

BARNES TENNIS CENTER

2024 SUMMER CAMP HANDBOOK

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YTSD MISSION

Youth Tennis San Diego, a nonprofit (501)(c)(3) organization, contributes to the development pathway of all youth by providing physical, mental, emotional, educational, and social platforms through tennis for children to thrive.



CAMP CHECKLIST

- Tennis racquet
- Large water bottle (refillable water station available at Barnes Tennis Center)
- Sunscreen (please bring sunscreen and remind your camper to reapply)
- Hand-Sanitizer
- Snacks (snacks and drinks* are also available for purchase at the Pro Shop)
- Lunch (full-day campers only)

* We do not authorize the sale of any caffeinated beverages to minors without an adult present.

COVID-19 Protocols & Guidelines 2024:

- It is strongly recommended you bring your own water and hand sanitizer.
- Please stay home if you are sick or experiencing symptoms!

Camp Hours:

Full Day Camps: 9am – 2:30pm

- Recreational
- Competitive
- Tennis & Art
- All Racket Sport Camp

Half Day Camps: 9am – 12pm

- Recreational
- Middle School

No early drop off

RECREATIONAL CAMP

At a recreational level, coaches seek to foster children's love for the game through fundamental athletic and technical progressions packaged in the form of level-based challenges and games. This camp is beginner-friendly.

- 6:1 camper/coach ratio
- Coach assigned to same campers throughout the week
- Kids are divided by age and level*
- Kids will undergo technical progressions on all of the following: Forehands, backhands, overheads, serves, volleys, footwork
- This is a class-oriented approach: Kids will receive equal attention regardless of level, background, etc

*Requests for specific groupings must be submitted BEFORE first day of camp

RECREATIONAL CAMP ITINERARY

Monday:

- Athletic Focus: Racquet ball-handling
- Technical Focus: Groundstrokes: Forehands/Backhands

Tuesday:

- Athletic Focus: Movement; sprints, multi-directional speed, complex footwork
- Technical Focus: Adjustments to the ball: Forwards/Backwards

Wednesday:

- Athletic Focus: Hand-Eye Coordination; Tossing & Catching
- Technical Focus: Volleying

Thursday:

- Athletic Focus: Overhead throwing
- Technical Focus: Serves

Friday:

- Game Day / Review

Each half-day follows a similar pattern:

9:00-9:15: Morning Greetings & Overview;
Dynamic Warm-Up

9:15-9:30: Athletic Development

9:30-9:45: Stroke Development #1

9:45-10:15: Game

10:15-10:30: Snack Break

10:30-10:45: Athletic Development
Advanced

10:45-11:15: Stroke Development #2

11:15-11:30: Game

11:30-11:45 Snack Break #2

11:45-12:00 Games

COMPETITIVE MIDDLE SCHOOL CAMP

At the competitive level, coaches take experienced kids (must be able to sustain a rally with other youth) through basic-to-intermediate skill and tactical progressions designed to better prepare kids for competitive and tournament play. This class is meant for more experienced players.

- 4 kids per court, rallying, and liveball
- Kids are assessed and divided onto courts by level
- Courts will mix throughout the day for point-play. Up/down rotations ensure kids play with different players throughout the week
- Kids should be able to rally, know how to execute each shot, and know how to score
- Live-ball orientation: Continuous play throughout the day. Coaches roam with feedback and specific instruction

COMPETITIVE CAMP ITINERARY

Monday:

- Athletic Focus: Multi-Directional Speed; Footwork
- Conceptual Focus: Neutral Positioning; Point-construction with deep ball

Tuesday:

- Athletic Focus: Reaction time
- Conceptual Focus: Mid Court; attack vs approach; Offensive game-plan

Wednesday:

- Athletic Focus: Complex coordination; reflexes
- Conceptual Focus: Volleys; what's most important at net; winning strategies

Thursday:

- Athletic Focus: Plyometric conditioning
- Conceptual Focus: Turning defense to offense

Friday:

- Game Day / Review

Full Day Schedule consists of match-play and conditioning

Each half-day follows a similar pattern:

- 9:00-9:15: Morning Greetings & Overview; Dynamic Warm-Up
- 9:15-9:30: Athletic Development
- 9:30-9:45: Live-Ball warm-up and point play
- 9:45-10:00: Concept Drills
- 10:00-10:15: Concept Point-Play
- 10:15-10:30: Snack
- 10:30-10:45: Serves
- 10:45-11:15: Point Play with serves
- 11:15-11:30: Snack #2
- 11:30-12:00: Live-ball games

TENNIS AND ART CAMP

Tennis and Art Camp combines sport and creativity! Athletes will enjoy the recreational level camp and create art projects and crafts. The day is split into two 3 hour blocks one for art and one for tennis. This camp is beginner-friendly.

