

I offer camps for all ages and all levels. Before deciding on a suitable camp, I take the time to discuss which formula works best for each individual. You can contact me to discuss your aspirations so that we can together decide on the most appropriate camp for your child.

Weekend & week camps	SEMI-INTENSIVE 1H / day	SEMI-INTENSIVE 2H /day	INTENSIVE 4H/day	Full day Tennis MULTI-ACTIVITIES
Age recommended from :	4 years old	8 years old	9 years old	8 years old

Description of the different camps :

- **INTENSIVE camps :**
5 days, from Monday to Friday, from 10 am to 4 pm.

Description of an INTENSIVE day camp :

- **10 am to 12 am** : warming up + tennis
- **12 am** : lunch
- **1 pm to 2 pm** : recreational games
- **2 pm to 4 pm** : warming up + tennis , afternoon snack(included)
- **Thursday** : doubles tournament
- **Friday** : singles tournament

In case of rain, there is a possibility to use the indoor court but in any case we will play interactive games.

Camp purpose :

During this week we aim to improve the player at singles but also at doubles, developing different aspects of the game:

- **Technical** : how to be more precise, consistent,
- **Tactical** : how to be more efficient
- **Mental** : how to give the best of ourselves, to be stronger on the court
- **Physical** : how to improve fitness, be more aware of the body

I use video for a faster result

I adapt the materials for each camp according the age

At the end of the camp each player receive a technical/tactical/mental/physical report.

- **Full days Tennis + MULTI-ACTIVITIES :**

5 days, from Monday to Friday

From 9 am to 5 pm (without transport option),

From 8 : 30 am to 5 : 30 pm (with transport option).

Description of a full day Tennis + MULTI-ACTIVITIES :

- **8 : 30** : pick up from meeting point pre-arranged
- **9 am to 10 am** : warming up using collective games
- **10 am to 12 am** : tennis, morning snack (included)
- **12 am** : lunch
- **1 pm to 2 pm** : recreational games
- **2 pm to 4 pm** : organized Olympiades : 2 teams take on different challenges competing against each other
- **4 pm to 5 pm** : afternoon snack (included), relaxing time
- **17 pm** : return to pre-arranged meeting point