

Garnet Valley Area Girls High School Age Pre-Season Strength, Acceleration and Tennis Camp

August 4-8, 2008 9 AM to 3 PM

at Garnet Valley High School (Rain Site – The Healthplex Sports Club, 610 328-8898)

Ed Winfield ~ Director of Fitness / Greg Barkley ~ USPTA, Director of Tennis
ed.winfield@crozer.org / greg.barkley@crozer.org

Let the Healthplex Sports Camp better train tomorrow's next generation of fit tennis players with an all-inclusive, high-powered strength, speed and conditioning tennis camp for high school girls ages 14 to 18. The Healthplex Sports Club's certified fitness trainers and tennis professionals will teach this dynamic camp.

The Camp's Agenda:

9 to 11 AM

Strength Training / Original Assessment on Monday

- Form
- Muscular Endurance
- Functional Movement
- Plyometrics

Speed and Agility

- Foot Speed
- Change of Speed
- Lateral Movement

11 AM to 12 noon

Tennis Fundamentals

- Groundstroke consistency, placement and spin
- Mid-court approach shots and volleys and angle volleys
- Serve and return development
- "Dartfish" digital stroke analysis

Lunch 12 to 1 PM

Student's Responsibility

1 to 2 PM

Point Play Situations

- Singles and Doubles Strategies
- Offensive and Defensive structured drills
- Covering the singles and doubles court like a winner

2 to 2:45 PM

Match Play

- Competitive singles and doubles match-ups
- On-court positioning and tactical coaching

2:45 to 3 PM

Closing comments and cool-down stretching

Final Individual Analysis on Friday

Cost:

**\$175.00/person with Pre-Registration
\$200.00/person Monday Registration**