



REGISTRATION

Online registration preferred or Mail to address below or return form and fee to Lamar Tennis Center:

YMCA TOTAL TENNIS

Attn: John Wahlborg * 8100 YMCA Plaza Drive
Baton Rouge, LA 70810

Visit website for ONLINE REGISTRATION
www.louisianatennislessons.com

- Training Camps: May 23-27
 June 13-17
- All Level Camps: June 7-11
 June 14-18
 July 5-9
 July 12-16
- First Serve Camps: May 31-June 4
 July 19-23

Deposits & Late Fees:
\$100 deposit—Training Camp, First Serve or All Level full day camps
\$60 deposit—Half day All Level Camps

If attending more than one camp, the deposit applies towards last camp attending.

A \$20 late fee applies to any registration form that is not received prior to the first day of camp. Please register online at www.louisianatennislessons.com

Online registration preferred! Visit our website for the link!

Is your child a YMCA Member (family membership)? Yes No

Full Day Camper Half Day Camper First Serve Camper

Name (called) _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex _____ T Shirt Size Child's S M L /Adult XS M L XL

Responsible Parent Name _____

Daytime Contact # _____

Email Contact _____
(note: this is how you will be receive confirmation. PLEASE PRINT)

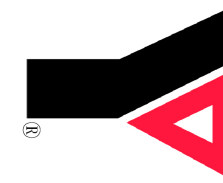
Parent Consent

I recognize that participation in YMCA Total Tennis activities may expose my child to some risk or injury. I agree to hold YMCA TOTAL TENNIS harmless from any claims or damage to any property or injury to person that may occur through participation in any activity at the YMCA/TOTAL TENNIS or in its programs. In case of emergency or accident, and I am unable to be contacted, I hereby grant the YMCA TOTAL TENNIS Director or his/her agent to secure proper medical treatment and transportation for my child to an appropriate facility for treatment. I have read the above information. My child has permission to participate in the YMCA Youth Sports/TOTAL TENNIS program in accordance with the conditions set forth above.

X _____

Parent/Guardian Signature

FOR OFFICE USE
DATE RECEIVED _____ FULL _____
DATE CONFIRMED _____ DEPOSIT _____
ck # _____ cc _____ BALANCE DUE _____



The Young Men's Christian Association
Paula G. Marshlip Branch
8100 YMCA Plaza
Baton Rouge, LA 70810

TOTAL TENNIS

2010 SUMMER TENNIS

Developing
WINNING ATTITUDES
through tennis

Visit us & Register online
www.louisianatennislessons.com

ITEMS TO BRING:

All Level Full Day & Training Camps:

Water Jug * Jump rope * notebook & pen
(all ages) * Sunscreen * Bag Lunch *
Swimsuit & Towel * Racquet

All Level Half Day:

Water Jug * Jump rope * notebook & pen
(all ages) * Sunscreen * Racquet

First Serve:

Water Jug * Bag Lunch * Swimsuit & Towel *
slip on shoe for after swimming * Sunscreen *
Racquet

***Racquet can be borrowed if necessary





Y Total Tennis is a year round program dedicated to having fun while developing athletes with winning attitudes. Our staff is committed to kids at every level of the sport!



TENNIS...A lifetime sport!

Give your child the gift of tennis and watch as they benefit from the many rewards that tennis has to offer: Healthy exercise, FUN, sportsmanship, independence & confidence. The Y Total Tennis staff is looking forward to yet another exciting summer filled with new and returning faces! JOIN US!



