



Junior Tennis Camp

Harbor Square Athletic Club



We are dedicated to provide a fun, safe, and positive experience for kids of all ability levels.

Competitive Drills

Strategy: Singles and doubles strategies. Including positioning, high percentage tennis, different styles of play and how to defend against them.

Technique and stroke production: All strokes are covered. Serve, volley, forehand, backhand, overhands.

Match Play: Singles and doubles. Learn Tiebreakers and regular set scoring.

Workouts: Cardio, balance and agility, footwork drills

Ages 10+ High School Varsity/JV, younger players with experience

SESSION 1: JUNE 28-1 2:00-5:00

SESSION 2: JULY 5-8 2:00-5:00 PM

SESSION 3: JULY 12-15 12:30-3:30

SESSION 4: JULY 19-22 2:00-5:00

SESSION 5: JULY 26-29 2:00-5:00

SESSION 6: AUGUST 2-5 2:00-5:00

SESSION 7: AUG. 9-12 12:30-3:30

SESSION 8: AUG. 16-19 12:30-3:30

Cost: 4 day session: \$180

Daily Drop in: \$50

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