- 6:1 camper/coach ratio
- 12:1 in the classroom
- Coach assigned to the same campers throughout the week. Same art instructor for the week
- Kids are divided by age and level. Two art blocks will be created at the start of the week, and are kept the same (art am or pm)*
- Kids will undergo technical progressions on all of the following: Forehands, backhands, overheads, serves, volleys, footwork
- Kids will create new projects every day, and they can take all projects at the end of the week
- This is a class-oriented approach: Kids will receive equal attention regardless of level, background, etc

*Requests for specific groupings must be submitted BEFORE first day of camp

TENNIS AND ART CAMP ITINERARY

Monday:

- Athletic focus: Racquet ball-handling
- Technical Focus: Groundstrokes: Forehands/Backhands

Tuesday:

- Athletic Focus: Movement; sprints, multi-directional speed, complex footwork
- Technical Focus: Adjustments to the ball: Forwards/Backwards

Wednesday:

- Athletic Focus: Hand-Eye Coordination; Tossing & Catching
- Technical Focus: Volleying

Thursday:

Athletic Focus: Plyometric conditioning
Conceptual Focus: Turning defense to offense

Friday:

Game Day / Review

Full Day Schedule consists of match-play and conditioning

Each half-day follows a similar pattern:

9:00-9:15: Morning Greetings & Overview;
Dynamic Warm-Up
9:15-9:30: Athletic Development
9:30-9:45: Stroke Development #1
9:45-10:15: Game
10:15-10:30: Snack Break
10:30-10:45: Athletic Development – Advanced
10:45-11:15: Stroke Development #2
11:15-11:30: Game
11:30-11:45 Snack Break #2
11:45-12:00 Games

Full Day Schedule consists of creating artistic projects and crafts. All campers can take their creations at the end of the week!

ALL RACQUET SPORTS CAMP

Experience all racquet sports at the Barnes Tennis Center! Athletes in this camp will be exposed to all three sports: Tennis, Padel, and Pickleball. Athletes will enjoy beginner to intermediate experiences for each sport and be taught technique, and rules for all three. This is a great option for multi-sport athletes and improving kids athleticism

- 6:1 camper/coach ratio
- Camp will take place in tennis, padel, and pickleball courts
- Coaches change per each sport, but remain the same throughout the week
- Kids are divided by age and level. Three blocks will be created at the start of the week, and are kept the same for sport rotations
- Kids will be exposed to basic rules of each sport. Kids will also undergo technical progressions of major strokes in each sport
- This is a class-oriented approach: Kids will receive equal attention regardless of level, background, etc

ALL RACQUET SPORTS CAMP ITINERARY

Monday:

- Athletic Focus: Multi-Directional Speed; Footwork
- Conceptual Focus: Neutral Positioning; Point-construction with deep ball

Tuesday:

- Athletic Focus: Reaction time
- Conceptual Focus: Mid Court; attack vs approach; Offensive game-plan

Wednesday:

- Athletic Focus: Complex coordination; reflexes
- Conceptual Focus: Volleys; what's most important at net; winning strategies

Thursday:

- Athletic Focus: Plyometric conditioning
- Conceptual Focus: Turning defense to offense

Friday:

- Game Day / Review

Full Day Schedule consists of match-play and conditioning

Each half-day follows a similar pattern:

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- 9:30-9:45: Stroke Development #1
- 9:45-10:15: Game
- 10:15-10:30: Snack Break
- 10:30-10:45: Athletic Development – Advanced
- 10:45-11:15: Stroke Development #2
- 11:15-11:30: Game
- 11:30-11:45: Snack Break #2
- 11:45-12:00: Games