**JOIN US
THIS
SUMMER!**



**ALL AGES
&
ALL LEVELS!**



TRAINING CAMPS

- ▶ **Tournament players** age 7—18
- ▶ If you are a **tournament player** dedicated to personal success, this camp is for you.
- ▶ Training is designed to prepare each player to reach his/her peak performance level for the Jr. Qualifying, Southern Closed, or other summer tournaments.
- ▶ Intense mental and physical training

CAMP DESIGN:

"It is our goal to get personal with each player's game. Y Total Tennis has a strong group of players with state, southern, and national rankings. We will be preparing hard to have a strong showing at the State Qualifying and Southern Closed. My staff will use their years of junior and collegiate experience to help build the confidence and desire of each player to compete at their highest level."
Coach John Wahlborg—Total Tennis Director.

Each student will be involved in:

- ▶ Drill situations to improve technique
- ▶ Athletic growth—quickness, explosion, strength.
- ▶ Match Play—single and doubles.
- ▶ Tournament preparation—match play, nutrition, etc.
- ▶ Video during drills and match play

DATES

May 23-27
May 24-27 from 8:00—4:00 and May 28 from 8:00—11:30

June 13-17
June 14-17 from 8:00—4:00 and June 18 from 8:00—11:30

Training Camps are Full Day Only
Housing available with camper families.
Email for details.

Tuition: \$20 late fee if not registered before first day of camp

\$230-Y Members
\$255-Non-Members
visit our website for ONLINE REGISTRATION



ALL LEVEL CAMPS

- ▶ Ages 5—18 (see skill levels below)
- ▶ Tennis instruction for ALL levels
- ▶ Full day or half day option
- ▶ Cool down periods include: swimming (full day campers only), games, fishing, and more.

CAMP DESIGN:

Personal instruction will be provided on a one to five teacher/student ratio. Students will be divided into groups based on age and ability.

STUDENTS PREPARING FOR MATCH PLAY

Drill situations to groove technique * Point situations to work shot selection * Athletic growth including quickness, explosion & strength * Match play with singles & doubles strategy * Video during drills & match play.

STUDENTS WORKING FOR TOTAL GAME

Stroke production, techniques & fundamentals * Drill situations to groove technique * Point situations to work shot selection * Athletic growth including quickness, explosion & strength * Match play with singles & doubles strategy * Video during drills & match play.

INTRODUCTION TO TENNIS

Beginning stroke production, techniques & fundamentals * Video * Fun games * Scoring

Campers should bring:

All campers should bring a racquet, water jug, jump rope, notebook & pen, and sunscreen. Full day students should also bring a lunch, swimsuit and towel Monday through Thursday.

DATES

June 7-11
June 14-18
July 5-9
July 12-16

Tuition: \$20 late fee if not registered before first day of camp.

Full Day (8-4)
\$210—Y Members
\$230—Non-members

Half Day (8-11:30)
\$115—Y Members
\$130—Non-members

visit our website for ONLINE REGISTRATION



FIRST SERVE CAMPS

- ▶ Ages 5—13
- ▶ FUN, FUN, FUN
- ▶ Tennis, swim, games each day
- ▶ Introduction to tennis
- ▶ Bring a bag lunch



CAMP DESIGN:

Beginner stroke production * fun games * scoring * team tennis * age appropriate games * sno cones * water balloon throw...and more.

NOTE FOR PARENTS

The difference in the all level and the first serve camps is the time and age restriction. First serve campers will remain at camp each day until 1:00. Tennis will take place from 8:00 until around 11:15. Campers will then break for lunch and swim (weather permitting) First Serve camps are designed for the beginner who isn't quite ready to stay all day but would enjoy swimming and eating lunch with friends before going home for the day.

Campers should bring:

Bag lunch, Water jug, swimsuit, towel, sunscreen, tennis racquet, bag to hold all items.
if desired: flip-flops for after swimming—parents will need to re-dress children after swim/end of camp day.

DATES

May 31-June 4
July 19-23

TIMES—8:00-1:00 each day Monday through Friday.

Tuition: \$20 late fee if not registered before first day of camp. Register online to hold your space in camp.

\$145-Y Members
\$165-Non-Members
visit our website for ONLINE REGISTRATION



Questions? ytotaltennis@cox.net