

REGISTRATION

Players name:

Address:

Date of birth:

Parents Email:

Parents Cell:

Week #:

Make checks out to Elevate Fitness

Please mail to:

Elevate Fitness
7455 Morgan Road
Liverpool, NY 13090

CAMP STAFF

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CONTACT US

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ELEVATE
FITNESS



SUMMER
TENNIS
CAMPS
at Elevate
Liverpool

elevatesyracuse.com
[#elevatesyracuse](https://twitter.com/elevatesyracuse)

SUMMER CAMP

SCHEDULE:

MONDAYS AND WEDNESDAY ONLY:

9:00am to 12:00

Cost: \$139 for the week
\$69.50 for one day

Week #1: 7/1 & 7/3 (Ages 12 & up)

Week #2: 7/8 & 7/10 (Ages 5 -11)

Week #3: 7/15 & 7/17 (Ages 12 & up)

Week #4: 7/22 & 7/24 (Ages 5-11)

Week #5: 7/29 & 7/31 (Ages 12 & up)

Week #6: 8/5 & 8/7 (Ages 5-11)

Week #7: 8/12 & 8/14 (Ages 12 & Up)

Week #8: 8/19 & 8/21 (Ages 5-11)

Week #9 8/26 & 8/28 (Ages 5-11))

Deadline to register is one week prior to start of the selected camp week.
Refund Policy: No refunds within seven days of chosen camp week.

DAILY

SCHEDULE:

AGES 5-11

8:50-9:00 Drop off

9:00-9:30 Fitness/Dynamic Stretching

11:00 Drills/Games

11:00-11:15 Snack Break (Not provided)

11:15-12:00 Supervised Play Based Games

AGES 12 & UP

9:00-9:30 Fitness & Warm up

9:30-11:00 Stroke production focus

11:00-11:10 Snack Break (Not provided)

11:10-12:00 Supervised Match play

TENNIS CAMP

GOALS:

We are excited to offer this summer tennis camp for players between the ages of 5 and 18. All activities will be supervised by our USPTA Certified Tennis Professionals. Our goal is to have each player learn tennis in an environment that is safe, fun and challenging at the same time.

We will be focusing on the following:

- Tennis specific conditioning
- Stroke Analysis
- Strategy tips
- Mental Coaching
- Drills for skills
- Match play

