

**2020 Palisades SUMMER TENNIS Training Camp**  
**JUNE 15th – AUGUST 21st (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:** \$85 mem \$110 non-member  
**Individual Days:** \$25 mem \$30 non-member

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

**Days and Time:** Monday thru Friday 10:00-12:00  
**Cost per week:** \$170 mem \$195 non-member  
**Individual Days:** \$45 mem \$50 non-member

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

This class is for those kids attending the Club Palisades camp at the pool which begins at 11am. It is perfect for those kids wishing to get an introduction to the great sport of tennis. Get a good sweat before jumping into the pool!

**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) \$85 mem \$110 non-member  
(2hr) \$170 mem \$195 non-member  
**Individual Days:** \$25 mem \$30 non-member (1hr)  
\$50 mem \$60 non-member (2hr)

**MORNING HALF DAY CAMP: (Ages 7-16)**

This camp is perfect for kids with little or no tennis experience. We provide the kids with instruction on all the major tennis strokes giving them a solid foundation. Emphasis for this camp is on learning beginning tennis skills along with games that are loads of fun making your child want to keep playing and learning tennis! Emphasis is on FUN!!!

**Days and Time:** Monday thru Friday 9:00 ----- 12:00  
**Cost per week for Half day:** \$255 Mem \$280 non-member

**ADVANCED TOURNAMENT TRAINING CAMP**

I am offering a more advanced tennis camp experience for those students who play tournaments and/or play on their high school teams. This camp will run separately from the morning half day camp and is for students who are really desiring to take their game to the next level. We will work on technique, patterns of play and point construction along with a good amount of match play. The need for this camp is great as many kids have graduated out of the younger camp and have improved greatly in the past few years. You must ask Doug if this camp is appropriate for your child prior to signing up.

**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:** \$255 Mem \$280 non-member  
**Cost per week for Full Day:** \$400 Mem \$425 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

Circle Morn for Morning Half day 9-12 camp

\_\_\_ June 15--- June 19 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ June 22---June 26 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ June 29-- July 3 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ July 6--- July 10 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ July 13--- July 17 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ July 20---July 24 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ July 27---July 31 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ AUG 3 --- AUG 7 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ AUG 10---AUG 14 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full

\_\_\_ AUG 17---AUG 21 Morn Tots Beg/Int CP1 CP2 Tourney: AM/PM/Full