

CAMP SCHEDULE

THURSDAY

7:30 - 8:00 PM	Check-in
8:00 - 9:30 PM	On-court drills & player evaluation

FRIDAY

8:15 - 8:30 AM	Dynamic warm-up
8:30 - 9:00 AM	Clinic (serve)
9:00 - 10:00 AM	Station drills
10:00 - 10:15 AM	Break
10:15 - 11:00 AM	Clinic (service return)
11:00 AM - 12:00 PM	Station drills
12:00 - 12:45 PM	Lunch (provided)
12:45 - 1:15 PM	Clinic (forehand and backhand groundstrokes)
1:15 - 2:45 PM	Station drills
2:45 - 3:00 PM	Break
3:00 - 4:30 PM	Singles patterns
4:30 - 5:15 PM	Doubles patterns
5:15 - 6:00 PM	Dinner (provided)
6:00 - 8:00 PM	Free Time (tennis, gymnasium, waterpark)

SATURDAY

8:15 - 8:30 AM	Dynamic warm-up
8:30 - 9:00 AM	Clinic (approach shots)
9:00 - 10:00 AM	Station drills
10:00 - 10:15 AM	Break
10:15 - 11:00 AM	Clinic (volley)
11:00 AM - 12:00 PM	Station drills
12:00 - 12:30 PM	Lunch (provided)
12:30 - 3:00 PM	Singles contests/singles or doubles match play
3:00 - 3:30 PM	Camp wrap-up

CAMP DETAILS

Choice Health & Fitness Youth Tennis Camps are a concentrated group of lessons covering a variety of grips, strokes and strategies, which are time-tested and proven to develop players. The camp is broken into sessions covering primary strokes and techniques which are then reinforced with drills in a fun and informative atmosphere.

2019 CAMP DATES
August 1 - 3

CAMP COST: \$195

AGE/ABILITY REQUIREMENTS

Participants must be entering 7-12th grade in the fall of 2019 & have some competitive tennis experience, such as participation in tournaments or membership on a high school tennis team (Jr. Varsity or Varsity).

CONTACT

Lisa Rollefstad
Sports & Recreation Manager
Phone: 701.746.2790
Email: lrollefstad@choicehf.com

Tim Wynne
Tennis Coordinator
Phone: 701.746.2790
Email: tiwynne@choicehf.com

LIABILITY WAIVER

Participant: _____

Emergency Contact: _____

Relation to Participant: _____

Cell: _____

Home: _____

I understand and agree that some activities occurring as part of or incidental to this event may be of hazardous nature and/or include physical or strenuous activity. Understanding this, I state that I have no medical condition or impairment, including the use of medication that might inhibit my active participation in this event.

In case of medical emergency, I authorize the staff or employees of Choice Health & Fitness to render first aid and/or obtain whatever medical treatment he/she deems necessary for my welfare. I further understand and agree that I will be financially responsible for all charges and fees incurred in the rendering of said treatment regardless of whether my medical insurance would cover such charges.

I, hereby, for myself my heirs, executors, and administrators, waive and release only and all my rights and claims for damages I may have against Choice Health & Fitness, the Grand Forks Park District, or their respective agents, representatives, successors and assigns for any and all injuries, which may be suffered by me in connection with my participation in this camp.

I have read, understand and agree to the terms and conditions of this waiver.

I am the parent of legal guardian of the participant (minor) listed above and am signing this waiver on his or her behalf.

Print Name: _____

Signature: _____

Date: _____

 **CHOICE** HEALTH & FITNESS

REGISTRATION

2019 CHOICE YOUTH TENNIS CAMP

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

BIRTHDATE: _____

(Participants must be entering 7-12th grade in the fall of 2019)

Players must have prior competitive tennis experience.

TENNIS EXPERIENCE (Check all that apply):

___ High School Team

___ USTA Championship Level Tournament(s)

___ Other (please describe) _____

GRADE ENTERING IN THE FALL: _____

GENDER: M F

SHIRT SIZE: YL S M L XL

EMAIL: _____

(*required) *You will receive confirmation/info via email.

HOME PHONE: _____

CELL PHONE: _____

PLEASE ENROLL ME IN THE FOLLOWING CAMP:

___ August 1 - 3 Deadline: July 24

Camp Cost: \$195 (add \$15 to cost after deadline)

MAIL WITH FULL PAYMENT TO:

Choice Health & Fitness
Attn: Tennis Camp
4401 South 11th Street
Grand Forks, ND 58201



OFFICE USE ONLY: **TENNIS CAMP FEE** | Total Fee \$ _____



**2019 TENNIS
CAMPS**
AUGUST 1-3



CHOICE HEALTH & FITNESS
4401 SOUTH 11TH STREET
GRAND FORKS, ND 58201

701.746.2790 | CHOICEHF.COM



**TAKE YOUR GAME TO THE
NEXT LEVEL THIS SUMMER.**

AUGUST 1-3



GRAND FORKS, NORTH DAKOTA