



# Clifton College Indoor February ½ Term 2012 3 Day TENNIS CAMPS

Course Cost is just £50/player if paying using BACS  
.....or £55/player if paying by cheque

**For all standard Tennis Players 6 to 16 yrs**

**Camp A** 9.30am to 1pm Each Day  
Tues 14<sup>th</sup> / Wed 15<sup>th</sup> & Thurs 16<sup>th</sup> Feb

**Camp B** 1pm to 4.30pm Each Day  
Tues 21<sup>st</sup> / Wed 22<sup>nd</sup> & Thurs 23<sup>rd</sup> Feb

**@ The Clifton College Indoor Tennis ,  
Clifton College Sports & Leisure, Abbots Leigh Road,  
Abbots Leigh, Bristol, BS8 3QD.**

*Please contact Greg Spink (Director of Tennis) for more details on  
Mobile 07929 900715 or email [greg@firstservicetennis.com](mailto:greg@firstservicetennis.com)*

Special  
Early Bird  
Discount of  
- £5 if pay  
before Sat  
15<sup>th</sup> Jan!

PRIZES &  
Certificates  
for  
everyone!

Payment by BACS to First Service Tennis at HSBC Bank UK, Bristol. Sort Code: 40-14-09 Account Number: 31480715  
(Please quote 'Camps Code' & Players Name on all Payments, then Email Players details as slip below to Greg)

If paying by cheque, make payable to First Service Tennis & send with completed form to Director of Tennis, Clifton College Sports & Leisure, Abbots Leigh Road, Abbots Leigh, Bristol. BS8 3QD, and will minus £5 off either of the above Camp fees if I pay before Sat 15<sup>th</sup> Jan to secure my place!

[www.firstservicetennis.com](http://www.firstservicetennis.com)



## Application Form Feb ½ Term Tennis Camps 2011 (Camp Codes FA & FB)

Name.....D.O.B..... Mobile.....

Address.....Email.....

.....Any Medical Conditions?.....

B.T.M. No.....School .....Please tick Camp A  B

I have paid by BACS = £50/player, and will email this player info to Greg £.....

I have paid by cheque = £55/player, and will post with player info to Greg £.....

I have paid by the above Early Bird deadline, so will minus my discount - £ 5.00

Please also book me onto Future Camp Code/s ..... @ £45/Camp/Player £.....

(Future Camp dates & codes as below or on website) Total = £.....

How did you find out about this course?.....

SIGNED.....

[www.firstservicetennis.com](http://www.firstservicetennis.com)





## **Future Junior Tennis Camps for 2011/12**

### Camp Code

- FA.** Feb ½ Term (Tues 14<sup>th</sup> /Wed 15<sup>th</sup> /Thurs 16<sup>th</sup> Feb 2012)
- FB.** Feb ½ Term (Tues 21<sup>st</sup> /Wed 22<sup>nd</sup> /Thurs 23<sup>rd</sup> Feb 2012)
- EA.** Easter Holiday Camp A (Tues 10<sup>th</sup>/ Wed 11<sup>th</sup>/ Thurs 12<sup>th</sup> April 2012)
- EB.** Easter Holiday Camp B (Tues 17<sup>th</sup>/ Wed 18<sup>th</sup> / Thurs 19<sup>th</sup> April 2012)
- JH.** June ½ Term (Tues 5<sup>th</sup>/ Wed 6<sup>th</sup> / Thurs 7<sup>th</sup> June 2012)

## **3 Day Tennis Camp Description**

### **Day 1**

#### **Camp Registration**

– 9.15am to 9.30am(Reception / Main Building)

#### **Introduction**

– 9.35am **Whole Group Warm-up** – 9.40am

#### **Fun Warm-up game**

– 9.45am **Tennis Training Starts** – 9.50am (Players

are allowed to hit plenty of balls in the first 5 mins to allow them to get their eye in, which will then be followed by a really close look at the **Forehand** technique. After Demonstration, players will then be working in pairs to hone this newly learned skill, this is generally followed by one to one or group drill/practices and games that incorporates the players new Forehand, to help them practice and develop it)

#### **Mid Morning Break**

– 11am to 11.20am

#### **Tennis Continues**

– 11.20am (Focusing on the **Serve**. After Demonstration, players will be allowed to go away and practice for 5 minutes, before setting them up in a one to one or group practice and game that incorporates the players new Serve & Forehand)

#### **Fun Group Game to Finish**

– 12.45pm **Player collection by Parent** – 1pm (From

the 'Bubble' if weather is bad or the first 3 outdoor hard courts next to the reception/main building if the weather is good, if parents are unavoidably late then they can collect their youngster from the first TV room in the main building next to reception up to 1.15pm)

### **Day 2**

#### **Camp Registration**

– 9.15am to 9.30am(Reception / Main Building)

#### **Introduction**

– 9.35am **Whole Group Warm-up** – 9.40am

#### **Fun Warm-up game**

– 9.45am **Tennis Training Starts** – 9.50am (Players

are allowed to hit plenty of balls in the first 5 mins to allow them to get their eye in, which will then be followed by a really close look at the **Backhand** technique. After Demonstration, players will then be working in pairs to hone this newly learned skill, this is generally followed by one to one or group drill/practices and games that incorporates the players new Forehand, to help them practice and develop it)

#### **Mid Morning Break**

– 11am to 11.20am

#### **Tennis Continues**

– 11.20am (Focusing on the **Volley**. After Demonstration, players



will be allowed to go away and practice for 5 minutes, before setting them up in a one to one or group practice and game that incorporates the players new Backhand & Volley)

**Fun Group Game to Finish** – 12.45pm **Player collection by Parent** – 1pm (From the 'Bubble' if weather is bad or the first 3 outdoor hard courts next to the reception/main building if the weather is good, if parents are unavoidably late then they can collect their youngster from the first TV room in the main building next to reception up to 1.15pm)

### **Day 3**

**Camp Registration** – 9.15am to 9.30am(Reception / Main Building)

**Introduction** – 9.35am **Whole Group Warm-up** – 9.40am

**Fun Warm-up game** – 9.45am **Tennis Training Starts** – 9.50am (Players will be allowed a 5 minute hit and a warm up drill before starting the final day Fun Tournament. Players will be grouped into their relevant age & ability group where they will undertake a fun & exciting **Round Robin Tournament** to decide the winning player of each group )

**Mid Morning Break** – 11am to 11.20am

**Tennis Continues** – 11.20am (Tournament will be concluded interspersed with a fun group or team game, we are also looking to give prizes for the most improved player and most sporting)

**Fun Group Game to Finish** – 12.45pm **Player collection by Parent** – 1pm (From the 'Bubble' if weather is bad or the first 3 outdoor hard courts next to the reception/main building if the weather is good, if parents are unavoidably late then they can collect their youngster from the first TV room in the main building next to reception up to 1.15pm)

#### **EXTRA INFO:**

Players should come along each day with a small mid morning snack and a drink for each day. (or money for the snack machine)

Other considerations should be for a;

#### Summer Tennis Camp

- \* Normal tennis kit
- \* Non marking tennis trainers (no black soles please)
- \* Sun Tan Lotion
- \* Tennis/baseball cap
- \* Sunglasses

#### Winter Tennis Camp

- \* Normal tennis kit
- \* Non marking tennis trainers (no black soles please)
- \* Tracksuit or warm jumper & coat
- \* Woollen Hat
- \* Waterproof

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