



Harlem Junior Tennis & Education Program High Performance Tennis Summer Camp

The High Performance Tennis Summer Camp is designed to offer a high level of tennis training to participants who are tournament players. Those players looking to advance their tennis ranking from the sectional level to the national level and the college level. Plus offering the children in the community the opportunity to grow and develop their tennis and education skills in the sport. Providing a link between performance, development and growth is the philosophy behind High performance.

Tournament level players ages 12-16

- | | |
|-----------|------------|
| (Boys 12) | (Girls 12) |
| (Boys 14) | (Girls 14) |
| (Boys 16) | (Girls 16) |

*Maximum number of participants in HPTC 24 Kids
This high performance tennis camp will be open to children
From the New York City and New York State area.*

Fordham University
(Site -Tennis Courts)
441 East Fordham Road
In the Bronx

High Performance Tennis Summer Camp Dates & Times:

- HPTC start date Monday, June 22nd, 2009
- HPTC end date Friday, August 28th, 2009
- HPTC start time 8:30 AM
- HPTC end time 6:00 PM

High Performance Cost:

- \$1,000.00
- Deposit \$400.00 by April 17th, 2009
- Balance Due by June 19th, 2009
- HPTC Tennis Scholarships

High Performance Tennis Summer Camp:

- | | |
|-------------------------|-----------------------------|
| • Tennis Training | •Nutrition |
| • Swimming | •Trips |
| • Cardio Conditioning | •Tactical & Mental Training |
| • Physical Conditioning | • Tennis Competitions |

Schedule:

- | | |
|----------------------------------|--------------------------------|
| • 8:30 - 9:15 AM Attendance | • 12:20 -1:20 PM Lunch |
| • 9:20 -10:10 AM Exercise | • 1:30 - 2:30 PM Cardio Tennis |
| •10:15 -10:40 AM Stretching | • 2:40 - 4:15 PM Match Play |
| •10:45 -12:15 PM Tennis drilling | • 4:20 - 5:15 PM Free Play |

Limited Enrollment

Name : _____

Address : _____ Apt : _____

City : _____ State : _____ Zip : _____

Date of Birth : _____ Age : ____ Gender : M___ F___

Mother Name : _____ Father Name: _____

Home Phone : _____ Job Phone : _____

Email Addresss : _____

In case of Emergency

Name : _____ Relation : _____

Telephone : _____