

WAIVER

Please Read and Sign:

We as the undersigned parent or guardian understand and agree that the Kamloops Tennis Centre, Thompson Okanagan Tennis coaches or proprietors will not be held responsible for any accident, injury or loss however caused. I hereby authorize Kamloops Tennis Centre to act according to their best judgment in any emergency requiring medical treatment and I state the below mentioned participant is in sound physical condition to participate in the tennis camp.

Signature of parent or guardian

Date

Tennis Director

Kelly Hubbard has international coaching experience having coached in four countries. He has worked in all coaching spectrums from grassroots development, designing club programs to training high performance players at tennis academies.

His resume includes:

- ◆ Tennis Canada Head Coach 3
- ◆ Tennis New Zealand Head Coach
- ◆ Head coach Weil Tennis Academy Ojai, California
- ◆ Tennis Canada course facilitator

Head Coach

Charlie is from Montreal Quebec

He played competitive tennis as a junior and went on to great success playing ITF's

Charlie has coached in Canada, Dominican Republic and Spain

- ◆ Sparring partner to ATP/WTA players
- ◆ Tennis Canada Certified Club Pro
- ◆ Jericho Tennis Club - Junior Performance development
- ◆ Junior Tennis Director - West Island Tennis Club, Montreal, Quebec



Junior Performance Tennis Camp

July 18 – 22, 2022

Kamloops Tennis Centre
758 Front Street
250 372-1783
info@kamloopstennis.ca
ktccoach@gmail.com
www.kamloopstennis.com

Over 30 hours of on court and off court training to help you perform better. The camp objective is to provide a competitive environment for players during the summer tournament circuit.

We will be focusing on:

- ◆ On and off court fitness
- ◆ Tactical drills on the 5 situations of play
- ◆ Focus on getting to an ideal performance state
- ◆ Learn how to control the pace of a match
- ◆ Implementing objectives, strategies manage adrenalin through breathing, relaxation techniques
- ◆ Coaching during match play
- ◆ Performing under pressure
- ◆ Video analysis
- ◆ Mental training drills
- ◆ Competitive environment
- ◆ Camp T shirt & cool prizes
- ◆ Lunch included
- ◆ Fun nightly activities

If you require accommodation, we will do our best to find a host family. We will ask for a fee of \$150.00 which will be given in its entirety to the billeting family. This will cover breakfast, dinner, driving, accommodation. Individual lessons may be arranged with a coach for an additional cost. If a player leaves after the first day, a refund will be given less the first day. We have a total of 16 spots available.

The coaches will be selecting players based on ranking, age and level of play. We will inform all players in advance of acceptance.

Camp Details:

Date: July 18 - 22

Time: 8:30am – 4:00pm

Tuesday - Thursday

Friday 8:30am – 12:00pm

Cost: \$565.00

Daily Schedule:

8:30am – 8:55am – Off court fitness

9:00am - 9:25am – On Court - warm up

9:30am -10:25am – Focus drills, building,

change rhythm, tempo exchanges

10:30am -10:45am – Break

10:50am -11:55am – Live ball drills

12:00pm – 12:55pm – Lunch

1:00pm - 1:55pm – Start of the point drills

2:00pm – 3:45pm – Match play

3:50pm – 4:00pm – Cool down / stretch

Camp Registration Form

Please detach, complete both sides of this form and return with payment. Payment may be made at the centre by debit or credit card. E transfer to ktccoach@gmail.com
Cheques payable to: **Thompson Okanagan Tennis Inc**

Name: _____

Guardian: _____

Address: _____

Contact: _____

Email: _____

Date of Birth: _____
 YY MM DD

Any allergies or medication:

T-shirt size: Adult S M L