

Presented by SPORTIME and the
JOHN McENROE TENNIS ACADEMY

EXCEL TENNIS TRAINING CAMP

WHERE THE
SERIOUS PLAYERS TRAIN



SPORTIME Highlights:

- For Committed Players Ages 7-18
- 12 weeks, June 8th thru August 28th
- NEW this summer 2015:
 - Athletic and Performance Training program provided by SportsLab NYC@JMTA
 - Mental Toughness and related psychological training provided by the Hourglass Performance Institute@JMTA
 - Enhanced DARTFISH Video-Analysis



EXCEL Summer Training Camp

Our intensive EXCEL Summer Training Camp, located at SPORTIME Randall's Island, SPORTIME's flagship site and the NYC home of JMTA, is specifically designed for players competing in or striving to compete in USTA

Sectional, USTA National and ITF tournaments, and those interested in playing high-school tennis, college tennis and beyond. Our world-class JMTA tennis and performance directors and coaches carefully evaluate EXCEL students, place them in small age and level appropriate groups, and customize programs to meet their developmental needs. All levels are welcome. This summer, train where top American players, like JMTA's Noah Rubin, Jamie Loeb, Madison Battaglia, Oliver Sec, Sabrina Xiong and Jessica Golovin train - SPORTIME EXCEL!

Camp Directors and Staff

The EXCEL Summer Training Camp will be directed by JMTA Director **Lawrence Kleger**, JMTA Associate Directors **Nate Emge** and **Felix Alvarado**, and JMTA Assistant Director, Director of Player Development and EXCEL Camp Administrator, **Greg Evans**. In addition to Lawrence, Nate, Felix and Greg, EXCEL will be staffed by other JMTA Assistant Directors and by our world-class JMTA



training camp staff. Athletic and performance training for EXCEL will be designed and directed by **SportsLab NYC@JMTA** and mental toughness training for EXCEL will be provided by **Hourglass Performance Institute@JMTA** (see the reverse for additional detail).

SPORTIME Randall's Island, JMTA Flagship

Our 160,000 square foot, state-of-the-art site features 10 championship hard (Deco-Turf) and 10 soft (Har-Tru) courts, a training and performance center, class rooms and many other facilities and amenities. In addition, EXCEL utilizes beautiful ball fields adjacent to the site for cross training, speed and agility training and other activities.



EXCEL Philosophy

POSITIVITY Our coaching approach is positive, encouraging and motivating, as we believe this approach produces the best short-term and long-term results and maximizes players' enjoyment of the sport. Self-confidence is absolutely essential to developing a successful competitive player in an individual sport. This self-confidence comes primarily from the hard work of the player, from the encouragement from his or her coaches and, of course, from the support of his or her family.

Get Connected!

For real-time updates, discounts, and to learn more, follow us on Facebook, Twitter and Instagram.



212/427-6150
www.SportimeCamps.com/NYC
 One Randall's Island, New York, NY 10035

EXCEL Philosophy (con't.)

THE GAMES APPROACH and TECHNICAL PROFICIENCY

Over-teaching the technical aspects of the game can result in player frustration and an inability to adapt to game situations. It can also lead to developing great hitters with beautiful strokes, who, nonetheless, do not know how to compete and win. If too much time is focused on perfecting strokes, over time, players and coaches create a misconception that all problems and solutions can be found in technical corrections, which is never the case. This does not mean that we undervalue or under-emphasize the importance of our students achieving technical proficiency - very much the opposite. Our coaches make important technical corrections in group settings and we offer private instruction to address substantial technical issues, which should be addressed in a one-on-one, coach/student setting. Our sessions focus on point play, on tactical games, and on helping our students with the challenges of successful point construction. Players must be able to "play the game" as their technical capacities are refined. Our goal is to help students become "players" who constantly improve, rather than "students" who may become "players" sometime in the future. EXCEL students are players.

DEVELOPING COMPLETE PLAYERS

Developing competitive tennis players is not just about the technical, the tactical and on-court training. The sport of tennis continues to evolve and athleticism, performance, recovery and injury prevention are critical elements of today's game. In addition, the psychological elements of the game of tennis, including mental toughness, the capacity to deal with on-court adversity, and the psychology of winning, are vital to a player's success. These elements are integrated into the EXCEL player development program.

The EXCEL Program

The EXCEL curriculum features a combination of drills, technical coaching, match play, off-court athletic and cross-training, and mental toughness training, specifically tailored to the ages and levels of each EXCEL player group.

