

KINGSBURY CLUB HIGH PERFORMANCE TENNIS CAMP

at Glen Ellen Country Club • Ages 12-18
9 Weekly Sessions starting June 27

Taylor Curran-Head Tennis Professional, Academy Director, Former NCAA Div 1
Joe McDermott-Head of Adult Tennis, USPTA Professional, High Performance Coach
Christen Cadigan-High Performance Coach, USPTA Professional, Former NCAA Div. 1
Brian Szewczynski-Strength and Conditioning Coach, A.C.E. Certified

Location: Glenn Ellen CC & Kingsbury Club
Time: Monday-Thursday 4-6pm.
Fee: Member \$160/week
Non-Member \$200/week
Selection: Player evaluation by Head Professional
required to join program

The Summer High Performance Program focuses on excellence. The program brings together a highly selective group of players, in which each individual is committed to hard work and training. The program's training and practice sessions will simulate what it takes to overcome adversity on court. The regimen aims to strengthen a player both mentally and physically by continually testing a player's desire, will and stamina. Many of the program's challenges take players out of their comfort zones, with each day providing an opportunity to adapt and improve, ultimately enabling players to realize their full potential by the end of the program.

The High Performance Program offers the perfect opportunity for players to educate themselves on how to undertake the right type of work with the proper mindset. This level of sacrifice and effort will have a positive impact on a player's future in competitive tennis.

Coaching Emphasis

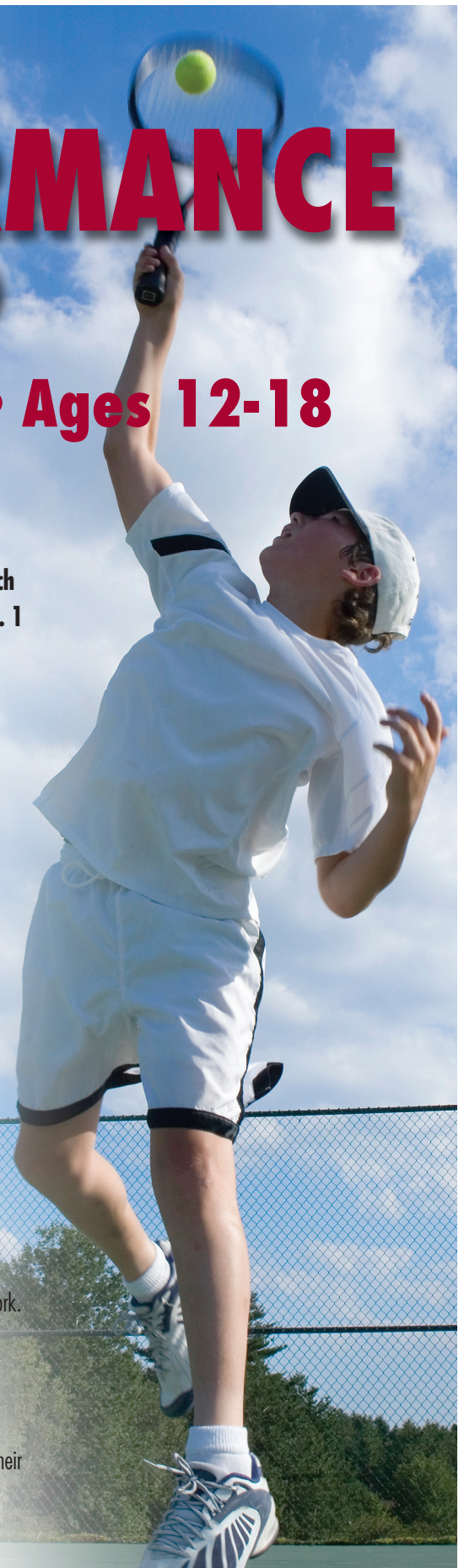
- Physical: Speed, strength, endurance, core, flexibility, nutrition, hills, 1-3 mile runs, band work, sand work.
- Tactical: Working with players to define their personal game styles
- Mental and Emotional Skills: improve player's ability to be more independent and self-reliant
- Competition: Offered to the Collegiate and High Performance Junior, expected to be competing in tournaments throughout the year.
- Evaluations: Coaches will evaluate and provide written feedback to help player's manage and develop their competitive tennis future.

Friends of the Program - 1st workout is always FREE.

2 Ice House Road, Medfield MA 02052

508.359.7800

www.kingsburyclubmedfield.com



REGISTRATION FORM - HIGH PERFORMANCE CAMP AT GLEN ELLEN & KINGSBURY CLUB

Participant's Name _____ Member # _____ DOB _____

Address _____

Home Phone _____

Parent/Guardian Name _____

Work Phone _____ Cell Phone _____

Email _____

Emergency Contact _____

Emergency Phone _____

PAYMENT: \$50 cancellation fee before the start of the camp. No refunds after the start of the camp.

Member Type: Non-member Member

Method of payment: House Charge (members only)

Check/Cash - please make checks for Tennis Camps payable to: The Kingsbury Club Medfield

Credit Card Card Type/# _____ Exp _____

CAMP CHOICE: Daily sign up is allowed, but it must be done one week in advance due to staffing issues.

	6/27 to 7/1	7/6 to 7/8*	7/11 to 7/15	7/18 to 7/22	7/25 to 7/29	8/1 to 8/5	8/8 to 8/12	8/15 to 8/19	8/22 to 8/26	Cost	TOTAL
Junior High Performance Camp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$160 member \$200 non-member	
CODE#	TOTAL										

* = Pro-rated

The High Performance Tennis Camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local (Millis) Board of Health. Copies of background checks, health care and discipline policies as well as procedures for filing grievances are available upon request.



**2 Ice House Road
Medfield, MA 02052**