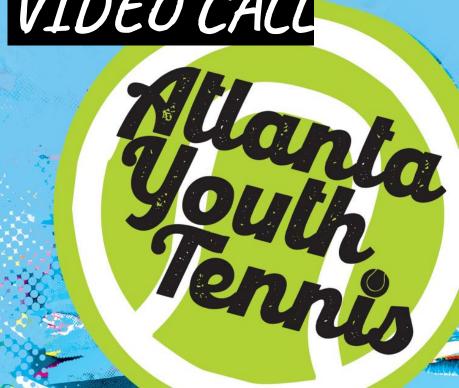


# PRE-CAMP VIDEO CALL

- 1. YOUTH TENNIS CAMP MISSION
- 2. COACH ROCKY AND HIS CAMP COACHES
- 3. MORNING SESSION / AFTERNOON SESSION
- 4. DAILY SCHEDULE
- 5. CAMP GROUPS & EXPECTATIONS
- 6. TOURNAMENT GROUP
- 7. LUNCH
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## Tennis & Colf Summer Camps



## Atlanta Youth Tennis' CAMP MISSION

Our youth summer tennis camp at Sugar Creek is dedicated to creating an exciting, safe, and engaging environment where young players can both discover and deepen their love for tennis.

#### Our Goals

- Fun and Safe Learning: We believe in making tennis enjoyable and accessible for everyone. Our camp is designed to ensure that every participant feels secure and excited to learn.
- Skill Development: Through expert coaching and carefully structured activities, we help campers develop their tennis skills, from basic techniques to advanced strategies.
- Engagement and Challenge: We keep our campers engaged with a variety of drills, games, and matches that challenge them to improve and grow.

## Atlanta Youth Tennis' CAMP MISSION

Building for the Future

Our ultimate goal is to use the summer camp as a bridge to year-round tennis involvement. By fostering a strong foundation during the summer, we aim to:

- Seamless Transition: Introduce campers to fall, winter, and spring tennis leagues, ensuring they stay active and continue to develop their skills.
- Path to Competition: Build a clear path towards tournament competition and advanced training, helping young athletes reach their full potential.



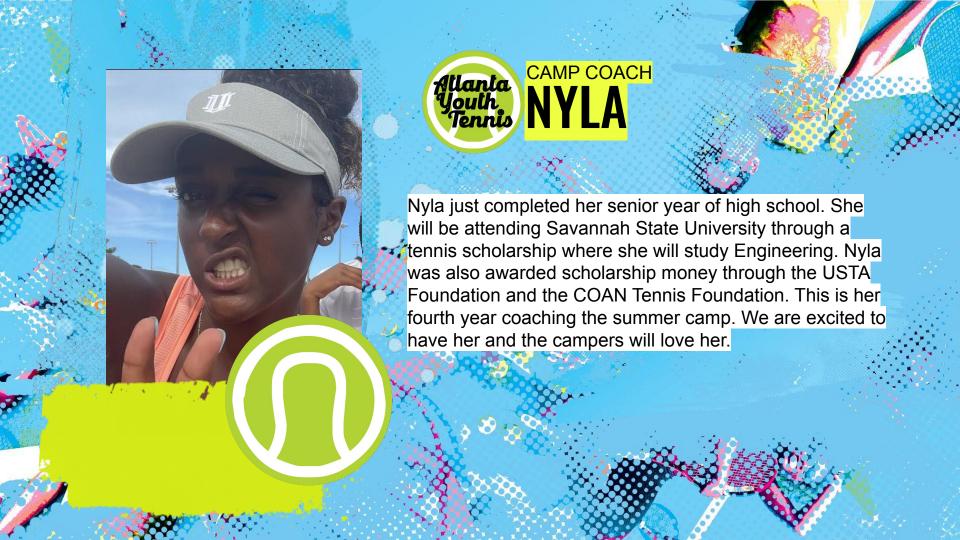






## HEAD GOLF COACH MICHAEL CUNNINGHAM

Coach Cunningham is our Head Golf Coach at the Atlanta Youth Tennis Program located at Sugar Creek Golf and Tennis. This is his fourth year coaching golf with the youth tennis summer camp, and he's is very excited for another great season. Coach Cunningham has over 20 years experience with golf. He is the spearhead of Atlanta Youth Golf program. His years of experience playing and coaching golf at collegiate and professional levels will greatly benefit our young athletes as they train under his instruction. Cunningham studied under the legendary Jimmy Woods and is certified in Golf Position System, Anatomy Trains and Functional Patterns





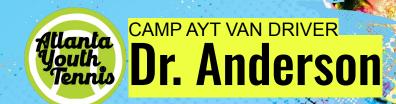


Noah was a high school standout in track, cross-country, and tennis. Now 21, he's a film student entering his fourth year at Georgia State University. This summer marks Noah's fourth year as our Camp Coach. USTA SafePlay Approved, Noah is also key to our fall USTA league tennis program. He loves working with youth tennis and is excited about this summer.









