

## “Surviving Tennis Camp”

**WHAT DO I BRING THE FIRST DAY?** Please wear sport appropriate clothing with tennis shoes (no sandals). You will for sure need a hat, sunscreen and a water bottle. Be sure to pack a swimsuit and a towel. Label everything and put it in a backpack or sports bag. If you have a racquet bring it. If you don't...worry no more...we have loaners on all equipment.

**WHERE DO I GO THE FIRST DAY?** If you are preregistered and paid in full, take your child to tennis court # 30. If you are not paid in full and preregistered you will need to go to the registration desk...signs will direct you.

### WHERE DO I GET PICKED UP?

Tennis Campers are on their own to leave at 2:00pm. Arrange with your child where you want to meet them at the end of camp. “AfterCamper’s” move to different activities through the afternoon...check at the front desk for their latest location.

### WHAT'S A TYPICAL DAY LIKE?

PreCamp	“PreCamp” begins at 7:30am
9:00am	Camp begins promptly
9:00-10:00am	Groundstroke instruction, footwork, drills
10:00-10:40am	Volley instruction, footwork, drills
10:40-10:50am	Gatorade break, camp meeting, announcements, “team relay” races
10:50-11:10am	Serve and return instruction
11:10-11:45pm	Play situations, strategy, drills
11:45-12:45pm	Lunch, free time, pool break
12:45-2:00pm	“Team matches” and more instruction
AfterCamp	“AfterCamp” from 2:00-5:30pm

**WHATS FOR LUNCH?** Through years of research we have carefully developed a “kid’s favorite” menu. All items are freshly prepared in our own kitchens daily. Most days feature a choice of two entrees along with a fresh green salad and fruit. Tennis Camp is served a soft drink with lunch. The menu is posted for the entire summer...pick one up. If you don't like what were serving on any particular day...you are welcome to bring our own.

Tennis Camp lunch is from 11:45-12:45PM. Proper manners are required. After eating, please clean your area and enjoy the balance of your lunch hour for free time to swim, relax under a tree, play ping pong etc. At 12:45 campers will report to tennis court # 30.

### SAFETY:

Follow the instruction of all coaches at all times. Do not swing your racquet or hit balls at inappropriate times. Please report illness, injuries, blisters, sunburn, etc. Be especially aware of heat and exhaustion related symptoms. We take great pride in our safety record.



### POOL SAFETY:

Do not run in the pool area. Swim only in the designated camp pool. Campers are not permitted in the lap pool. The pool has two lifeguards on duty at all times in addition to our camp swim staff.

### LANGUAGE AND CONDUCT:

Improper language will not be permitted any how or any way. No swearing, cursing, or sound-a-likes. If the word is not in the Macmillan's Children's Dictionary, you can not use it in camp.

### LEAVING CAMP:

You are not allowed to leave camp for any reason without written parental authorization. We need to know where you are at all times. Please get permission from your coach before leaving camp.

### SOFT DRINKS AND GUM:

Soft drinks are not allowed except at lunch. Gum is prohibited on the court.

### RACQUETBALL BUILDING:

You may never go into the Racquetball building. It is off limits to all campers unless you are with a coach. Goggles must be worn on the court at all times.

### DRINK WATER:

Drink plenty of water. Bring a water bottle, we are trying to save the environment. (We do have cups if you forget your water bottle.) Ice water is provided on all courts. We encourage continual drinking to avoid dehydration. Mid-morning we have an extended off the court Gatorade break.

### KEEPING YOUR EQUIPMENT:

The Tucson Racquet and Fitness Club is not responsible for lost items. Keep your things in a bag with you. Please put you name on equipment and clothing to identify it. Bags can be kept securely in the bin next to the stairs before going to lunch.

### SUN AND HEAT:

Sunscreen is a necessity. A hat or visor will help make the summer heat more bearable.



### LUNCH RULES:

Lunch is from 11:45-12:45. Sit only in the designated area. After finishing please clean up your area and leave the lunch room. Other camps will follow you and appreciate your cleanliness.

### LOCKER FACILITIES:

Campers must use the poolside locker room to change. Lockers are available, however, you must bring you own lock for security and are for day use only!

### SPECIAL NEEDS:

If you have any special needs (medications, etc.) please let us know and we will do our best to accommodate you.

### AWARDS:

There will be a special awards ceremony and the showing of the camp video on Friday at the end of each session.