Typical EXCEL Day: 9:00am-4:00pm

8:45-9:00	Check-in and Assembly
9:00-10:00	Tennis Specific Strength & Conditioning/Speed & Agility OR Mental Toughness Training
10:00-12:00	Tennis: Live ball hitting, foot work drills, technique development
12:00-1:00	Lunch and rest
1:00-2:00	Tennis: Live ball hitting, situational drills, strategy
2:00-3:00	Tennis: Match Play
3:00-4:00	Tennis Specific Cross-Training - Soccer, Basketball, Ultimate Frisbee OR Mental Toughness Training
4:00	Cool down and Dismissal



EXCEL Athletic and Performance Training

EXCEL's off-court APT program is designed to help tennis players improve their on-court performance through increased strength, flexibility and mobility, and to reduce the risk of injury. The EXCEL APT program will be developed by JMTA Performance Director Andrew Small and will be implemented at EXCEL by fitness coaches under the guidance of SportsLab NYC.

ANDREW SMALL, MPHTYST, BSCAPP (HMS-EX SCI)

JMTA Performance Director, Physical Therapist

Andrew is the Director of Performance for the John McEnroe Tennis Academy through SportsLab NYC (SportsLab NYC@JMTA). SportsLab NYC has an exemplary reputation for providing innovative, multi-faceted and high-caliber athletic development training models to international collegiate and professional sports organizations. Andrew completed his master's degree as a physical therapist and exercise physiologist at the University of Queensland, Australia, and currently consults for a wide range of athletes and organizations, including: WTA, ATP, ITF Juniors; NBA, NFL, MLB; Australian Diving Team; Volleyball Australia Elite Junior Development Program.

Mental Toughness Training and the Psychology of Winning

We believe that our capacity to determine an individual player's on-court stress patterns, and to provide him/her with the tools to better manage stress at times of on-court adversity, to prepare to mount a comeback, or to remain calm when in the lead, is crucial to giving each EXCEL student an "edge". JMTA and EXCEL are pleased to have partnered with Dr. Dom Lausic, a principal and co-founder of the Hourglass Performance Institute, as our official sports psychologist. Dr. Lausic has designed the EXCEL mental toughness curriculum to be implemented by JMTA Directors.

DR. DOM LAUSIC, PHD

Dr. Dom Lausic earned a Ph.D. in Sport Psychology from Florida State University. He is a PTR National Tester/Clinician, USPTA, and USTA-HP certified professional who has been working with athletes on the Grand Slam, Challenger, National, and Collegiate levels.

DARTFISH Video Analysis

Each EXCEL Training Camp student will receive a DARTFISH mediabook included in his/her tuition. DARTFISH is video analysis software that helps players to bridge the gap between learning by feeling (kinesthetic) and learning by seeing (visual). Players can see things never seen before with side-by-side analysis of any stroke. Everything from footwork to body position at any given moment can be studied and reviewed for the player's/coach's benefit.

Additional Video Analysis

In addition, our supervising coaches will take videos of EXCEL students in action using video analysis software, provide verbal feedback tagged to the video clips by the software, and use the software's annotation tools to draw lines, measure angles, insert text and shapes and to highlight the verbal analysis. These videos will then be e-mailed, shortly after they are captured and annotated, to you, to your child, and to your child's coaches.

Player Development Plan

EXCEL students enrolled for 5 or more weeks will receive PDPs, included in their tuition, at the end of their EXCEL experience. The PDPs will include tennis specific and athletic performance assessments, and will identify strengths and weaknesses, long-term and short-term goals, and provide other important feedback from EXCEL tennis and performance coaches.



Neither rain nor sleet nor snow cancels EXCEL Training Camp! We use our five indoor courts, our athletic and performance training center, our classrooms and our other indoor facilities to provide a modified daily camp schedule in inclement weather.

For additional information about lunch and transportation, please see the application.

Enroll Today!

Contact us at 212/427-6150 or email GEvans@SporttimeNY.com and we'll be happy to tell you more about our amazing EXCEL Training Camp. Visit us online at www.SporttimeCamps.com/NYC to find out more.

SPORTIME RANDALL'S ISLAND
2015 EXCEL TRAINING CAMP APPLICATION

In order for this application to be processed, please complete all required information and return with required deposit. Please print clearly.

