



Rancho Peñasquitos Tennis Academy Junior Tennis Summer Camp Beginner and Novice Level Players



5 to 12 years / June 21st until August 27th / Week long half day / 9:30am to 12pm / \$225

Academy Statement: Rancho Peñasquitos Tennis Academy offers juniors (ages 5-13) exciting one-week summer tennis camps. Tennis is a lifetime sport that gets kids moving, improves balance, agility, hand-eye coordination and teaches self-confidence. Each camp is designed for young players seeking to grasp tennis fundamentals based on a systematic program that will advance your child from one level to the next, while maintaining a fun—yet challenging tennis experience. **Designed for the beginner and novice player.**

Academy Goals:

1. To help children develop to their fullest potential focusing on:
 - Tennis skills
 - Self-awareness
 - Physical skills
 - Health and nutrition
 - Multisport skills
 - Interpersonal relationships
 - Mental strengths

2. To deliver a program in a safe, happy and positive environment

Three Golden Rules:

1. HAVE FUN
2. GIVE 100%
3. BE COACHABLE

Aurelie Udall and Staff

Aurelie Udall is one of the most well-rounded tennis coaches with European mentality and American innovation. She is a former IMG Bollettieri strategy coach, Division I assistant coach, La Jolla Beach and Tennis Club adults, 10 and under, high performance specialist. Her staff is trained to follow a systematic program based on the same philosophy.

Groups: Discovery, and Rally (Ages 5 to 8)

Foam and Red ball. 36ft Court



This class is your child’s introduction to the game of tennis. At this level, our goal is to get them to love the game of tennis while establishing a good fundamental base with their technique and athletic skills. Players will focus on improving their movement and rallying skills. We guide each player through the development of their tennis mechanics and shot consistency. We use fun agility, balance, coordination and movement activities to improve a player’s athleticism.

Groups: Rising Star and Champion (Ages 8 to 12)



Orange ball. 60ft Court and Green ball. 72ft Court

The Rising Star (RS) and the Champion (C) is for advanced beginner to intermediate level player. RS and C focuses on all aspects of the game; from focus and footwork to forehands and backhands. From the most novice to the competitive player, each child will be grouped accordingly, based on ability. Players are learning how to rally consistently with proper technique. RS and C focuses heavily on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Our goal is to get your child playing the game of tennis by learning the proper strokes and movements. A checklist of competencies is used to ensure appropriate and timely progression throughout the week.



Aurelie Udall * 413-313-6351 * dot@rptctennis.com



Sessions:

June 21 – June 25

July 19 – July 23

August 16 – August 20

June 28 – July 2

July 26 – July 30

August 23 – August 27

July 5 – July 9

August 2 – August 6

July 12 – July 16

August 9 – August 13

Daily Schedule:

9:30 -10:00 am: Technical instruction

10:00-10:30 am: Competitive points and games

10:30 – 10:45am: Break

10:45am – 11:15pm: Footwork and Conditioning

11:15am – 11:30: Serve

11:30 – 12:00pm: Match play and tactical instruction

Daily schedule includes a variety of activities that contribute to the development of tennis skills and overall athletic abilities.

Pick-up and drop-off off area:

Rancho Peñasquitos Tennis Club at 12350 Black Mountain Rd, San Diego, CA 92129

Please be on time to drop off and pick up children. If parents are going to be late, please let Aurelie know in advance, so alternative arrangements can be made. No gathering and spectating in the patio.

What to bring:

- Sports bag labeled with child’s name and telephone number
- Racket if not you can borrow one or buy one from the pro shop
- Water bottle - Snacks - Sunscreen - Hat/visor - Sweatshirt

Tuition: 5 Day Session \$225

Payment Procedures and Enrollment:

Parents may enroll their child(ren) online at <http://rptctennis.com/Clinics>. Full payment is due prior the 1st day of camp: In order to register your child(ren) for any Camp, you will need to create an account with CourtReserve. From your home computer or a web browser on your phone, you can create an account by clicking on this link :

<https://app.courtreserve.com/Online/Portal/Index/4734>

PLEASE ADD YOUR CHILD(REN) TO YOUR COURTRERESERVE PROFILE!!! Don’t create an account if you already have one.

Might need to do forgot password.

Once you create an account, you will log in and go to "My Profile". Then you will click on "My Family" on the left-hand side. Once you are on the Family screen, you will click the green "Add New Family Member" button. Here you will add all other family members, including your children.

Cancellation policy: Notify Aurelie of schedule changes within 48 hours of start date for refund (\$50 registration fee is non- refundable).

Children’s guidelines and expectations:

Please take few minutes and sit down with your child to review and discuss the following basic guidelines and expectations for participating in the Summer Camp:

- Do not throw or swing racquet at anyone.
- Only water on the tennis courts. Sport drink and other on the patio area. No gum.
- No sitting or leaning on the net.
- Shirts and tennis shoes (no black soles) must be worn always
- Proper behavior and language are expected always



SAFETY GUIDELINES

Staff/Participant Safety

- Instructors will maintain distance at all times while assisting participants.
- Instructor and players will wear masks until group split on their courts and remain far from each other.
- All instructors will keep hand sanitizer with them at all times.
- Sanitizer and hand wipes will be available at all teaching stations.
- All camp signups will be done online with a credit card (no cash or check)

Social Distancing

- Groups will be separated and assigned an instructor at check-in. This will limit gathering at drop off/registration.
- Stations at each practice area will be spread apart and marked where individuals may stand in order to maintain safe distancing.
- All participants will be asked to keep from contacting others.

Equipment Usage

- Coaching equipment will be sanitized before, during and after camp.
- Participants that provide their own equipment will only handle their own items.

Group Size

- Each camp will have a maximum number of participants.
- Student to Instructor Ratio will be kept at 6:1
- At no time will groups be combined to over 12 participants

Bathroom Break and Snack Break

- Restroom and snack breaks will be taken at staggered times to help maintain social distancing and gathering instead of doing breaks for everyone at the same time.

