

**SUMMER  
2015  
ADVANCED  
TENNIS  
TRAINING  
CAMPS**

At the  
Santa Maria  
Country Club

**Central Coast Tennis**

is holding **TWO**  
**Advanced Tennis Sessions**  
**PLUS A one week BOOT CAMP**  
**For all serious junior tennis**  
**players!**

SMCC members= \$95 per week  
SMCC Guests= \$115 per week

**\*\* Camp T-shirt included\*\***

Session #1: **Monday July 13<sup>st</sup> - Friday, July 17<sup>th</sup>**

**Time: 3:00pm - 5:00pm**

Session #2: **Monday July 20<sup>th</sup> - Friday, July 24<sup>th</sup>**

**Time: 3:00pm - 5:00pm**

Boot Camp: **Monday, Aug. 3<sup>rd</sup> - Friday, Aug. 7<sup>th</sup>**  
(invitation only)

**Time: 10:00am – Noon**

- 🎾 Each camp will focus on different elements of the game, from constructing patterns to match strategy for both singles & doubles
- 🎾 All camps will include cardio, strength & plyometrics training
- 🎾 There will be a singles & doubles tournament each Friday
- 🎾 Boot Camp invitations will be given at the end of Session #2