

# Summer Tennis Camp 2021

## Camp Sessions

Session One: June 28, 29, 30, July 1

Session Two: July 5, 6, 7, 8

Session Three: July 12, 13, 14, 15

Session Four: July 26, 27, 28, 29

Session Five: August 2, 3, 4, 5

Session Six: August 9, 10, 11, 12

Session Seven: August 16, 17, 18, 19

(Fridays are reserved for Make-ups  
in case of rain).

## Camp Times and Ages

9:30AM - 1:00PM / Ages 6-14

Beginner to Intermediate Level

## Cost/Registration:

\$295 for 1 Session

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**Register In-Person** at: 574 Valley Street

(Inside Town Hall Building)

**Register On-Line** at:

<http://maplewood.recdesk.com/Community>

## Camp Location

Memorial Park & Walter Park Tennis Courts

## Camp Curriculum

- Stroke production - all basic strokes covered
- Drills designed to enhance individual success and improvement
- Strength, flexibility, and plyometric training
- Singles and doubles tactics/strategy

## A Typical Day at Camp

9:30 - 9:45	Sign-In/Warm-up
9:45 - 10:15	Stretching, agility, plyometrics
10:15 - 11:45	Stroke Instruction and Drills for strokes/strategy
11:30 - 11:50	Off-court: Snack Break
12:00 - 12:50	Point Play drills/games
12:50 - 1:00	Wrap-up/Pick-up

## STAFF

### John Trinity, Director

John is a member of the United States Professional Tennis Association and has achieved the highest rating of Master Professional. He has been teaching and coaching tennis for the past 30+ years. John received the 2009 Star-Ledger Girls Tennis Coach of the Year Award and the 2010 NJSIAA Tennis Coaching Award.

John holds a Doctorate in Education and a Masters Degree in Teaching. He also holds a New Jersey Teaching Certificate in Health and Physical Education K-12.

### Walt Michels, Director

### Jonathan Tiersten, Director

### Additional Staff

Additional staff will include instructors with expertise in a variety of areas. Student/Instructor ratio will be 4/1 or less.

### For Further Information

John Trinity: [jtrinity@twp.maplewood.nj.us](mailto:jtrinity@twp.maplewood.nj.us)

973-762-8120

[www.maplewoodtennis.com](http://www.maplewoodtennis.com)