

# JUNIOR ACADEMY SUMMER CAMP

## MORNING SCHEDULE : 10:00 - 1:00PM

- 9:00AM: Early Drop Off (recreational games)
- 9:45AM: Check-In
- 10:00AM: Warm-up & Stretching
- 10:15AM: Theme of the Day & Point Play Games
- 11:30AM: Break (clubhouse or tent, park, arts/crafts, board games)
- 11:55AM: Team Tennis & Match Play  
(optional 20 minutes of recreational sports)
- 12:30PM: Lunch

## AFTERNOON SCHEDULE : 1:30 - 4:30PM

- 1:00PM: Afternoon camper check-in
- 1:30PM: Warm-up & Stretching
- 1:45PM: Theme of the Day & Point Play Games
- 3:00PM: Break (clubhouse or tent, park, arts/crafts, board games)
- 3:15PM: Team Tennis & Match Play  
(optional 20 minutes of recreational sports)
- 4:20PM: Cool Down (light snack)
- 4:30PM: Pick-up (late pick up @ 5:00PM)

## RAIN DAY PROCEDURE:

- Junior Academy camp is on rain or shine!
- Tennis and multisport camp @ Ebersole Ice Rink or local school gym during inclement weather (off-site transportation provided).

# ORANGE ELITE SUMMER CAMP

(BY INVITATION)

## MORNING SCHEDULE : 10:00 - 1:00PM

- 9:00AM: Early Drop Off (recreational games)
- 9:45AM: Check-In
- 10:00AM: Warm-up & Stretching
- 10:15AM: Theme of the Day & Point Play Games
- 11:15AM: Break (clubhouse or tent, park, arts/crafts, board games)
- 11:30AM: Team Tennis & Match Play  
(optional 20 minutes of recreational sports)
- 12:30PM: Lunch

## AFTERNOON SCHEDULE : 1:30 - 4:30PM

- 1:00PM: Afternoon Camper Check-In
- 1:30PM: Warm-up & Stretching
- 1:45PM: Theme of the Day & Point Play Games
- 2:45PM: Break (clubhouse or tent, park, arts/crafts, board games)
- 3:00PM: Team Tennis & Match Play  
(optional 20 minutes of recreational sports)
- 4:20PM: Cool Down (light snack)
- 4:30PM: Pick-up (late pick up @ 5:00PM)

## RAIN DAY PROCEDURE:

- Orange Elite camp is on rain or shine!
- Tennis and multisport camp @ Ebersole Ice Rink or local school gym during inclement weather (off-site transportation provided).

# HIGH PERFORMANCE 13U SUMMER CAMP

## MORNING SCHEDULE : 10:00 - 1:00PM

- 9:00AM: Early Drop Off (recreational games)
- 9:45AM: Check-In
- 10:00AM: Warm-Up & Stretching
- 10:15AM: Theme of the Day & Point Play Games
- 12:00PM: Match Play & Serving Games
- 12:30PM: Lunch

## AFTERNOON SCHEDULE : 1:30 - 4:30PM

- 1:00PM: Afternoon camper check-in
- 1:30PM: Theme of the Day & Point Play Games
- 3:00PM: Match Play or Serving Games
- 3:45PM: Break (pre-fitness snack)
- 3:50PM: Fitness & Flexibility (Mon-Th)
- 4:30PM: Pick-up (late pick up @ 5:00PM)

**FRIDAYS: TIA CUP TOURNAMENT** (all day)

## RAIN DAY PROCEDURES:

In the event of inclement weather, HP 13U Camp will have a regular camp schedule and will offer the following curriculums:

- College Recruiting Workshop
- Fitness Workouts @ UFC Gym
- Mental Strength Discussion
- Video Analysis
- Tournament Schedule Planning

# HIGH PERFORMANCE 13U TOURNAMENT TEAM SUMMER CAMP

(BY INVITATION)

## MORNING SCHEDULE : 10:00 - 12:00PM

- 9:00AM: Early Drop Off (recreational games)
- 9:45AM: Check-In
- 10:00AM: Warm-Up & Stretching
- 10:15AM: Theme of the Day & Point Play Games
- 11:15AM: Match Play & Serving Games
- 12:00PM: Lunch

## AFTERNOON SCHEDULE: 1:00 - 4:30PM

- 1:00PM: Fitness (Mon - Wed @ UFC; TH @ TIA)
- 2:15PM: Theme of the Day & Point Play Games
- 3:00PM: Match Play & Serving Games
- 3:45PM: Break (pre-match play snack)
- 4:00PM: Supervised Match Play
- 4:30PM: Pick-up (late pick up @ 5:00PM)

**FRIDAYS: TIA CUP TOURNAMENT** (all day)

## RAIN DAY PROCEDURES:

In the event of inclement weather, HP 13U Tournament Team Camp will have a regular camp schedule and will offer the following curriculums:

- College Recruiting Workshop
- Fitness Workouts @ UFC Gym
- Mental Strength Discussion
- Video Analysis
- Tournament Schedule Planning

UPDATED 1/14/19

# HIGH PERFORMANCE 18U SUMMER CAMP

## MORNING SCHEDULE : 10:00 - 1:00PM

- 9:00AM: Early Drop Off (recreational games)
- 9:45AM: Check-In
- 10:00AM: Warm-Up & Stretching
- 10:15AM: Theme of the Day & Point Play Games
- 12:00PM: Match Play & Serving Games
- 12:30PM: Lunch

## AFTERNOON SCHEDULE : 1:30 - 4:30PM

- 1:00PM: Afternoon Camper Check-In
- 1:30PM: Theme of the Day & Point Play Games
- 3:00PM: Match Play & Serving Games
- 3:45PM: Break (pre-fitness snack)
- 3:50PM: Fitness (Mon-Th)
- 4:30PM: Pick-up (late pick up @ 5:00PM)
- FRIDAYS: TIA CUP TOURNAMENT** (all day)

## RAIN DAYS

**In the event of inclement weather,  
players will have fitness training @ UFC, 12-2PM.**

# HIGH PERFORMANCE 18U TOURNAMENT TEAM SUMMER CAMP

(BY INVITATION)

## SCHEDULE: 12:00 - 6:30PM

- 11:45AM: Check-In @ UFC Gym
- 12:00PM: Fitness & Flexibility (Mon - Wed @ UFC)
- 1:30PM: Theme of Day with Drills
- 2:30PM: Match Play & Point Play Games with Serves (theme related)
- 3:30PM: Break (nutritional snacks offered)
- 4:00PM: Theme of Day with Drills
- 4:45PM: Match Play & Point Play Games with Serves (theme related)
- 5:30PM: Break (pre-match play snack)
- 5:45PM: Supervised Match Play

## RAIN DAYS

In the event of inclement weather, players will have fitness training @ UFC, 12-2PM.

## ADDITIONAL CAMP INFO:

### NEW FITNESS PROGRAM!

Monday - Wednesday @ UFC: Certified Physical Training  
Location: 25 South Broadway, White Plains

### DROP OFF SCHEDULE:

Monday - Wednesday @ UFC  
Thursday @ TIA  
Friday @ Manhattanville College

### UTR SUB-GROUPINGS:

Group A: 7.99 or less UTR (11.00 UTR hitter provided)  
Group B: 8.00+ UTR (11.00 UTR hitter provided)  
(Note: Groups may train together at Director's discretion.)

### PRIVATE COACHING AVAILABILITY

Monday - Friday: 8AM / 9AM / 12:30PM

### COMMUNITY SERVICE PROGRAM

9:00 - 12:00PM (TIA letter provided)