \* A good attitude and work ethic

## 2018 Dates

- \* Weeks Beginning- 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> July

## Daily Timings

- \* Monday to Friday
- \* 10.00 to 17.00
- \* Lunch : 13.00 to 14.00

## Number of students on the camp in 2017

- \* 16-24 students per week

## Student Nationalities 2017

- \* 35% Irish
- \* 35% Spanish
- \* 30% French

Students of the same nationality are separated as much as possible

## Age Range

- \* 12 to 17
- |             |     |
|-------------|-----|
| 12-15 years | 80% |
| 16-17 years | 20% |

## Boy to Girl Ratio

- \* 6:4

