

# SPORTIME QUOGUE 2014 EXCEL HIGH PERFORMANCE CAMP

SPORTIME Quogue, 2571 Quogue-Riverhead Road, East Quogue NY 11942  
P. 631/653-6767 | F. 631/653-8315 | [www.SportimeNY.com/Quogue](http://www.SportimeNY.com/Quogue)

The **EXCEL High Performance Summer Camp** program is designed for the junior player who wants to take his/her game to the next level. EXCEL camp at Quogue, like its sister camp at the flagship John McEnroe Tennis Academy at Randall's Island, incorporates technical and tactical coaching, live-ball drills, supervised match play and daily sport-specific fitness and conditioning. There is no other camp like it in the greater Quogue area. SPORTIME Quogue EXCEL is under the supervision of the John McEnroe Tennis Academy Assistant Director Greg Bolitsky, a USTA National High Performance Coach, who will be personally involved in the daily camp program. Greg's focus is to ensure that every EXCEL player receives personalized and comprehensive attention, including technical, tactical, movement and conditioning training. To support the daily on-site EXCEL program, there will be bi-weekly challenge matches against other camps and local clubs, and field trips to tennis matches and events. EXCEL is your ideal choice for juniors currently competing in USTA sanctioned tournaments in the 10-14 age division and for juniors who are serious about improving their tennis and fitness.

## EXCEL CAMP HOURS: 9:00am - 4:00pm

- 9:00-9:15 Arrival and player check-in
- 9:15-10:15 Fitness, speed, conditioning and agility drills
- 10:15-10:30 Break
- 10:30-12:30 On-court: high performance coaching, live ball drills and technical development
- 12:30-1:00 Lunch
- 1:00 2:30 Live ball drills, point play patterns and strategy
- 2:30 3:30 Supervised matchplay - videotaping and analysis
- 3:30 3:45 Tennis-specific cross-training and fitness
- 3:45 4:00 Cool down, stretch and dismissal

In the event of rain, EXCEL High Performance Program will utilize SPORTIME's fitness center, classrooms and other indoor facilities to provide a modified daily camp schedule.

**LUNCH:** Campers bring their own lunch, or, 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.

Due to the popularity and limited availability of this program, registration for the 2014 SPORTIME QUOGUE HIGH PERFORMANCE PROGRAM is contingent upon the approval of the High Performance Camp Director Greg Bolitsky. Any questions or concerns regarding the EXCEL HIGH PERFORMANCE CAMP should be directed to Greg at [gbolitsky@sportimeny.com](mailto:gbolitsky@sportimeny.com)



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