PLAYER INFORMATION

☐ NEW PLAYER ☐ RETURNING PLAYER ☐ RETURNING PLAYER w/CHANGES

<input type="text"/>		<input type="text"/>	
PLAYER FIRST NAME		PLAYER LAST NAME	
<input type="text"/>	GENDER		<input type="text"/>
MM/DD/YYYY	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE		
DATE OF BIRTH	SCHOOL ATTENDING SEPTEMBER 2015		GRADE
<input type="text"/>		<input type="text"/>	<input type="text"/>
SUMMER STREET ADDRESS		CITY	STATE ZIP
<input type="text"/>		<input type="text"/>	
HEALTH RESTRICTIONS (IF ANY)			
HOW DID YOU HEAR ABOUT OUR CAMP? <input type="checkbox"/> Word of Mouth <input type="checkbox"/> Mail <input type="checkbox"/> Web <input type="checkbox"/> Ad			
<input type="checkbox"/> Referred by: <input type="text"/>			

RESPONSIBLE PARTY/EMERGENCY CONTACT INFORMATION

<input type="text"/>		<input type="text"/>	
PARENT 1/GUARDIAN'S FIRST NAME		PARENT 1/GUARDIAN'S LAST NAME	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
EMAIL ADDRESS (REQUIRED)	BUSINESS PHONE	CELL PHONE	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
PARENT 2/GUARDIAN'S FIRST NAME	PARENT 2/GUARDIAN'S LAST NAME		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
EMAIL ADDRESS (REQUIRED)	BUSINESS PHONE	CELL PHONE	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
EMERGENCY CONTACT	RELATION TO PLAYER	EMERGENCY PHONE	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

PRICING

EXCEL TRAINING CAMP	9+ WEEKS	5-8 WEEKS	1-4 WEEKS
<input type="checkbox"/> TRAINING CAMP	\$900/wk	\$950/wk	\$1000/wk
<input type="checkbox"/> LUNCH	\$60/wk	\$60/wk	\$60/wk

COST RECAP

Camp Cost Per Week \$	No. of Weeks	\$
Required deposit (\$500 per week minimum prior to 6/1)		-\$
Sibling Discount (5% for 2nd child and 10% for each additional child)		-\$
Lunch Cost Per Week \$60	No. of Weeks	\$
Transportation Cost (see reverse)	Per Week \$	No. of Weeks
		\$
BALANCE DUE		\$

*Refer a first-time camper (a camper who has not participated previously in SPORTIME Randall's Island camp, private or group lessons or other programs) and receive \$50 off your camp tuition for each camp week s/he reserves.

ADDITIONAL SERVICES

Please check below, if interested, and we will contact you to discuss/schedule. EXCEL students enrolled in five or more weeks will receive a 10% discount on the following services while camp is in session.

- ☐ **Player Development Plan** (if not included in EXCEL tuition) \$95 - \$395
- ☐ **Private Tennis Lessons** (cost varies by coach)
- ☐ **Private Strength or Speed, Agility and Quickness Training** \$150/hour
- ☐ **Injury Risk Screening, Performance Screening, Body Composition Testing Session, or Nutrition Session** \$150/hour
- ☐ **Enhanced DARTFISH Mediabook** \$295/video
- ☐ **TENNIS ANALYTICS** \$95/HOUR Student's match is filmed and then charted by "Tennis Analytics". The information collected is uploaded to a private online location, allowing players/coaches to search important events, to analyze key performance indicators and to objectively determine what needs to be improved in practice. Each charted match includes a match report with all statistics and key performance indicators.
- ☐ **Individual sessions with Dr. Lausic** Cost will be between \$150 and \$180 per hour, with prorated fees for shorter sessions (payment will be made directly to HPI). Individual sessions for EXCEL Students will use HPI's proprietary equipment and approach along with more traditional sports psychology methods, tailored to the needs of the individual student. Because HPI and Dr. Lausic are based in Atlanta, most of the individual sessions are conducted via Skype and telephone; this is both effective and common in sports psychology arena, where elite athletes are on the road competing much of the time.

SCHEDULE INFORMATION

SESSION SELECTION: Please check all weeks for which you are enrolling. Any changes will be subject to availability.

