

# 2018 SUMMER CAMP DAILY SCHEDULE

## 10&U Academy Camp

9:00 – 9:45AM:	Check-in – “Early Drop Off” Rec Games
9:45 – 10:00AM:	Official Check-in
10:00 – 10:15AM:	AM Session Warm-up & Stretching
10:15 – 11:15AM:	AM Tennis Theme of the Day & Skill Challenge
11:15 – 11:35AM:	Break (Clubhouse or Tent – Park, Arts Crafts, Board-Games, Refreshments)
11:35 – 1:00PM:	Team Tennis & Scoring Games (20min Rec Sports Opt.)
12:30 – 1:30PM:	LUNCH TIME (Full Day Campers - “PM Camper” Check-In 1:00-1:30PM)
1:30 – 1:45PM:	PM Session Warm-up & Stretching
1:45 – 2:45PM:	PM Tennis Theme of the Day & Skill Challenge
2:45 – 3:00PM:	Break (Clubhouse or Tent – Park, Arts Crafts, Board-Games, Refreshments)
3:00 – 3:45PM:	Team Tennis & Scoring Games
3:45 – 4:00PM:	Break (Clubhouse or Tent – Park, Arts Crafts, Board-Games, Refreshments)
4:00 – 4:20PM:	Team Tennis & Scoring Games (20min Rec Sports Opt.)
4:20 – 4:30PM:	Cool Down Time – Light Snack or Refreshment
4:30 – 5:00PM:	Pick-up – “Late Pick Up” Rec Games

## Orange Elite Summer Camp (Invitation Only)

9:00 – 9:45AM:	Check-in – “Early Drop Off” Rec Games
9:45 – 10:00AM:	Official Check-in
10:00 – 10:15AM:	AM Warm-up & Stretching
10:15 – 11:15AM:	AM Tennis Theme of the Day & Point Play Games
11:15 – 11:35PM:	Break (Clubhouse or Tent – Park, Arts Crafts, Board-Games, Refreshments)
1:35 – 1:00PM:	Team Tennis & Match Play (20min Rec Sports Opt.)
12:30 – 1:30PM:	LUNCH TIME (Full Day Campers - “PM Camper” Check-In 1:00-1:30PM)
1:30 – 1:45PM:	PM Session Warm-up & Stretching
1:45 – 2:45PM:	PM Tennis Theme of the Day & Point Play Games
2:45 – 3:00PM:	Break (Clubhouse or Tent – Park, Arts Crafts, Board-Games, Refreshments)
3:00 – 4:20PM:	Team Tennis & Match Play (20min Rec Sports Opt.)
4:20 – 4:30PM:	Cool Down Time – Light Snack or Refreshment
4:30 – 5:00PM:	Pick-up – “Late Pick Up” Rec Games

# 2018 SUMMER CAMP DAILY SCHEDULE

## Junior Academy Camp

9:00 – 9:45AM:	Check-in – “Early Drop Off” Rec Games
9:45 – 10:00AM:	Official Check-in
10:00 – 10:15AM:	AM Session Warm-up & Stretching
10:15 – 11:35AM:	AM Tennis Theme of the Day & Point Play Games
11:35 – 11:55PM:	Break (Clubhouse or Tent - Arts Crafts, Board-Games, Refreshments)
11:55 – 1:00PM:	Team Tennis & Match Play (20min Rec Sports Opt.)
12:30 – 1:30PM:	LUNCH TIME (Full Day Campers - “PM Camper” Check-In 1:00-1:30PM)
1:30 – 1:45PM:	PM Session Warm-up & Stretching
1:45 – 3:00PM:	PM Tennis Theme of the Day & Point Play Games
3:00 – 3:15PM:	Break (Clubhouse or Tent - Arts Crafts, Board-Games, Refreshments)
3:15 – 4:20PM:	Team Tennis & Match Play (20min Rec Sports Opt.)
4:20 – 4:30PM:	Cool Down Time – Light Snack or Refreshment
4:30 – 5:00PM:	Pick-up – “Late Pick Up” Rec Games

## High Performance 13&U Academy

9:00 – 9:45AM:	Check-in – “Early Drop Off”
9:45 – 10:00AM:	Official Check-in
10:00 – 10:15AM:	Warm-up & Stretching
10:15 – 12:00PM:	Tennis Theme of the Day & Point Play Games
12:00-12:30PM:	Match Play or Games w/ Serves
12:30-1:30PM:	LUNCH TIME (Indoor & air Conditioned)
1:30 – 3:00PM:	Tennis Theme of the Day & Point Play Games
3:00 – 3:45PM:	Match Play or Games w/ Serves
3:45 – 3:50PM:	PRE-FITNESS Snack (Provided by TIA)
3:50 – 4:30PM:	FITNESS (Mon-Thu) & Ice Bucket Challenge!
4:30 – 5:00PM:	Pick-up – “Late Pick Up” Rec Games

# 2018 SUMMER CAMP DAILY SCHEDULE

## High Performance 13&U Tournament Team (invitation only)

9:00 – 9:45AM:	Check-in – “Early Drop Off”
9:45 – 10:00AM:	Official Check-in
10:00 – 10:15AM:	Warm-up & Stretching
10:15 – 12:00PM:	Tennis Theme of the Day & Point Play Games
12:00 – 12:30PM:	Match Play or Games w/ Serves
12:30 – 1:30PM:	LUNCH TIME (Indoor & Air Conditioned)
1:30 – 3:00PM:	Tennis Theme of the Day & Point Play Games
3:00 – 3:45PM:	Match Play or Games w/ Serves
3:45 – 3:50PM:	PRE-FITNESS Snack (Provided by TIA)
3:50 – 4:30PM:	FITNESS (Mon-Thu) & Ice Bucket Challenge!
4:30 – 5:00PM:	Pick-up – “Late Pick Up” Rec Games

## High Performance 18&U Tournament Team (invitation only) (12:30PM -6:30PM)

9:00AM - 12:00PM:	Optional “Early Drop Off – Community Service”: Community Service – Official TIA Letter Provided
12:30 – 12:45PM:	HP Warm-up & Warm-Up Drills
12:45 – 2:00PM:	Theme of the Day – Drills & Point Play
2:00 – 3:00PM:	Match Play or Games w/ Serves (related to theme topics)
3:00 – 3:30PM:	NUTRITION BREAK (Indoor & Air Conditioned)
3:30 – 4:30PM:	Tennis Theme of the Day – Drills & Point Play
4:30 – 5:30PM:	Match Play or Games w/ Serves (related to theme topics)
5:30 – 5:45PM:	PRE-FITNESS Snack (Provided by TIA)
5:45 – 6:30PM:	Fitness w/ Coach Steve Higgins (Mon-Thu)