We are thrilled to partner with Dr. Anderson, our Atlanta
Youth Tennis Van Driver. Insured and SafePlay Approved,
Dr. Anderson also has a daughter who is a seasoned
player in our program. He played a crucial role in our After
School Tennis success, picking up players from
Wadsworth School, Friends School of Atlanta, Drew
Charter, and Christine Elizabeth Academy. This summer,
we will use the AYT Van to pick up players from Christine
Elizabeth Academy.





Golf Sessions are Monday - Friday Morning Only 8am - 12pm Coach Cunningham's goal is to help each player find their own personal swing DNA and flush out gross motor flaws that cause major swing flaws. 🖥 He is committed to helping players achieve their post-grad golf aspirations and is looking forward to assisting in their success.

With Coach Michael Cunningham









#### MORNING SESSION 8am - 12pm

Both sessions start with an all camp dynamic and static stretching. Proper stretching and agility drills are facilitated for 30 to 45 minutes.

The morning session is geared towards the development of all strokes. We will have access to courts 7, 8, 9 and 10. The court space allows our coaches room to incorporate an active zoning area that concentrates on specific strokes.

As we end our morning session each day our coaches incorporate fun games before lunch.

### AFTERNOON SESSION 1pm - 5pm

Both sessions start with an all camp dynamic and static stretching. Proper stretching and agility drills are facilitated for 30 to 45 minutes.

The afternoon session is about instant tennis for our beginners. With the use of 4 courts we have space for multiple games on each court

Although the afternoon is meant for fun games we incorporate stroke development as well but we are conscious of the heat at this time of day so we structure a more cooperative curriculum.





AFTERNOON SESSION 1pm - 5pm

**12:00pm:** Afternoon campers can eat lunch before session.

**1:00pm:** Dynamic on-court stretching for our entire camp.

**1:30pm:** Live Ball Drills and Games - Continuing with what was learned in the morning, we create situations for players to pair up and start understanding how to rally with each other. For younger players we continue with the fun games we played before lunch.

**3:00pm**: Match Play and Games - At this time of the day we teach participants how to score, learning the parts of the court as well as specific rules of the sport of tennis. The coaches curate scenarios for the players (Depending on the numbers, singles or doubles are in order) Younger players will continue with the games mentioned above.

5:00pm: Match Play - Match play will continue until parent pickup.



### CAMP GROUPS & EXPECTATIONS

#### 10U Beginner Campers

Coach Nyla, Coach Aria

This group is open to our 6, 7 and 8 year old campers.

We use the mini net that fits the 36ft court. We incorporate the red dot stage 1 low compression ball. Goal: Hand-Eye Coordination, Agility and Basic Stroke Development

Camp is an extension of Coach Rocky's Saturday 8u class.

#### Beginners

Coach Noah, Coach Aria

Group is open to 9 and 10 year old campers. Younger campers will joining the group if they possess the skills needed.

ALCOHOLD STREET

We use the red, orange, green and yellow ball.

Goal: Stroke Development, Tennis IQ (Scoring, Positioning and Etiquette)

Camp is an extension of Coach Rocky's Saturday 10u class.

#### Intermediate

Coach Noah, Coach Mikiah, Coach Rock

Group is open to campers 12 years of age and up. Both beginners and intermediate players are engaged.

Goal: Develop Strokes,
Build Tennis IQ, Play
Points With Serve and
Understand Match Play.

Camp is an extension of Coach Rocky's Saturday Teen Class

#### Tournament Group

Coach Rocky, Coach Noah

This group is designed for our seasoned players.

Goal: Conditioning, Strategy, Stroke Development and Mental Toughness.

This group will compete in sanctioned USTA tournaments on the weekend and compete in UTR events at camp on match play Fridays.







