



# Summer Camp Programs

June 5<sup>th</sup> – August 20<sup>th</sup> 2011

The goal of the Summer Camp Program is to provide quality tennis instruction within an environment that is fun and exciting. The program is structured around a mini-periodized week. The week is divided into three days of Technical training, two days of Pre-Competition and a half-day of both. On Wednesday, boarding students have the opportunity to take advantage of the beautiful Florida beaches as a means of Active Rest. On Saturday, boarders have the option to practice in the morning. The loading of each day varies to maximize the student's improvement in all aspects of their training - technical, tactical, physical and mental.

On and off-campus activities are organized daily in an effort to take advantage of the beautiful Florida weather and area attractions.

## Periodization Overview

- Athletes reach peak performance at selected times.
- Training is arranged to reach a collective peaking technical, tactical, physical, mental and nutritional components.
- Training is more efficient towards goals.
- Specific work/rest plans are established to keep players fresh.
- Variety in practice avoids boredom and burnout.
- Steps taken to combat heat, over-training, and injury.



## Schedule

6:30 - 8:00 am	Breakfast (Boarders)
7:00am – 11:00am	<b>Developmental</b> – Warm Up, Drilling / Technical Training / Fitness
8.45am – 12:00 noon	<b>All Day</b> – Warm Up, Drilling / Technique/ Fitness
12:00 – 1:00 pm	Lunch
1:15 – 3:30 pm	Developmental & All Day– Warm Up, Match Play / Point Play / Tactical Training
3:30 – 3:45 pm	Cool Down/ Stretching

**Note: Non-boarders start Monday morning at 8:30 am**

(Schedule subject to change)

## Boarders

4:00 pm	Off Court Activities
5:30pm	Dinner
7:00 pm	Nightly Activities
10:00 pm	Room Check/Lights Out

**Summer Camp Programs:** *Students enroll in Summer Camp on a week or multiple week-basis.*

Academy Programs	Full-Day	Half-Day
Boarding	\$1395	-----
*Non-boarding	\$995	\$695 (a.m. only)

**Developmental Programs** (Includes 1:1 instruction, earlier start – inquire for more information)

Boarding	\$1795	-----
*Non –Boarding	\$1395	-----

**To register please call 561-488-2001 or toll-free at 1-800-41-serve.  
Sign-up today... enrollment limited!**



10334 Diego Drive South - Boca Raton – Florida 33428 – 561 488 2001 – 800 41 SERVE  
[www.evertacademy.com](http://www.evertacademy.com) – E-mail: [evert@imgworld.com](mailto:evert@imgworld.com) – Fax 561 488 2055

