

**2018 Palisades SUMMER TENNIS Training Camp**  
**JUNE 18th – AUGUST 24th (10 Weeks)**

The Palisades junior tennis instructional program focuses on the fundamentals. We emphasize proper stroke technique, footwork, and proper patterns of play. The program is designed so that all of the juniors learn, practice, and play in a supportive and motivating environment.

**TINY TOTS: (Ages 5-7)**

**Days and Time:** Monday thru Friday 9:00-10:00  
**Cost per week:** \$80 mem \$105 non-member  
**Individual Days:** \$20 mem \$25 non-member

**BEGINNERS/ Intermediates: (Ages 7-12)**

**Days and Time:** Monday thru Friday 10:00-12:00  
**Cost per week:** \$160 mem \$185 non-member  
**Individual Days:** \$40 mem \$45 non-member

**CLUB PALISADES TENNIS CLINIC: (Ages 6-12)**

**Days and Time:** Monday thru Friday 10:00-11:00 (CP1)  
10:00-12:00 (CP2)  
9:00-11:00 (CP2)  
**Cost per week:** (1hr) \$80 mem \$105 non-member  
(2hr) \$160 mem \$185 non-member  
**Individual Days:** \$20 mem \$25 non-member (1hr)  
\$40 mem \$45 non-member (2hr)

**Full Day Tennis CAMP: (Ages 7-16)**

The full day tennis camp is a great camp for those players who wish to really take their game to the next level. This camp will be very comprehensive and allow all players to work on many facets of their game. The kids will work on refining stroke technique, learning tactics for singles and doubles, and also will include supervised match play. The kids should bring their lunch and a bathing suit as free play at the pool will be a welcome part of the camp during hot days.

In addition, for those players who are able to play matches I will arrange with other area clubs to have matches against kids from our camp perhaps one day per week. This will be great to have as it will introduce the campers to tennis competition in a lower key atmosphere than if they just entered a tournament for the first time.

Players may also sign up for our afternoon only session which will be in conjunction with the full day camp but will run from 12:00 to 3:00 to accommodate those students who have morning activities elsewhere.

The full day camp will be conducted by the Director of Tennis Doug Sokol and his assistant Rich Emmanuel.

**Days and Time:** Monday thru Friday 9:00 ---- 3:00  
OR Half Day  
9:00 ----- 12:00  
12:00 ----- 3:00  
**Cost per week for Half day:** \$240 Mem \$265 non-member  
**Cost per week for Full Day:** \$375 Mem \$400 Non-Member

Questions: (240) 498-6140 or email: [Palisadestennis@hotmail.com](mailto:Palisadestennis@hotmail.com) Please return form along with total payment to: Doug Sokol 5822 Shepherd Drive Frederick MD 21704

**Registration Form for the Summer Instructional Program**

Name: \_\_\_\_\_ Program: \_\_\_\_\_ Time: \_\_\_\_\_ AGE: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Please check weeks of participation: Circle Half AM or PM or Full for Training Camp  
Circle Tiny Tots or Beginners/Intermediates  
Circle CP1 if signing up for 1 hr. Club Palisades Clinic  
Or CP2 for 2hr. Club Palisades Clinic

\_\_\_ June 18--- June 22 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ June 25---June 29 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ July 2-- July 6 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ July 9--- July 13 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ July 16--- July 20 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ July 23---July 27 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ July 30---AUG 3 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ AUG 6 --- AUG 10 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ AUG 13--- AUG 17 Half AM/PM Full Tots Beg/Intermediates CP1 CP2

\_\_\_ AUG 20--- AUG 24 Half AM/PM Full Tots Beg/Intermediates CP1 CP2