



The Tucson Racquet Club Tennis Camp 2020

Everything you need know...



WHAT DO I BRING THE FIRST DAY? Please wear sport appropriate clothing with “non-marking” tennis shoes (no sandals). Please pack a hat, sunscreen, a water bottle, a snack, a swimsuit and a towel. Label everything and put it in a backpack or sports bag. **This year, you must bring your own racquet.** TRFC has racquets available for purchase at cost. No sharing of equipment will be permitted.



WHERE DO I GO THE FIRST DAY? You must be pre-registered online. Drop off for tennis camp will be at the north parking lot gate. Tennis camp will start at 9:00 am and the gate will be locked after 9:15 am. Call the camp office with any issues.

WHERE DO I GET PICKED UP? Tennis campers are picked up promptly at 2:00 pm at the north parking lot gate.

WHAT'S A TYPICAL DAY LIKE?

9:00 AM	Camp begins promptly
9:00-10:00 AM	Groundstroke instruction, footwork, drills
10:00-10:50 AM	Volley instruction, footwork, drills & games
10:50-11:10 AM	Serve and return instruction
11:10-11:45PM	Play situations, strategy, drills
11:45-1:00 PM	Staggered lunches
1:00-2:00 PM	“Team Matches” and pool break

WHATS FOR LUNCH? Through our many years of experience we have carefully developed a “kids favorite” menu. All items are freshly prepared in the TRC kitchen daily. Every morning campers will pre-order boxed lunches from a set menu. The menu will include several entrée options and a choice of side; fresh green salad, fruit, or french fries. Every camper will receive a Gatorade or juice. No sharing of food or drinks will be permitted. This year, lunches will be staggered in 30 min blocks and every QuaranTEAM of 10 campers will eat at different times to ensure social distancing. All tables and chairs will be disinfected after use of each QuaranTEAM . Tennis Campers will be expected to eat in a timely fashion and display proper manners.



SAFETY: Safety is our top priority. We take great pride in our safety record. 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. COVID-19 specific safety rules and guidelines are provided in detail on the back of this guide. It is of paramount importance that campers follow the direction of all coaches at all times. Each Coach will have rules specific to their court and station.

MAIN TRC BUILDING/LOBBY: No campers or coaches may enter inside the club except for lunch when their coach is present.

POOL SAFETY: Do not run in the pool area. Swim only in the designated Camp pool (shaded lap pool). Campers are not permitted in the main pool this year. We will be staggering swimming rotations to limit the number of campers in the pool. Coaches will brief you on other important safety rules. Our head swim instructor is a certified lifeguard and will be on duty during all of camp hours.

LANGUAGE AND CONDUCT: Improper language will not be permitted. No swearing, cursing, or sound-a-likes. If the word is not in the Macmillan’s Children’s Dictionary, you can not use it at Camp.

LEAVING CAMP: Please get permission from your coach before leaving Camp. You are not allowed to leave Camp for any reason without written parental authorization.

SOFT DRINKS, SNACKS AND GUM: Soft drinks and gum are prohibited during all rotations. Please bring snacks and Gatorade for the mid-morning break. Sharing of snacks and drinks are prohibited.

DRINK WATER: It’s important for Campers to remain hydrated. Camper’s must bring a water bottle—please label. Water and shade are available at all times. Drinking is encouraged by the staff. Gatorade is provided during lunch. Please drink plenty of water!

KEEPING YOUR EQUIPMENT: Keep your things in a backpack or sports bag. Please label all equipment and clothing to identify it. The Tucson Racquet and Fitness Club is not responsible for lost items.



SUN AND HEAT: Sunscreen is a necessity! A water resistant high SPF sunscreen is recommended. A hat or visor will help make the summer heat more bearable. All instruction stations have water and shade. Swim is outdoors but it’s always “cool in the pool”.

INJURY AND ILLNESS: Our job is to challenge the Camper in all activities. It is your job to make the Coaches aware of injuries and illness that may limit the Camper’s performance. Refer to the back for COVID-19 specific policies this year.

LOCKER FACILITIES: Campers must use the dedicated Camp poolside locker rooms to change.

SPECIAL NEEDS: If you have any special needs (medications, allergies, etc.), please let us know and we will help accommodate. We ask all campers who are at high risk for COVID-19 to sit this summer out.

CAMP AWARDS: The end of each session is highlighted by an “Awards Presentation.” Winners will be posted on our Facebook, Instagram, and Twitter pages.



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