- ☐ Week 1: June 8 - June 12
- ☐ Week 2: June 15 - June 19
- ☐ Week 3: June 22 - June 26
- ☐ Week 4: June 29 - July 3
- ☐ Week 5: July 6 - July 10
- ☐ Week 6: July 13 - July 17
- ☐ Week 7: July 20 - July 24
- ☐ Week 8: July 27 - July 31
- ☐ Week 9: August 3 - August 7
- ☐ Week 10: August 10 - August 14
- ☐ Week 11: August 17 - August 21
- ☐ Week 12: August 24 - August 28

Parent's/Guardian's Initials: _____

PAYMENT INFORMATION

Enrollment is limited and spaces will be reserved on a first-come-first-served basis. Spaces will be reserved once SPORTIME receives a completed application and a deposit of \$500 per week enrolled. All balances are due June 1, 2015. Payment in full is required for any camper who registers after June 1, 2015. Per the above policy, SPORTIME reserves the right to charge the credit card supplied below for any balance due on June 1, 2015. Any request for a refund of camp tuition or deposit (less a \$100 cancellation fee) must be received prior to June 1, 2015. No refunds will be given after June 1, 2015.

Any unused program days or weeks will not be credited or refunded. Please Initial Here: _____

VALID CREDIT CARD INFORMATION MUST BE SUPPLIED
BELOW IN ORDER FOR A CAMP SPACE
TO BE RESERVED

<input type="text"/>	AMOUNT IS:
PAYMENT AMOUNT	<input type="checkbox"/> DEPOSIT
	<input type="checkbox"/> PAYMENT IN FULL
PAYMENT METHOD:	
<input type="checkbox"/> CHARGE TO MY ACCOUNT: I authorize you to bill my credit card on file.	
<input type="checkbox"/> CREDIT CARD: <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> AMEX	
<input type="checkbox"/> Other <input type="text"/>	
<input type="text"/>	
CREDIT CARD NUMBER	
<input type="text"/>	EXPIRATION
Signature _____ Date _____	

Please complete registration on reverse side.

DISCLAIMER

By signing below I agree that I am the parent or legal guardian of the above-named camper and hereby give permission for him/her to participate in the SPORTIME EXCEL Program. We agree to abide by all program and other rules and regulations which now exist or which may be hereafter adopted or amended by Sportime Clubs, LLC ("SPORTIME"), including providing SPORTIME with appropriate medical exams and records of immunization upon request. I further acknowledge and agree that there are certain inherent dangers in participating in tennis, sports and other EXCEL program activities, and that SPORTIME shall not be liable for any personal injuries, property theft or damage, or other loss sustained by my child, off, on or about the premises of SPORTIME, or arising out of the use of any facilities, equipment or other property of SPORTIME. In case of accident or injury to my child, and if an emergency contact person cannot be reached, I grant SPORTIME permission to obtain medical attention for my child, if necessary, for which I will be financially responsible. SPORTIME reserves the right to cancel this contract at any time, at its sole discretion, and SPORTIME's sole liability shall be to refund any amounts previously paid on a pro-rata basis. SPORTIME retains the rights to any photographs or video taken in the context of the program to be used for publicity or advertising.

PARENT'S/GUARDIAN'S SIGNATURE _____

DATE _____

TRIP CONSENT

SPORTIME has my consent to take my child on authorized camp trips off SPORTIME premises.

PARENT'S/GUARDIAN'S SIGNATURE _____

DATE _____

SUNSCREEN PERMISSION

New York State Public Health Law now requires written parental permission for a child to carry and use sunscreen at camp. The legislation further requires the camp to maintain record of the parental permission and allows camp staff to assist with the application of sunscreen when the child is unable to do so, provided the child requests the assistance and that this assistance is permitted/authorized by the parent.

I hereby give permission for _____ to carry and use sunscreen at camp and to use it throughout the day. If my child needs help re-applying sunscreen, I give permission for camp staff to provide my child with assistance if he/she requests it.

PARENT'S/GUARDIAN'S SIGNATURE _____

DATE _____

TRANSPORTATION

<input type="text"/>	<input type="text"/>	<input type="text"/>	GENDER <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
PLAYER'S FIRST NAME	PLAYER'S LAST NAME	DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text" value="000-000-0000"/>	
PARENT 1/GUARDIAN'S FIRST NAME	PARENT 1/GUARDIAN'S LAST NAME	BEST REACHABLE PHONE	
<input type="text"/>	<input type="text"/>	<input type="text" value="000-000-0000"/>	
PARENT 2/GUARDIAN'S FIRST NAME	PARENT 2/GUARDIAN'S LAST NAME	BEST REACHABLE PHONE	

