



# **HOLIDAY TENNIS CAMPS**

## **FOR 4-16 YEARS**

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Our Holidays Camps are great fun for any age from 4 up to 16 years. Our aim through the holidays camps is to provide a fun and safe environment where the children can develop their tennis skills and make new friends.

We provide all rackets and equipment (unless you have your own). Children need to bring a packed lunch (full day only), a drink, plenty of snacks, warm clothes, sun cream, a sun hat & a rain coat. It is ideal to bring a water bottle which can be refilled.

We will never cancel due to rain. We have fabulous indoor facilities where we can teach tennis strategy and game play for older children. We have a table tennis table, arts and crafts materials, puzzles and games.

The camps run for February Half Term, 2 weeks at Easter, May Half Term, 4 weeks throughout the summer and 2 weeks in October Half Term. We have a big group warm up each day where the children have chance to interact with all other children attending the camp. We then split the groups based on age and ability and each group will be looked after by their coach. We have 7 courts so there is plenty of room to spread out.

There are lots of options for booking. You can either book:

Mornings 9am-12 noon

Afternoons 1-4pm

Full days 9am-4pm

All courses run from Tuesday – Thursday. You can book all 3 mornings/afternoons or full days or single morning/afternoons/full days but not on Thursdays as this is the day tournaments are played and the week builds up to this day. It is beneficial to book 3 consecutive days.

We also offer early drop off at 8am for £6 per day and late pick up at 5pm for £6 per day.

All courses are run by our highly-qualified coaches, who are all DBS checked. Coaches will be supported by tennis assistants and leaders (training to be coaches) We aim for a ratio of 1 coach per 8 children.

Whilst our camps obviously focus on tennis, we also play some fun team sports including kwik cricket, volleyball, rounder's and uni hoc.

## **Dates for 2020!**

February Half Term: 18th-20th Feb 2020

Easter Week 1: 7th-9th April

Easter Week 2: 14th-16th April

May Half Term: 26th-28th May

Summer Week 1: 28th-30th July

Summer Week 2: 4th-6th Aug

Summer Week 3: 11th-13th Aug

Summer Week 4: 18th-20th Aug

October Half Term Week 1: 20th-22nd Oct

October Half Term Week 2: 27th-29th Oct

Times are either Half day 9am-12noon or 1pm-4pm or Full day 9am-4pm and you can book individual sessions or full 3 days

### **Costs:**

Full day (9-4pm)- 3 days is £90 or £35 for 1 day -There is a 15% discount for club members  
Half day (9am-12noon or 1pm-4pm) - 3 days is £55 or £20 for 1 day- There is a 15% discount for club members

We also offer a 10% discount for siblings

We also offer early drop off at 8am for £6 per day and late pick up at 5pm for £6 per day.

### **A typical day at camp:**

8.45-9.00am Arrive and register in the clubhouse

9.00-9.45 Fun group warm up to help develop teamwork, agility, balance and coordination which are keys to developing their tennis.

9.45-10.30 Tennis activities and drills to develop technique and this will incorporate the shots used in tennis. Different shots may be worked on each day.

10.30-10.45am BREAK and a snack

10.45-12.00 Tennis activities and drills to develop technique and this will incorporate the shots used in tennis. Different shots may be worked on each day.

12.00-12.45 LUNCH or Home time for those on the half day camp

12.45-13.30 Team Games

13.30-14.30 Tactical development and match play for the older children

14.30-14.45 BREAK

14.45-15.45 Fun Tennis games to put into practice the skills learnt

15.45-16.00 Tidy Up and home time

The 3rd day of each week is competition day as we run a tournament in the mornings and then some fun competition in the afternoons.

**Booking:**

Bookings can be made by:

Tel: 07555 783085

Email: [lisa@cauntontenniscamps.co.uk](mailto:lisa@cauntontenniscamps.co.uk)

Online: [www.cauntontenniscamps.co.uk](http://www.cauntontenniscamps.co.uk)