

Sample Camp

Time	Session	Group	Topic	Court Assignments and Staff
8:00 AM	15	All Groups	Introduction and Demo	Court 1 / All Staff
8:15 AM	45	Blue	Forehands and Backhands (Preparation/Contact/Finish)	Court 2 / Andy Court 3 / Bill
8:15 AM	45	Red	Approach and Volleys	Court 4 / Cindy Court 5 / Jeff
8:15 AM	45	White	Tennis Specific Fitness	Field / Mark
9:00 AM	45	Red	Forehands and Backhands	Court 2 / Andy Court 3 / Bill
9:00 AM	45	White	Approach and Volleys	Court 4 / Cindy Court 5 / Jeff
9:00 AM	45	Blue	Tennis Specific Fitness	Field / Mark
9:45 AM	15	All Groups	Fruit Break	Deck Area / All Staff
10:00 AM	45	White	Forehands and Backhands	Court 2 / Andy Court 3 / Bill
10:00 AM	45	Red	Tennis Specific Fitness	Field / Mark
10:00 AM	45	Blue	Approach and Volleys	Court 4 / Cindy Court 5 / Jeff
10:45 AM	60	All Groups	Group Competition	Court 1-6 / All Staff
11:45 AM	15		Wrap Up and Review	Court 1 / All Staff