

## HKTA Christmas Training Camp 2009

The Hong Kong Tennis Association is offering you an intensive training camp during the 2009 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

### Inclement weather Arrangement:

We do not offer any make up lessons for the Camp unless the whole training session is cancelled.

\*Back up date will be scheduled on 10 Jan 2010, 11-5:30pm at HKTA Tennis Centre, Kowloon Tsai Park

Eligible to:

8-18 years old  
players

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

**Entry deadline:**  
**28<sup>th</sup> November 2009**

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

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

### Schedule:

Training	9:00am-12:00nn
Lunch provided by TA	12:00nn-1:30pm
Training	1:30 pm-3:30pm

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



**First come first  
serve**

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

