

# Performance Summer Tennis Camp

With Head Coaches Sean Moran & Lauren Dupuis

Held Outdoors in the McLean Area (Exact loc. TBD)

## Camp features:

- 4 or 8 hour options
- 4:1 ratio in morning, 6:1 ratio in afternoon
- Experienced, certified coaches
- HEALTHY LUNCH INCLUDED for full-day camp!
- Individualized instruction
- Competitive environment

## Camp Curriculum:

- 2 hours drills
- 1 hour live ball and point play
- 45 minutes fitness/coordination OR classroom instruction
- Weekly team tennis competition

*"In this area, we couldn't play tennis every day year-around like they could in other places. So we had to make it up with hard work in the summers." – Denis Kudla*

## Options and Prices:

### Morning 9AM-1PM (Coach Sean)

Hitter (1-4 days) - \$100 per day

Player - \$440 per week (1-3 wks)

Grinder - \$390 per week (4-7 wks)

Champion - \$340 per week (8+ wks)

### All Day 9AM - 5PM (Lunch Included!)

Hitter(1-4 days) - \$132 per day

Player - \$580 per week (1-3 wks)

Grinder- \$530 per week (4-7 wks)

Champion - \$480 per week (8+ wks)

### Afternoon 1:30pm - 5PM (Coach Lauren)

Hitter (1-4 days) - \$80 per day

Player - \$310 per week (1-3 wks)

Grinder- \$260 per week (4-7 wks)

Champion - \$210 per week (8+ wks)

**\*Rates are per-child, not per family\* \*Discount rates are for bulk sign-ups, NOT rolling accumulation of weeks (see back)\***

## Calendar:

- Week 1 (14<sup>th</sup>-18<sup>th</sup> June)
- Week 2 (21<sup>st</sup>-25<sup>th</sup> June)
- Week 3 (28<sup>th</sup> June- 2<sup>nd</sup> July)
- Week 4 (5<sup>th</sup>-9<sup>th</sup> July)
- Week 5 (12<sup>th</sup>-16<sup>th</sup> July)

- Week 6 (19<sup>th</sup>-23<sup>rd</sup> July)
- Week 7 (26<sup>th</sup>-30<sup>th</sup> August)
- Week 8 (2<sup>nd</sup>-6<sup>th</sup> August)
- Week 9 (9<sup>th</sup>-13<sup>th</sup> August)
- Week 10 (16<sup>th</sup>-20<sup>th</sup> August)

For Questions, Please email performance coach and admin Lauren Dupuis at [juniorselectionprogram@gmail.com](mailto:juniorselectionprogram@gmail.com)

**Sign Up and Lunch Menu on Back →**





# Sign up!

Please check the boxes next to the week(s) that you child plans to attend, then mark which time option. Morning- M, Full-day- FD, Afternoon- A

- |   |              |  |              |
|---|--------------|--|--------------|
| <input type="checkbox"/> Week 1 (14 <sup>th</sup> -18 <sup>th</sup> June)     | M__ FD__ A__ | <input type="checkbox"/> Week 6 (19 <sup>th</sup> -23 <sup>rd</sup> July)    | M__ FD__ A__ |
| <input type="checkbox"/> Week 2 (21 <sup>st</sup> -25 <sup>th</sup> June)     | M__ FD__ A__ | <input type="checkbox"/> Week 7 (26 <sup>th</sup> -30 <sup>th</sup> August)  | M__ FD__ A__ |
| <input type="checkbox"/> Week 3 (28 <sup>th</sup> June- 2 <sup>nd</sup> July) | M__ FD__ A__ | <input type="checkbox"/> Week 8 (2 <sup>nd</sup> -6 <sup>th</sup> August)    | M__ FD__ A__ |
| <input type="checkbox"/> Week 4 (5 <sup>th</sup> -9 <sup>th</sup> July)       | M__ FD__ A__ | <input type="checkbox"/> Week 9 (9 <sup>th</sup> -13 <sup>th</sup> August)   | M__ FD__ A__ |
| <input type="checkbox"/> Week 5 (12 <sup>th</sup> -16 <sup>th</sup> July)     | M__ FD__ A__ | <input type="checkbox"/> Week 10 (16 <sup>th</sup> -20 <sup>th</sup> August) | M__ FD__ A__ |

\*If attending for less than 5 days: Dates: \_\_\_\_\_ Time Option: M\_\_ FD\_\_ A\_\_

Name of Player(1 player per sheet ): \_\_\_\_\_ Age: \_\_\_\_\_

Parent email: \_\_\_\_\_ Parent Cell: \_\_\_\_\_ Type of ball (circle one): Yellow, GD, Orange

## Payment and Cancelation Policies

**Payment:** All payments must be made before any days of camp are attended. Players will be considered signed up only when form has been filled out and camp weeks have been paid for, no spot will be held before then.

**Bulk Rates:** Bulk camp rates listed above will be applied to all weeks if players sign up for weeks of camp all at once (in bulk) and then attend all enrolled weeks. If players accumulate camp weeks by signing up in increments over the course of the summer, then the lower rates will only apply to extra weeks, but will not be retroactively applied to previous weeks.

**Cancelation:** Players must cancel their attendance for any days/weeks AT LEAST one week prior to the start of the camp week. A refund or makeup will be offered in the event of injury.

## Weather Policy: Potential Indoor Option

MRHC is working with the school where we will hold this outdoor camp to gain access to indoor facilities such as gyms and classrooms. This will give us the ability to move indoors in the event of inclement weather during camp. Kids will do fitness and coordination activities as well as classroom lessons such as video analysis, strategy, and motivational movies/documentaries.

## MRHC Lunches!:

Take away the hassle of lunch for the summer, sign up to have delicious and healthy lunches provided at a low cost! Below is the menu for the first 4 weeks. Menu will change 3 times over the 10 weeks. All lunches come with cold water and fries/sweet potato fries.

Menu:

**Main:** Chicken Breast • Chicken Tenders  
• 2 Tacos • Mac n Cheese • Big Salad

**Side:** Fruit cup • Salad  
• Apple Sauce