

SPORTIME RANDALL'S ISLAND AND THE JOHN McENROE TENNIS ACADEMY PRESENT 2012 EXCEL SUMMER CAMP

SPORTIME Randall's Island, One Randall's Island, New York, NY 10035
P. 212/427-6150 | F. 212/427-5650 | www.SportimeNY.com/Manhattan

Starting on Monday, June 11, 2012, SPORTIME Randall's Island and the John McEnroe Tennis Academy are excited to present the 2012 edition of the EXCEL Summer Camp. The EXCEL Summer Camp will be offered weekly through Labor Day at SPORTIME's state-of-the-art, 20-court facility located on Randall's Island in Manhattan.

The EXCEL Summer Camp is designed and led by Gilad Bloom, the Director of Tennis of the John McEnroe Tennis Academy and former ATP pro and Israeli Davis Cup player. Supervised day-to-day by Gilad and Camp Director Greg Evans, and staffed by Assistant McEnroe Academy Directors Fritz Buehning, Bruce Haddad and Harel Srugo, the EXCEL Summer Camp offers the New York Metropolitan Area's highest quality and most intensive summer tennis camp experience.

PROGRAM PHILOSOPHY

The EXCEL Summer Camp program offered at SPORTIME Randall's Island and staffed by world class pros from the John McEnroe Tennis Academy is a uniquely challenging summer training program. This program is for tournament players who are serious about their tennis and serious about improving, and for players who aspire to take that next step. But we are not only about tournament results and rankings. We believe that attitude, intensity and commitment are key elements to developing a complete tennis player. The EXCEL Summer Camp focuses on:

- Technical proficiency
- Peak physical conditioning
- Effective implementation of strategy and tactics
- Positive self-esteem and mental toughness



JMTA TOURNAMENT TRAINING (AGES 7 - 17)

Under the supervision of experienced, top flight tennis professionals from around the globe, the EXCEL Summer Camp offers a combination of drills, technical coaching, match play and off-court fitness and cross-training. Campers will be challenged as never before while having fun. We intend to make a serious difference in our campers' games and outlooks. A typical EXCEL Summer Camp day will include over six hours of exercise, with four hours of on-court drilling and playing and two hours of fitness, conditioning and cross-training, all using state-of-the-art facilities at the Club and on the beautiful ballfields here on Randall's Island. With multiple groups of players rotating around our courts and facility, throughout the course of an EXCEL Camp week, campers will be exposed to both hard (Deco-Turf) and soft (Har-Tru) courts, and to a variety of high quality, tennis-specific cross-training, strength & conditioning and speed & agility work.

TYPICAL EXCEL SUMMER CAMP DAY

| | |
|-------------|--|
| 8:45-9:00 | Assembly & Check-in |
| 9:00-11:00 | Tennis: Live ball hitting, footwork drills, technique development |
| 11:00-12:00 | Lunch & Rest |
| 12:00-1:00 | Tennis: Live ball hitting, situational drills, strategy |
| 1:00-2:00 | Tennis Specific Strength & Conditioning/Speed & Agility |
| 2:00-3:00 | Tennis: Match Play |
| 3:00-4:00 | Tennis Specific Cross-Training: Soccer, Basketball, Ultimate Frisbee |
| 4:00 | Cool down and Dismissal |



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ABOUT THE FACILITY

SPORTIME RANDALL'S ISLAND: SPORTIME Randall's Island features 160,000 square feet of tennis courts and amenities, including 5 indoor and 5 indoor/outdoor Deco-Turf hard tennis courts, and 10 indoor/outdoor Har-Tru clay tennis courts. Camp facilities also include outdoor sports fields and an outdoor multi-sport court. This extraordinary club also features a functional training and fitness center; comfortable lounge areas with excellent viewing; a junior lounge/computer lab; a pro shop featuring top brands and 24-hour stringing; a cafe serving healthy food, snacks and beverages and classrooms and meeting facilities.

EXCEL TENNIS CAMP STAFF: Led by the Director of Tennis of the John McEnroe Tennis Academy, Gilad Bloom, and SPORTIME Randall's Island Camp Director Greg Evans, our staff also includes former world top 20 player, Fritz Buehning, Bruce Haddad, a two time All-American at Arizona State University, and Harel Srgo, a former ATP professional and captain of the men's tennis team at UCLA. Gilad, Bruce, Fritz and Harel, along with our other world class teaching professionals, will be daily, on-court presences during the 2012 EXCEL Summer Camp season.

LUNCH: For an additional daily fee, campers will be provided with a fresh, healthy lunch. Snacks and drinks are included as part of camp tuition.

TRANSPORTATION: For an additional fee, campers may request door-to-door transportation or shuttle service from centralized pick-up locations in Manhattan.



