

# KHS Bearkat Tennis



??, Head Coach

Klein High School  
16715 Stuebner-Airline  
Klein, TX 77379  
(832) 484-4000



Charles Lin, Asst. Coach

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## Klein Varsity Tennis Camp

August 5 - 10

7:00 am – 3:00 pm ( 2 hr break from 11 – 1) August 5 – 7

6:00 pm – 9:00 pm August 8

6:00 am – 8:00 am August 9

7:00 – 10:00 a.m. August 10

### Get set for varsity camp.

- Congratulations to those attending varsity camp for the first time and good luck to all participants
- First remember the two purposes of the camp
  - Number one, we will use this opportunity to identify the members of the 19 - 20 Varsity BearKat Tennis team, (this is your opportunity to **earn** a spot on the team)
  - In addition, we will begin to work on doubles pairings in preparation for the fall season.
- Come ready to work hard and play hard

### Take a look at the schedule.

- We will meet Mon – Wed morning at the tennis locker room at 7:00 a.m. (6:00 a.m. on Fri) for warm-up and fitness followed by stroke and strategy drills.
- We will work until 11 a.m Mon - Wed with 30 min rest/snack break half way. On Mon and Wed this will be followed by a 2 hr break for lunch and rest, then resume from 1:00 p.m. to 3:00 p.m. Tuesday afternoon will be free for individual practice or other commitments.
- On Thursday, to take advantage of the coolest possible temperatures and to allow the coaches to attend meetings during the day, camp will resume at 6 pm and work until 9:00 p.m.
- On Friday, we will practice from 6:00 a.m. to 8:00 a.m. followed by challenge matches as scheduled at the time.
- On Saturday we will meet from 7:00 a.m. to 11:00 a.m. for practice/challenges/ celebration TBD
- On Tuesday afternoon we will play a match @ A&M Consolidated
- We will have breakfast snacks available during the morning sessions and drinks throughout. In order to avoid having to coordinate a schedule for

this, the coaches will organize getting the drinks and snacks and each player will need to **bring \$5 on Monday** to cover the cost.

- We have a very competitive schedule this year (you can see the schedule on the website at [www.bearkattennis.org](http://www.bearkattennis.org)) so we need to be certain that we have the right players on the team to be successful.
- The varsity team will practice on Monday and Wednesday from 3:00 p.m. to 5:00 p.m.
- On Thursday the team will travel to San Antonio to play Cy-Ranch and participate in the Gold tournament. tournament.

The group will be divided into teams for some of the drills and activities and will score points throughout the week. Missing a day of camp can impact your team's overall points as well as your standing. If there is anyone who has a conflict with the camp schedule I need to know ASAP.

### **What to bring each day:**

All racquets, in best playable condition, spare grips, dampeners etc.

### **Both running and tennis shoes each day**

Towels, Water bottle

## **Camp Schedule:**

### **Monday 8/5**

7:00 am: Assignment of teams, warm-up and fitness (Includes initial mile run timing)

7:45 – 8:30 am Groundstrokes and Footwork

8:30 – 8:45 am Break

8:45 –9:30 am Volleys and Lobs

9:30 - 10:00 am Break

10:00 – 11:00 am Challenges and Match Play

11:00 am – 1:00 pm Lunch Break

1:00 – 1:45 pm Doubles Strategy – Return of serve and approach

1:45 – 3:00 Match Play

### **Tuesday 8/6**

7:00 am: Recap of yesterday's results; Warm-up and fitness

7:45 – 8:30 am: Forehand g/s and approach

8:30 – 8:45 am Break

8:45 – 9:30 am: Serve and Return

9:30 – 10:00 am Break

10:00 – 11:00 am Challenges and Match Play

### **Wednesday 8/7**

7:00 am: Recap of yesterday's results; Warm-up and fitness

7:45 – 8:30 am: Backhand g/s and approach

8:30 – 8:45 pm Break

8:45 – 9:30 am Doubles Strategy – Alternative formations

9:30 – 10:00 am Break

10:00 – 11:00 Challenges and Match Play  
11:00 am – 1:00 pm Lunch Break  
1:00 – 1:45 pm Communication and Strategy  
1:45 – 3:00 pm Match Play

### **Thursday 8/8**

6:00 pm: Recap of yesterday's results; Warm-up and fitness  
6:45 – 7:30 pm: Overheads and lobs  
7:30 – 8:00 pm Doubles Strategy – when to approach  
8:00 – 9:00 p.m Match Play

### **Friday 8/9**

6:00 am: Recap of yesterday's results; Warm-up and fitness  
6:45 – 7:30 am: Working a point  
7:30 – 9:00 am Doubles strategy – Court Position  
6:00 – 6:45 pm. Recap of yesterday's results; Warm-up and fitness  
6:45 – 7:30 pm Doubles Strategy – Volleys and Poach  
7:45 – 9:00 pm Match Play

### **Saturday 8/10**

7:00 am: Recap of yesterday's results; Warm-up and fitness  
7:45 – 8:30 am: Serve and Return  
8:30 – 9:00 pm Doubles strategy – alternative formations  
9:00 – 9:30 pm Break  
9:30 – 11:00 Match Play

**Camp will be followed by a team activity on Saturday location TBD. We need each player to bring \$5 to cover food and drinks.**

***If you have any questions or concerns please contact me.***

Coach Cannon  
281 236-8887 (cell)