



## HKTA Summer Training Day Camp 2010

The Hong Kong Tennis Association is offering you an intensive training camp during the 2010 Summer holiday, with various exciting and different training Programmes. During this Summer 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

\*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:

8-16 years old players

Coach to Players ratio is approx. 1:6

**Entry deadline:**

**13<sup>th</sup> Jun 2010**

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

**Camp Fee: HK\$1,490**

### Schedule (Mon-Fri):

*Superior Camp 1: 19-23 Jul 2010\**

*\*For TG Tour Gp & Gp 1 players only*

Camp 2: 2-6 Aug 2010

Camp 3: 16-20 Aug 2010

First come first serve

TG Players will have priority to attend the camps