SPECIAL FEATURES

SPORTIME Randall's Island and the John McEnroe Tennis Academy are pleased to again feature Director of Performance and Camp Director Sophie Scott. Sophie is a UK-trained osteopath and performance enhancement specialist with over 12 years experience working in professional sport. Prior to joining us full-time in January 2011, Sophie spent five years as the lead therapist and trainer for top British tennis players, including Andy Murray. Before entering the tennis world, Sophie was part of the multi-disciplinary medical team at Fulham Football club in the UK soccer premier league, working with international players such as U.S. soccer captain Carlos Bocanegra and his teammate, Clint Dempsey.

Under Sophie's supervision, the EXCEL Summer Camp will offer an extensive and specially designed off court performance enhancement regimen for all campers.

SPEED & AGILITY TRAINING: Campers participate in speed & agility sessions that include a variety of challenging movement drills designed to improve performance on the tennis court.

STRENGTH & CONDITIONING: Campers engage in off court strength & conditioning work - including yoga, pilates, and age appropriate weight training.

CROSS-TRAINING: One of the primary tenets of John McEnroe's approach to developing young tennis players is a strong focus on cross-training. Sports like soccer, basketball and ultimate Frisbee provide significant benefits to tennis training, from improved footwork and agility, to hand-eye coordination to general improvement in overall stamina and fitness.

RAIN POLICY: In the event of rain, the EXCEL Summer Camp will proceed. We will use our five indoor courts, fitness center, classrooms and other indoor facilities and provide a modified daily camp schedule.



SIGN UP TODAY!

The EXCEL Summer Camp is *the* place for serious junior tournament tennis players in NYC. Don't miss out. Complete the attached application and return it with the required deposit to secure your child(ren)'s spot. Visit us at www.JohnMcEnroeTennisAcademy.com or email us at CampsRI@SportimeNY.com to find out more.



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CAMP TRANSPORTATION APPLICATION

CHILD'S INFORMATION

FIRST NAME _____ LAST NAME _____ M F

PARENT/GUARDIAN INFORMATION

NAME _____ BEST CONTACT PHONE # _____

NAME _____ BEST CONTACT PHONE # _____

PLEASE LIST THE NAME AND CONTACT INFORMATION OF ANYONE ALLOWED TO MEET YOUR CHILDREN AT THEIR DESTINATION. IF THEY CAN BE RELEASED TO THE DOORPERSON, PLEASE CIRCLE "DOORPERSON".

IF NO ONE NEEDS TO MEET THEM, PLEASE CIRCLE "NONE". (DOORPERSON NONE)

NAME _____ RELATIONSHIP _____ PHONE _____

| SHUTTLE PRICING | ROUND TRIP | PICK-UP ONLY | DROP-OFF ONLY |
|-----------------|------------|--------------|---------------|
| DAILY | \$50 | \$25 | \$25 |
| WEEKLY | \$250 | \$125 | \$125 |

PICK UP/DROP OFF INFORMATION

IF YOUR CHILD IS TAKING THE SHUTTLE, PLEASE CIRCLE THE STOPS ON THE SCHEDULE BELOW.

East Side Pick-Up I

72nd & 3rd Ave 8:20 am
79th & 3rd Ave 8:25 am
86th & 3rd Ave 8:30 am
96th & 3rd Ave 8:35 am

East Side Drop-Off I

96th & 2nd 4:35 pm
86th & 2nd 4:40 pm
79th & 2nd 4:45 pm
72nd & 2nd 4:50 pm

East Side Pick-Up II

72nd & Madison Ave 8:20 am
79th & Madison Ave 8:25 am
86th & Madison Ave 8:30 am
96th & Madison Ave 8:35 am

East Side Drop-Off II

96th & Park 4:35 pm
86th & Park 4:40 pm
79th & Park 4:45 pm
72nd & Park 4:50 pm

West Side Pick-Up I

72nd & CPW 8:10 am
81st & CPW 8:15 am
86th & CPW 8:20 am
96th & CPW 8:25 am

West Side Drop-Off I

96th & CPW 4:40 pm
86th & CPW 4:45 pm
81st & CPW 4:50 pm
72nd & CPW 4:55 pm

West Side Pick-Up II

72nd & Broadway 8:10 am
81st & Broadway 8:15 am
86th & Broadway 8:20 am
96th & Broadway 8:25 am

West Side Drop-Off II

96th & Broadway 4:40 pm
86th & Broadway 4:45 pm
81st & Broadway 4:50 pm
72nd & Broadway 4:55 pm

In the event that the demand does not meet the anticipated capacity projections, pick-up times and stops will be subject to change. Please inquire regarding door-to-door pricing.

To process, please complete all required information, sign and return this application, along with the required deposit for each program, to: SPORTIME Randall's Island, One Randall's Island, New York NY 10035. Or, you may fax it to 212/427-5650, attention: Transportation Director.