

## HKTA Christmas Training Camp 2010

The Hong Kong Tennis Association is offering you an intensive training camp during the 2010 Christmas holiday, with various exciting and different training Programmes. During this Christmas camp, cognitive skills, physical fitness, mental toughness and sportsmanship will be highlighted. It will also give you an opportunity to make new tennis friends.

The HKTA camps give our players a great opportunity to take their tennis to the next level whilst learning from our top level professional coaches in a fun and relaxed environment. The programmes emphasis is on sound fundamentals, from correct footwork and grips to sound biomechanical stroke production and efficient movement.

We will also work on how you can become a better match player/tournament player. Learn how to use different tactics against different players and how to get the most out of tennis.

### Objectives:

Players of all levels - novice, beginner, intermediate and advanced.  
Players will be divided into groups for training, according to age and ability.

### Main areas to be covered:

Technical correction  
Tactical correction  
Fitness  
Match play

### Video Analysis and fitness training

will be included in the training camp



\*Photo is for reference only.

\*In case of **inclement weather**, make up class will be arranged on a later date whenever and wherever possible. Players will be notified through email at least 3 days in advance or will be give a coupon for free training in the next series of camps run by HKTA, such as the Christmas Camp. Please refer to the relevant terms and conditions reference redemption. However, players should note that training will be run indoors during wet weather or when needed, and no makeup class will be arranged should the percentage of time spent in indoor amount to less than 40% of the total training time.

### Eligible to: 8-18 years old players

Coach to Players ratio is approx. **1:6**

### Schedule:

Training	9:00am-12:00nn
Lunch provided by TA	12:00nn-1:00pm
Training	1:00 pm-3:00pm

\*Lunch will be provided during the days of the camp, a coach will be on-duty during lunchtime.



**Entry deadline:  
10<sup>th</sup> December 2010**

\*Acceptance list will be uploaded on [www.tennishk.org](http://www.tennishk.org) 3 working days after the entry deadline.

**First come first serve**

**TG Players will have priority to attend this camp.**

**Camp Fee: HK\$1,990**