

QUICK START PACKAGES

	QUICK START (9-11AM)	QUICK START+ (9AM-noon)	MULTI SPORT (11AM-noon)
\$ PRICE PER WEEK	\$300	\$350	\$80

FOR SPECIAL REQUESTS PLEASE
CONTACT THE FRONT DESK

REGISTRATION FORM IA Excellence Tennis Summer Camp 2024

First Name: _____ Last Name _____

Gender: Male ☐ Female ☐ Age _____

Quick Start ☐ Quick Start+ ☐

of weeks: _____

Mailing Address: _____ City: _____ State: _____

Home _____ Email: _____

Phone: _____ Cell Phone: _____

EMERGENCY CONTACT:

First & Last Name _____

Contact _____

Phone: _____

Things to know about registered student(i.e. asthma, allergies, etc)

Waiver & Release I certify that myself (applicant) or my child(ren), is, are in good health and can participate in the daily activities unless otherwise notified. I will not hold Park Avenue Tennis Center LLC and IA Excellence LLC or any instructor liable for any injury or accident that occurs while my child is participating in this program. In case of an injury, I grant Park Avenue Tennis Center LLC and IA Excellence LLC Staff permission to administer standard first aid treatment on site or to transport my child to the nearest medical facility equipped to handle the injury. By signing below, I also certify that my child(ren's) pictures may be used by Park Avenue Tennis Center LLC and IA Excellence LLC for promotional purposes on Park Avenue Tennis Center LLC and IA Excellence LLC website and in printed promotional items.

Signature of Parent/Guardian: _____

CAMP WEEK

- ✓ Week 1: June 17-21
- ✓ Week 2: June 24-28
- ✓ Week 3: July 1 - 5 (4th of July OFF)
- ✓ Week 4: July 8-12
- ✓ Week 5: July 15-19
- ✓ Week 6: July 22-26
- ✓ Week 7: July 29-Aug 2
- ✓ Week 8: Aug 5-9
- ✓ Week 9: Aug 12-16
- ✓ Week 10: Aug 19-23
- ✓ Week 11: Aug 26-30

WHY US?

Because we are thinking differently and our vision is clear.

INSPIRING THE CHILD TO MANIFEST HIS GREATNESS.

GUIDE THEM to practice thoroughly and wisely.

ENCOURAGE THEM to develop a system of wise thoughts and smart decisions.

INSPIRE THEM to be an exemplar of the highest standard of commitment and personal values in order to become a leader that will inspire their friends in turn.

We strongly believe that our Tennis Integrated Approach is the ideal solution for the comprehensive development of our children.

Our distinctive method, Integrated Approach, extends beyond the development of fundamental technical tennis skills. Designed to challenge, stimulate, and nurture both the Mind and the Body through the acquisition of tennis skills.

We skillfully create an enjoyable and secure learning environment where our well-educated coaches driven by strong values will foster an awareness of the synergistic relationship between a strong mind and exceptional physical qualities.

Our team led by Bertrand De Ducla, Yuri Voznenko, and Rodrigo Magalhães, invites you to pursue your full potential through our services.

**WE ARE DIFFERENT,
AND WE MAKE THE DIFFERENCE!**



Park Avenue Tennis Center 615 WEST PARK AVE, OAKHURST, NJ 07755
732-359-8800



10 &
UNDER

**QUICK-START
PROGRAM**

**SUMMER
TENNIS CAMP**

10 &
UNDER

QUICK-START PROGRAM



IA Excellence understands the importance of training for children who are 10 and under. Each hour spent on the court is crucial for developing their skills and love for the sport.

Our team of professionals developed some key points for this age group:

1

FUN AND ENGAGING ACTIVITIES

Children learn best when they enjoy what they're doing. Incorporate fun games, challenges, and activities that focus on improving their motor skills, hand-eye coordination, and overall technique.

2

PROPER WARM-UP

Begin each training session with a warm-up routine to prevent injuries and encourage good habits. Simple stretching exercises and light aerobic activities can get the blood flowing and prepare their muscles for the physical demands of tennis.

3

TENNIS FUNDAMENTALS

Teach children the basic strokes such as forehand, backhand, volleys, and serve. Emphasize proper footwork, racquet technique, and body positioning from an early stage. Break down each stroke into simple steps to help them grasp the fundamentals.

4

MINI-TENNIS

Utilize the concept of mini-tennis, which involves playing on smaller courts with low-compression balls. This helps children develop better control, coordination, and accuracy in their shots.

5

AGILITY AND COORDINATION DRILLS

Incorporate drills that promote agility, balance, and coordination. These could include ladder drills, cone exercises, and shuttle runs to improve their footwork and overall coordination on the court.

6

PLAY-BASED APPROACH

Focus on playing games during training sessions to encourage friendly competition in order to improve decision-making skills on the court. Mini matches, target games, and various small-sided games are a great way to keep children engaged while allowing them to apply their learned skills.

7

SPORTSMANSHIP AND FAIR PLAY

Teach children the importance of sportsmanship, respecting opponents, and playing by the rules. Instilling these values early on will help them become well-rounded tennis players and individuals.

Remember, training sessions for children should be short, frequent, and enjoyable. Keeping things fun and engaging will not only improve their tennis skills but also foster a lifelong love for the sport.

MULTI SPORT

Our summer camp offers a variety of multi-sport activities to keep campers engaged and active.

These activities are designed to provide a well-rounded experience that exposes children to different sports and encourages physical fitness and teamwork. Engaging in various sports and activities helps develop overall physical fitness, including strength, endurance, flexibility, and agility. Multi-sport activities require coordination, balance, and fine motor skills. Campers learn to manipulate objects, control their movements, and perform specific techniques in different sports. Multi-sport activities teach campers the importance of fair play, respect for opponents, and graciousness in both victory and defeat. They learn how to compete with integrity and uphold value of sportsmanship.