

**Peak Performance/ Thorncliffe**  
**Progressive Tennis Summer Training 2023**

The goal of this year's summer training camps is to develop the psychological characteristics, and physical, tactical, and technical fundamentals that will set our young players up for future success in tennis. We hope to do this while providing an enjoyable experience, fostering a love for competing in the sport of tennis, and by using age-appropriate teaching methods and equipment.

Specifically, we will be developing the following fundamentals of our players:

<b>Psychological</b> <ul style="list-style-type: none"><li>• Fostering a love for the game of tennis</li><li>• Always showing good sportsmanship and a positive self-image</li><li>• Training with concentration and effort over a long period of time</li><li>• Cooperating with training partners</li></ul>	<b>Physical</b> <ul style="list-style-type: none"><li>• Development of fundamental movements as related to tennis<ul style="list-style-type: none"><li>○ Running, jumping, skipping, catching throwing, stopping/starting</li></ul></li><li>• Reaction time and speed</li><li>• Developing the coordination needed for tennis</li></ul>
<b>Tactical</b> <ul style="list-style-type: none"><li>• Use of correct tactics in all game situations (serving, returning, defending, attacking)</li><li>• Competing with consistency</li><li>• Moving the opponent</li><li>• Taking time away from the opponent</li><li>• Using stronger shot (forehand) and hitting to opponent's weaker shot (usually backhand)</li></ul>	<b>Technical</b> <ul style="list-style-type: none"><li>• Elimination of any "red flag" techniques that will hold kids back in the future<ul style="list-style-type: none"><li>○ Correct grips on all shots</li><li>○ Correct use of legs, hips, and shoulders</li></ul></li><li>• Mastering of basic footwork to correctly react, set up, and recover on all shots</li></ul>

We will use the following camp schedule to develop the fundamentals listed above:

8-10 am – On court - Psychological, Tactical, and Technical tennis fundamentals training  
10 am – 12 pm – Off court – Physical and Psychological fundamentals training

Furthermore, we plan to accompany our players to their tournaments whenever possible, to link what we work on at camp to their competitions.

**Registration**

Your spot will only be reserved with a completed form and payment. We will make court groupings and decisions about on court programming once we have confirmation of which students will be attending each week.

To Register:

Send completed form should be sent to **peakperformancetennisacademy@gmail.com** and **markcoopertennis@gmail.com**.

If you have any questions about the camp (scheduling, organization, level, or appropriateness for your child) please contact Head Coaches, Mark Cooper and Eddie Brisbois by email: **markcoopertennis@gmail.com**, **eddiejbrisbois@gmail.com**.

**PEAK PERFORMANCE TENNIS CAMP  
AT THORNCLIFFE PARK TENNIS CLUB  
SUMMER 2023**

Camper's Name \_\_\_\_\_ Age \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Health Card # \_\_\_\_\_  
 Parents' Names \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Parents' email \_\_\_\_\_ Alternate email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Allergies/Medical/other concerns \_\_\_\_\_

Weekly sessions (8 am – 12pm) = \$425/week plus HST (\$480.25)

4 day week weekly session = \$340/week plus HST (\$384.20)

Single session = \$95 plus HST (\$107.35)

\$10 admin. charge for any changes

All attendees must be members of Thorncliffe Park Tennis Club (the rate is \$40 for the year)

**NO FORM/NO PAYMENT = NO CAMP!!!! Please complete and return ASAP**

**Camp week (check off appropriate boxes):**

July 4- July 7 - 4 day week  Cost \_\_\_\_\_ (no camp on July 3rd)

July 10-14 - Full Week  Cost \_\_\_\_\_

July 17-21 - Full Week  Cost \_\_\_\_\_

July 24-28 - Full Week  Cost \_\_\_\_\_

July 31-August 4 - Full Week  Cost \_\_\_\_\_

August 7-11 – No camp this week

August 14-18 - Full Week  Cost \_\_\_\_\_ (if enough interest)

August 21-25 - Full Week  Cost \_\_\_\_\_ (if enough interest)

August 28-September 1 - Full Week  Cost \_\_\_\_\_ (if enough interest)

**Please Note: If your camper does not attend for a full week, he/she will be charged the daily rate. This helps us to ensure that we have the appropriate number of coaches and students each week.**

**Cost # full weeks \_\_\_\_\_ X \$480.25 = \_\_\_\_\_**

**# of 4 day weeks \_\_\_\_\_ X \$384.20 = \_\_\_\_\_**

**# of days \_\_\_\_\_ X \$107.35 = \_\_\_\_\_**

**Total Due = \_\_\_\_\_ (includes HST)**

Please complete form, make cheque payable to Peak Performance Tennis Academy or e-transfer the fee to peakperformancetennisacademy@gmail.com

By signing below I agree to hold the Peak Performance Tennis Academy, Thorncliffe Park Tennis Club, Mayfair Clubs, and/or all their agents, contractors and employees harmless from any claims arising from the above child's participation in any of the above activities, either on or off club grounds.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_