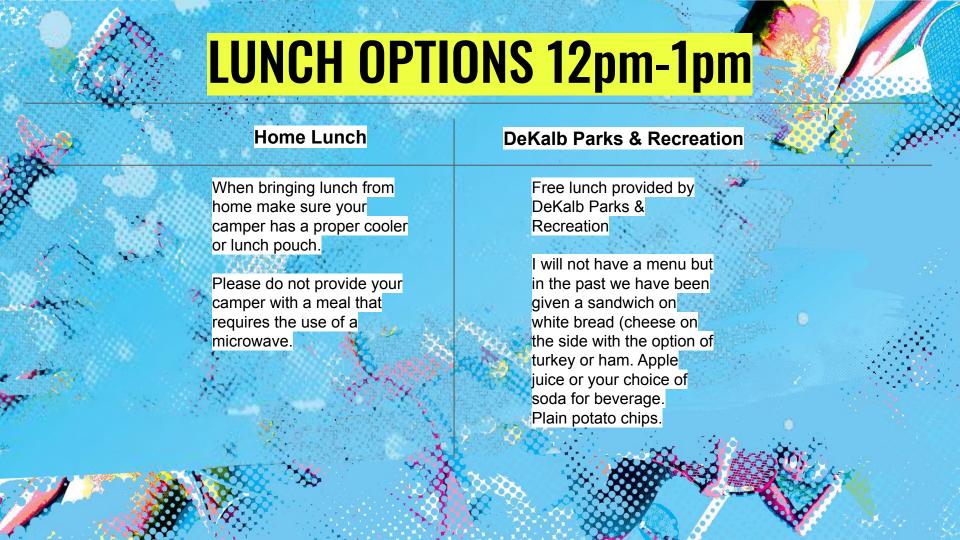
## USTA WEEKEND TOURNAMENTS Parents please note that some events starts on Friday.

Most of the USTA Tournaments that Coach Rocky has selected will start on Friday or Saturday.

Our Summer Camp is designed around handling match play anxiety, managing match play nerves, staying positive despite losing points, trusting your strengths when campers look to close a match.

Our weekly summer sessions also focus on using strategy to solve problems. Although players aren't required to play in all of the events, our goal is that the players compete in as many as they can.





## LUNCH Transition 12pm-1pm

Lunch is a critical part of the day. We call this the transition time.

As morning campers eat lunch and wait for parents, afternoon campers arrive.

As afternoon campers get settled in, golf campers make their way to the courts.

All of our campers will eat lunch outside on the patio. Parents, after you have checked out your camper using the BAND App, you are more than welcome to eat lunch with your camper before you leave for the day.

Parents we ask that you remind your camper not to leave the lunch area at anytime without letting one of the Camp Coaches know. Golf Coaches know where to bring our transition campers so we are all in sync.





#### MORNING RAIN

#### AFTERNOON RAIN

#### RAIN OUT DAY

- Before camp starts, we will communicate on the BAND App regarding rain day cancellation. We will ask that campers either come in the afternoon session or make up the rain day on another week.
- During the day rain: We will head inside and we will communicate with parents to pickup their camper. If you are unable to pickup your camper, we will facilitate camper inside. Please make sure your camper is equipped with all items on our checklist.
- Please note that if we have a high number of campers registered, we ask that parents, you are able to do so, use the makeup day option. Coach Rocky will communicate accordingly through the BAND App.

Rain out days impact our full day campers mainly. We will keep a close eye on complete rain out days. As with morning or afternoon session, Parents are more than welcome to have camper stay home on rain out days and attend another day as a makeup.

Note: We are not equipped to facilitate campers on rain out days.

We ask that parents equip their campers with summer reading books and activity books for younger players. We look to incorporate these items, along with our own activities, throughout our day while we wait for rain to stop and courts to dry.



## **CAMPER CHECKLIST**

- TENNIS RACQUET
- WHITE OR LIGHT COLORED CAP OR HAT
- LARGE WATER JUG
- TOWEL, HEADBAND and WRISTBAND
- SPARE CLOTHES
- FLIP FLOPS / SLIDES
- GYM BAG or TENNIS BAG
- COOLER
- SUN SCREEN, SUMMER READING, ACTIVITY BOOK







Get the BAND App. If you registered you will see an automated email with link.

This is how we communicate! Turn notifications on!

