



Jr. Training Tennis Camp



Juniors of all ability levels are invited to join us for a fun-filled, all-day camp! At camp, players participate in technical training, skill building drills, and fun games via both

individual and friendly team competitions. Color wars, t-shirts, socks, water balloons, slip n' slides, face painting and ***more*** tennis prizes are all critical parts of the training camp experience! Lunch is provided daily by the club.

Each day, we focus on stroke production, footwork, point strategy and tactical guidance...while also breaking up the day with breaks and exciting team challenges. Pros gradually introduce new skills based on each player's level, so all players are guaranteed to have a blast while improving their tennis skills.

Camp is a great way for juniors to **IMPROVE** and **have fun** with their friends and PFC tennis pros!



*Save your spot at
camp today!*

Pro Shop: 412-963-3480
John's Cell: 304-416-1554

Pittsburgh Field Club Tennis Camp



Jr. Training Tennis Camp

June 13-17 | July 11-15

M – F 10 a.m. – 4 p.m.

Ages 7-16

M- F 10 a.m. - 1 p.m.

Ages 5 and 6

Cost: \$425

121 Field Club Rd.
Pittsburgh, PA 15238



Individual instruction and fun for all ages!

Camp Day Schedule

10:00	Check In
10:10	Warm Up & Instructional Talk
10:30	Drills
11:30	Point Play / Games
12:30	Lunch (included) and Pool Break
1:30	Rotations
2:30	Group Games
3:00	Concluding Point Play
4:00	Depart for the day

What should I bring to camp? All you need to bring with you each day is your racquet, white tennis clothes and a swimsuit! We have the rest!



Beginners

Beginners are introduced to the basics of the game. Emphasis is placed on stroke production, swing form and technique so that our beginners develop sound fundamentals as they improve.

Intermediate

Intermediate players focus on fundamental stroke production to ensure proper technique and match scenarios that introduce the competitive elements of tennis.

Advanced

Advanced players work on stroke production in a competitive environment and are introduced to the basic strategies of the game.

High School/ Tournament Players

Varsity high school and tournament players focus on the strategic and competitive aspects of the game. Emphasis is placed on the point progression, court positioning, patterns of play, and live ball drills.

Areas of Emphasis

Monday

Morning Groundstrokes
Afternoon Volleys

Tuesday

Morning Serve and Returns
Afternoon Specialty shots

Wednesday

Morning Positioning/Strategy
Afternoon Overheads/Lobs

Thursday

Morning Doubles Tactics
Afternoon Doubles Set Play

Friday

Morning Directional Guidelines
Afternoon Court Positioning