PLEASE LIST THE NAME OF PEOPLE YOUR CHILD CAN BE LEFT/PICKED UP BY:

NAME: _____ RELATIONSHIP TO PLAYER: _____ BEST REACHABLE PHONE: _____
NAME: _____ RELATIONSHIP TO PLAYER: _____ BEST REACHABLE PHONE: _____

CAN YOUR CHILD BE DROPPED OFF WITH THE DOORPERSON? ☐ YES ☐ NO NO ONE NEEDS TO MEET MY CHILD: ☐ YES ☐ NO

TRANSPORTATION OPTIONS: PLEASE CHECK PICK-UP/DROP-OFF CHOICES BELOW:

Round Trip:	<input type="checkbox"/> \$55 per day	<input type="checkbox"/> \$80 per day below 72nd St	<input type="checkbox"/> \$275 per week	<input type="checkbox"/> \$385 per week below 72nd St
Pick-Up:	<input type="checkbox"/> \$30 per day	<input type="checkbox"/> \$40 per day below 72nd St	<input type="checkbox"/> \$140 per week	<input type="checkbox"/> \$190 per week below 72nd St
Drop-Off:	<input type="checkbox"/> \$30 per day	<input type="checkbox"/> \$40 per day below 72nd St	<input type="checkbox"/> \$140 per week	<input type="checkbox"/> \$190 per week below 72nd St

PICK UP/DROP OFF INFORMATION: IF YOUR CHILD IS TAKING THE SHUTTLE, PLEASE CHECK THE STOPS BELOW.

EAST SIDE PICK UP I	<input type="checkbox"/> 72nd & 3rd Ave 8:20 am <input type="checkbox"/> 79th & 3rd Ave 8:25 am <input type="checkbox"/> 86th & 3rd Ave 8:30 am <input type="checkbox"/> 96th & 3rd Ave 8:35 am	EAST SIDE DROP OFF I:	<input type="checkbox"/> 96th & 2nd 4:35 pm <input type="checkbox"/> 86th & 2nd 4:40 pm <input type="checkbox"/> 79th & 2nd 4:45 pm <input type="checkbox"/> 72nd & 2nd 4:50 pm
EAST SIDE PICK-UP II	<input type="checkbox"/> 72nd & Madison Ave 8:20 am <input type="checkbox"/> 79th & Madison Ave 8:25 am <input type="checkbox"/> 86th & Madison Ave 8:30 am <input type="checkbox"/> 96th & Madison Ave 8:35 am	EAST SIDE DROP-OFF II	<input type="checkbox"/> 96th & Park 4:35 pm <input type="checkbox"/> 86th & Park 4:40 pm <input type="checkbox"/> 79th & Park 4:45 pm <input type="checkbox"/> 72nd & Park 4:50 pm
WEST SIDE PICK-UP I	<input type="checkbox"/> 72nd & CPW 8:10 am <input type="checkbox"/> 81st & CPW 8:15 am <input type="checkbox"/> 86th & CPW 8:20 am <input type="checkbox"/> 96th & CPW 8:25 am	WEST SIDE DROP-OFF I	<input type="checkbox"/> 96th & CPW 4:40 pm <input type="checkbox"/> 86th & CPW 4:45 pm <input type="checkbox"/> 81st & CPW 4:50 pm <input type="checkbox"/> 72nd & CPW 4:55 pm
WEST SIDE PICK-UP II	<input type="checkbox"/> 72nd & Broadway 8:10 am <input type="checkbox"/> 81st & Broadway 8:15 am <input type="checkbox"/> 86th & Broadway 8:20 am <input type="checkbox"/> 96th & Broadway 8:25 am	WEST SIDE DROP-OFF II	<input type="checkbox"/> 96th & Broadway 4:40 pm <input type="checkbox"/> 86th & Broadway 4:45 pm <input type="checkbox"/> 81st & Broadway 4:50 pm <input type="checkbox"/> 72nd & Broadway 4:55 pm

PARENT'S/GUARDIAN'S SIGNATURE _____

DATE _____

Enroll Today!

Complete this application and return to SPORTIME Randall's Island EXCEL Training Camp with the required deposit:

Mail: One Randall's Island; or Fax: 212-427-5650

NEW! REGISTER ONLINE: Go to www.SportimeCamps.com/NYC

Please contact us at 212-427-6150 or email GEvans@SportimeNY.com with any questions.

