

A Typical Day at Westboro Tennis and Swim Club Tennis Camp

For Tennis Intensive and Varsity Camps:

- 8:45-9:00am Morning Drop off**
Drop off will be on the patio outside the main tennis lobby.
A tennis staff member will check in your children upon arrival.
- 9:00-10:30am Warm up and Instruction (daily focus)**
- 10:30-10:45am Break and snack**
- 10:45-12:00pm Instruction-Stroke Production**
- 12:00-1:30pm Lunch and Swim**
All tennis campers have the option for a free swim at this time-
weather permitting
*All campers are required to stay with their groups during this time. For those wanting to order additional food items from the Café, campers may do so at the pool following indoor lunch time. Campers will no longer be allowed to order from the Café in the lobby during camp hours due to the difficulty it causes in supervision.
- 1:30-3:30pm Supervised Point Play and Round Robin**
- 3:30-4:00pm Tennis Specific Fitness**
- 4:00pm-4:15pm Day End Pick Up**
Pick up will be at courts 6 & 7.
If someone other than a parent will be picking up your child please provide a note in advance.
- 4:00-6:00pm Extended Day**
Extended day is available and required for campers (under 12) from 7:30-9am and 4:00-6pm. After camp hours, member campers 12 and over are allowed to stay and use the club as long as they provide a signed parental permission slip.
Pool usage is limited to those 14 and older.



What to bring to camp

Tennis campers should come to camp with the following: racquet, sneakers, water bottle, *sunscreen, bathing suit, towel and hat

- * Loaner racquets are available at the front desk for campers without their own.
- * We ask that parents carefully apply sunscreen to your child prior to camp and show your child how to properly reapply during the day.

What not to bring to camp

Cell phones and other electronic devices may not be used during camp hours.

USTA Junior Player Promise

I recognize that tennis is a sport that places the responsibility for fair play on me.

I promise to abide by the rules of the game, which require me to give the benefit of the doubt to my opponent.

At all times I shall strive to compete with the true spirit of sportsmanship, recognizing that my behavior on the court is a direct reflection of my character.

Whether this match ends with my victory or defeat, I promise to conduct myself in a way that honors my opponents, my team, those who support me, and the game of tennis.

