



**Atlanta
Youth
Tennis**

**2024
Tennis & Golf
SUMMER
CAMPS**
Register Today!

PRE CAMP PARENT VIDEO CALL
With Coach Rocky & Coach Cunningham

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
8. RAIN DAYS
9. CAMPER CHECKLIST
10. EFFECTIVE COMMUNICATION
11. QUESTIONS & ANSWERS

Atlanta
Youth
Tennis

Tennis & Golf Summer Camps



CAMP

Mission

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.





INTRODUCING
COACH ROCKY & CAMP COACHES



COACH ROCKY

Rocky Warner is the Director of the Atlanta Youth Tennis Program located at Sugar Creek Golf and Tennis. This is his fourth year running the youth tennis summer camp, and he's excited for another great season. Coach Rocky is USPTA and PTR certified, USTA SafePlay Approved and affiliated with GPTA. With over 15 years of experience in Atlanta, he specializes in developmental tennis, creative activations, league play for intermediate players and high-level training for competitive tournament players. A former NCAA SIAC competitor at Morehouse College, Rocky is also the Founder and President of ATA South and the Overhead Foundation.

Atlanta
Youth
Tennis

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 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.



Atlanta
Youth
Tennis



CAMP COACH

NYLA

Nyla just completed her senior year of high school. She will be attending Savannah State University through a tennis scholarship where she will study Engineering. Nyla was also awarded scholarship money through the USTA Foundation and the COAN Tennis Foundation. This is her fourth year coaching the summer camp. We are excited to have her and the campers will love her.





CAMP COACH

NOAH

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.



CAMP COACH

Ariana



Aria recently graduated from Xavier University of Louisiana where she played on the women's tennis team with a major in Chemistry on the Pre-Med track. This will be her second year with the Atlanta Youth Tennis Summer Camp. Aria is a joy to be around, and the kids love her. She will be working with all of our players at one point or another this summer. Ariana not only has advanced skills on the court but she is also a great role model for the campers.



CAMP COACH

Mikiah

Mikiah is a rising senior at Tuskegee University, where she plays tennis and majors in Communications. This will be her second year with the Atlanta Youth Tennis Program. Last year, Mikiah played points with our older players, and we look forward to her doing the same this year. She is great with the kids and has a true passion for tennis. We are thrilled to have her back. Mikiah will be available for our morning and afternoon sessions this year. Mikiah will be working with group from Christine Elizabeth Academy.





CAMP AYT VAN DRIVER

Dr. Anderson



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



With Coach Michael Cunningham

GOLF



Sessions

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



GOLF

Schedule

DAILY SCHEDULE FOR GOLF

8am : Morning Drop Off (Parent Sing-In)

8:30am - 9:30am : Camper Putting Practice

9:30am - 9:45am: Water Break

9:45am - 10am: Understand the Course & Safety

10am - 12pm: Playing the Course

12pm - 1pm: Lunch

1pm - 5pm: Tennis



***Atlanta
Youth
Tennis***

TENNIS



Sessions





CAMP SESSIONS

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.



DAILY SCHEDULE

MORNING SESSION 8am - 12pm

7:30am : *Early Drop Off*

8:00am : *Sign In (Parents must sign camper in or use the group chat as a virtual sign in)*

8:30am : *Dynamic on-court stretching*

9:00am : *Water break*

9:15am : *Break into groups for morning drills.*

10:15am : *Water Break / Soft Snack*

10:30am : *Morning drills continue*

11:30am : *Water Break / Soft Snack*

11:40am : *Morning Drills continue*

12:00pm : *Lunch*

DAILY SCHEDULE

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



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 join the group if they possess the skills needed.

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 Rocky

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.

TOURNAMENT



Groups



**What Summer Looks Like
For Our Tournament Group...**

What Summer Looks Like For Our Tournament Group



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



12pm - 1pm

LUNCH OPTIONS 12pm-1pm

Home Lunch

When bringing lunch from home make sure your camper has a proper cooler or lunch pouch.

Please do not provide your camper with a meal that requires the use of a microwave.

DeKalb Parks & Recreation

Free lunch provided by DeKalb Parks & Recreation

I will not have a menu but in the past we have been given a sandwich on white bread (cheese on the side with the option of turkey or ham. Apple juice or your choice of soda for beverage. Plain potato chips.

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.



RAIN

DAYS





RAIN DAYS

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



EFFECTIVE

Communication



Live streams

Parent Must Follow



@atlyouthtennis



Sign *In* **Sign** *Out*

Get the BAND App. If you registered you will see an automated email with link.
This is how we communicate! Turn notifications on!



QUESTIONS?



ANSWERS