

### Daily Activities Include

Stretching/Agility Games  
Tennis Instruction: 3+ hours  
Mid-Morning Snack  
Pickleball/Organized Off Court Games  
Lunch Time  
Open Swim & Supervised Tennis Matchplay



Full Day 9:00am-4:00pm  
\$325/wk Member  
\$355/wk Non Member

Half Day 12:30-4:00pm  
\$225/wk Member  
\$255/wk Non-Member

Grandchildren of TCR Equity Members  
qualify for the Member Rate.  
Refer to the registration form for Multiple  
Week and Additional Child Discounts

### Session Dates:

Tennis Week 1: June 24-28  
Tennis Week 2: July 8-12  
Tennis Week 3: July 15-19  
Tennis Week 4: July 22-26  
Tennis Week 5: July 29-Aug 2  
Tennis Week 6: Aug 5-9  
Tennis Week 7: Aug 12-16  
Tennis Week 8: Aug 19-23

### Benefits of Camp

- Improve consistency through proper stroke mechanics (featuring video analysis) and ball striking repetition
- Build confidence in shot-making ability with drill and point play sequences
- Become match tough with match play coaching
- Increase fitness level with strength and conditioning exercises

### Camp Structure

- 3+ hours of training per day (varies based on age and level)
- USPTA & PTR certified coaches
- All instructors are SafeSport Certified with an extensive background check
- Develop proper stroke mechanics through the use of video analysis
- Learn and refine effective tactics and strategies through drills and point play
- Supervised match play
- Offcourt fitness conditioning
- Mental toughness training and goal setting



# 2019 TCR Tennis Camp



**Tennis Camp**  
featuring tennis  
instruction and  
match play for  
**Juniors**  
ages 11-18  
**Intermediate-Advanced**

Tennis Club of Rochester  
570 Kregg Road  
Pittsford, NY 14534  
(585) 381-2529  
[www.tcr1886.com](http://www.tcr1886.com)  
[info@tcr1886.com](mailto:info@tcr1886.com)

# 2019 TCR Tennis Camp Registration

## Lunch Package:

Campers have the option to order lunch in the morning or bring their own lunch for a full day of camp.

We will offer a menu with a variety of items such as cold cut sandwiches, grilled chicken, and salads with a choice of side & sport drink or water.

Cost: \$40 for the week or \$9/day

## Extended Hours:

Early Drop Off is available at 8:00am and Extended Pick Up is from 4-6pm for an additional charge of \$10/hour (reserved in advance). Pickup after 4:15pm will result in an extended day charge.

## Inclment weather:

Rain day programs have been designed.

## Dress:

Campers should be dressed in comfortable clothing for sports activities and summer heat: Light colored t-shirts, shorts, tennis shoes, and a hat or visor. Camper backpack must have: swimsuit, towel, swim goggles (recommended), sunscreen, spare clothes.

## Weekly Discount:

Sign up for 3 or more weeks and receive \$25 off each week's session cost.

## Additional Child Discount:

Receive \$25 off per week for any additional immediate family members also enrolling in camp.

## Payment:

Payment may be made by check, credit card (Visa, Master Card, or Discover), or charged to your TCR Member Account. Changing sessions will depend upon availability. **Refunds granted before noon on the Friday prior to the start of the camper's session.**

To register for camp: sign up online at [TCR1886.ClubAutomation.com](http://TCR1886.ClubAutomation.com) or return this registration form along with full payment to:  
**Tennis Club of Rochester**  
 570 Kreag Road, Pittsford, NY 14534

Email: [info@tcr1886.com](mailto:info@tcr1886.com)

	1 Week Session	Weekly Discounts	Additional Child					
Full Day 9:00-4:00pm	\$325 Member \$355 Non-Member	\$25 off 3 or more weeks	\$25 off/week					
Half Day 12:30-4:00pm	\$225 Member \$255 Non-Member	\$25 off 3 or more weeks	\$25 off/week					
<b>Camper's Name:</b>								
<b>Gender:</b> <input type="checkbox"/> Male <input type="checkbox"/> Female		<b>Birthdate:</b>						
<b>Any known medical concerns or allergies:</b>								
<b>Camper's Home Address:</b>								
<b>Parent/ Guardian Contact Name:</b>								
<b>Parent/ Guardian Contact Number:</b>								
<b>Parent/ Guardian Email:</b>								
<b>Emergency Contact Name:</b>								
<b>Emergency Contact Number:</b>								
<b>Session</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Week of</b>	<b>6/24</b>	<b>7/8</b>	<b>7/15</b>	<b>7/22</b>	<b>7/29</b>	<b>8/5</b>	<b>8/12</b>	<b>8/19</b>
<input checked="" type="checkbox"/> <b>Week(s)</b>								
<input checked="" type="checkbox"/> <b>Lunch Package (\$40)</b>								
<b>Total</b>								

**Total Due:** \_\_\_\_\_  
**Credit Card Number:** \_\_\_\_\_ **CVC:** \_\_\_\_\_ **Expiration:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_