



# The Tucson Racquet Club Tennis Camp "Surviving Tennis Camp"



**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 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, TRFC has loaners for all equipment.

**WHERE DO I GO THE FIRST DAY?** You must pre-register online. All tennis Campers meet on tennis court #26, signs will direct you. All PreCampers report to the Pee Wee room (Racquetball building)

**WHERE DO I GET PICKED UP?** Tennis campers are on their own to leave at 2:00PM. Please arrange a meeting location with your child.  
**AFTERCAMP PICKUP:** Before 3:30PM in the downstairs restaurant — after 3:30PM at the poolside ramada.

## 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 & games
10:40-10:50AM	Gatorade break, 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 2-5:30PM

**WHATS FOR LUNCH?** Through our many years of experience we have carefully developed a "kid's favorite" menu. All items are freshly prepared daily in the Racquet Club kitchen. Most days feature a choice of two entrees along with a green salad, fresh fruit, and a Gatorade. The menu for the entire summer is posted on our website. Otherwise, you are welcome to pack a lunch for the Camper, and it will be stored in the Camp office refrigerator. Tennis lunch is from 11:45-12:45PM. After eating, please clean your area and enjoy the balance of your lunch hour— jump in the pool, enjoy board games, relax under a tree, play ping pong, and more. At 12:45PM Campers will report back to tennis court #26.



**SAFETY:** Please follow the direction 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. 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 snacks are not allowed except at lunch. Gum is prohibited during all instructional rotations.

**RACQUETBALL BUILDING:** You may never go into the Racquetball building unless you are with a Coach. Goggles must be worn on the court at all times.

**DRINK WATER:** Please bring a water bottle! Please put your name on the bottle to identify it. Ice water is provided and continual hydration is encouraged by the coaches. Gatorade is provided during the off court morning break and lunch. Drinking cups are provided if you forget your water bottle.

**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 highly recommended. A hat or visor will help make the summer heat more bearable.



**LUNCH RULES:** Lunch is from 11:45AM-12:45PM. 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 dedicated Camp poolside locker room to change. Lockers are available for day use only. Campers may bring a lock.

**SPECIAL NEEDS:** If you have any special needs (medications, allergies, etc.) please let us know and we will help accommodate you.

**CAMP AWARDS:** The end of each session is highlighted by "Camp Awards" Presentation. Winners will be posted on our Facebook/Instagram/Twitter pages.

