



TENNISPOWER ACADEMY SUMMER CAMP 2019 11 WEEKS: JUNE 10 - AUGUST 23

TRAINING FOR THE SERIOUS PLAYER

TENNISPOWER SUMMER CAMPS were designed to give serious athletes a platform and system to develop their talent and reach their ultimate goals through a fun yet challenging tennis camp environment. Players of all ages will be exposed to the Tennispower Training System which impacts players from the mental side of the game, to the technical development, to the physical training that has been developed through the experience that Oliver Messerli has gained from the 18 years training players on the ATP/WTA Tour and working with some of the best trainers and coaches in the Tennis Industry. Campers usually stay with the program for a minimum of 6 weeks to benefit and grow by being exposed to high level training.

SUMMER CAMP LEVELS

ELITE: ITF, FUTURES & HIGH NATIONAL PLAYERS

HIGH PERFORMANCE: NATIONAL & SECTIONAL PLAYERS

FUTURESTAR: SECTIONAL, SATELITE & NOVICE PLAYERS

PEEWEE: GREEN DOT, ORANGE (BEGINNERS)

DAILY SCHEDULE: MONDAY -FRIDAY

MORNING SESSION:
10-11 AM MENTAL TOUGHNESS & DYNAMIC WARM UP

11 AM-1.30 PM TENNIS SESSION- DRILLING AND POINTS

AFTERNOON SESSION:
2.30-4.45 PM TENNIS SESSION - DRILLING AND POINTS

4.45-5.30 PM CONDITIONING AND SPEED WORK

PEEWEE CLASSES:
MON, WED, FRI
11.30-1.30
TUE, THU
2.30-4.30

CAMP FEATURES:

- DAILY MENTAL TOUGHNESS
- INDIVIDUALIZED FITNESS TRAINING
- PRE-HAB & REHAB
- TECHNICAL DEVELOPMENT
- COMPETITIVE TRAINING ENVIRONMENT
- FUN DOUBLES GAMES MATCH TOUGH STRATEGIES



OLIVER MESSERLI HAS COACHED FIVE TOP 10 ATP/WTA TOUR PLAYERS AND HAS HELPED 65 PLAYERS GET NCAA DIVISION 1 SCHOLARSHIPS DURING HIS COACHING CAREER. HE IS THE RECIPIENT OF THE 2017 USTPA PRO OF THE YEAR AWARD.



PENINSULA RACQUET CLUB
30850 HAWTHORNE BLVD,
RANCHO PALOS VERDES, CA
90275
(310) 541 2523

**REGISTER ONLINE AT
PENINSULARACQUETCLUB.COM**



TENNISPOWER SUMMER CAMP 2019

JUNE 10 - AUGUST 23 (11 WEEKS)

PLAYER NAME: _____ AGE: _____

PARENT NAME: _____ UTR: _____

BIRTH DATE ____/____/____ GENDER: _____

NAT. RANKING: _____ SECTION RANKING: _____

PHONE: (____) _____

EMAIL: _____

MEDICAL RELEASE FORM RECEIVED: __Y__N

AGREEMENT AND LIABILITY RELEASE

I understand that injuries may occur as a result of training, and/or playing tennis or other sports while the above named player is participating in TennisPower Academy activities. We hereby release and indemnify the TennisPower Academy, Peninsula Racquet Club, partners, members, directors, employees, instructors, and agents from any and all liability relating to any accidents or injuries incurred while said Player is participating in TennisPower Academy activities and programs, whether or not these activities and programs occur at the TennisPower Academy at Peninsula Racquet Club. I further provide my consent for the TennisPower Academy to seek emergency treatment for the minor if necessary. I agree to accept financial responsibility for the costs related to this emergency treatment.

Signature of Parent/Guardian: _____

Date: _____

TENNISPOWER ACADEMY PACKAGES

Sessions: Monday - Friday

Session: 10:00 - 1:30 \$75/day AM

Session: 2:30 - 5:30 \$75/day PM

Day: 10:00 - 5:30 \$140/day Full

1 Week (Both Session): \$665/week (5% disc.)

3 Weeks (Both Sessions): \$1,755 (10% disc)

1 Week (AM or PM Session): \$360/week

3 Weeks AM or PM Session: \$1,012 (10% disc)

OTHER FULL DAY PRICING OPTIONS

6 Weeks \$3,315 (15% Disc):

8 Weeks \$4,160 (20% Disc):

(Package only valid for SummerCamps)

PEEWEE PROGRAM

ORANGE BALL / GREEN DOT / BEGINNER

Sessions:

Mon/Wed/Fri Times: 11:30-1:30

Tue/Thu Times: 2:30 - 4:30

1 Day \$60

1 Full Week \$280

3 Full Weeks \$810 (10% Discount)

6 Full Weeks \$1,530 (15% Discount)

DATES	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		#SESSIONS	FULL WEEK
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM		
WEEK 1 (6/10-14)												
WEEK 2 (6/17-21)												
WEEK 3 (6/24-28)												
WEEK 4 (7/1-5)												
WEEK 5 (7/8-12)												
WEEK 6 (7/15-19)												
WEEK 7 (7/22-26)												
WEEK 8 (7/29-8/2)												
WEEK 9 (8/5-9)												
WEEK 10 (8/12-16)												
WEEK 11 (8/19-23)												
TOTAL COST												