



SPORTIME SCHENECTADY EXCEL

SUMMER TENNIS TRAINING CAMP

SPORTIME Schenectady EXCEL Tennis Programs:

- EXCEL Elite - Advanced
- Tournament Training - Intermediate
- Tennis Basic - Beginner

SPORTIME EXCEL Summer Tennis Training Camp

Our intensive EXCEL Summer Training Camp welcomes ALL tennis players by offering three unique camp programs designed to meet the needs of young players of all abilities and levels, from nationally-ranked to never-touched-a-racket. Our world-class coaches carefully evaluate EXCEL students, place them in small, age and level appropriate groups, and customize programs to meet their developmental needs. Our world class professional staff is led by SPORTIME Schenectady's Director of Tennis, Philippe Ceas, and by Master Pros Derek Morrison, Anastasia Putilina, Alex Van Cott, and Jed Murray. Current high-level collegiate players round out our seasonal coaching team, and offer Excel campers the opportunity to hit and play with the Capital Region's finest pro staff and the best tennis competitors in Upstate NY.

EXCEL Tennis Training Program

EXCEL ELITE

Our EXCEL Elite program is the premier tennis training program in the Capital Region. This high-performance tennis camp is 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.

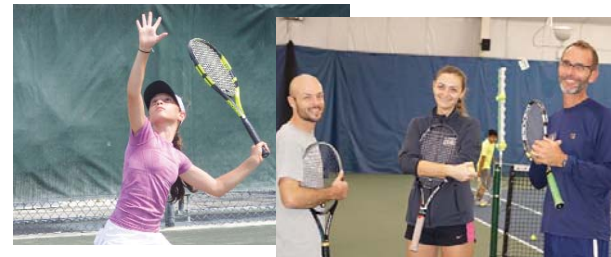
Participation requires Tennis Director approval.

Tournament Training (JV Level)

This program is perfect for intermediate players who are trying to elevate their games to compete at the next level. A full day of tennis activities mirrors the ELITE program, but focuses more on skills development, fun and friendship, and includes some time to cool off in the pool.

Combo Tennis Camp (Basic Tennis Instruction)

For beginners that want an introductory tennis experience. Campers will learn all the basics from our dedicated, certified staff, and will discover how much fun it is to get in the game. An active day of tennis instruction, multi sports, games, snacks, pool time, and modified match-play will get our campers playing and enjoying the game quickly.



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

9:00 - 9:10	Check-in and assembly
9:10 - 10:30	Fitness cross-training
10:30 - 10:45	Snack
10:45 - 12:45	Live ball drills, technique development, themed situational drills
12:45 - 1:30	Lunch and rest
1:30 - 3:00	On-court tennis training
3:00 - 4:00	Match play
4:00	Dismissal

Important Camp Information

Lunch: Campers may bring a packed lunch or may purchase lunch for \$7/day.

In Case of Rain: Camp will utilize SPORTIME's eight indoor courts, fitness center and other indoor facilities to provide a modified daily camp schedule.

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Register Today!

Contact us at 518-356-0100 or email campssch@sportimeny.com and we'll be happy to tell you about our amazing camps and features. Visit us online at www.SportimeCamps.com/SCH to find out more.



SPORTIME Schenectady EXCEL Summer Tennis Camp
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