

KHS Bearkat Tennis



Klein High School
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Holly Cannon, Head Coach

Charles Lin, Asst. Coach

Klein Varsity Tennis Camp

August 6-11

7:00 am – 3:00 pm (2 hr break from 11 – 1) August 6 – 8

6:00 pm – 9:00 pm August 9

6:00 am – 8:00 am August 10

7:00 – 10:00 a.m. August 11

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
 - o Number one, we will use this opportunity to identify the members of the 17-18 Varsity BearKat Tennis team, (this is your opportunity to **earn** a spot on the team)
 - o 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 each morning at the tennis locker room at 7:00 a.m. (6:00 a.m. on Thurs; 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 followed by a 2 hr break for lunch and rest, then resume from 1:00 p.m. to 3:00 p.m.
-) 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. In the afternoon we will travel to Ridge Point HS to play a match
-) On Saturday we will practice from 7:00 a.m. to 11:00 a.m.
-) On Monday afternoon we will play a match @ Stratford HS
-) 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) so we need to be certain that we have the right players on the team to be successful.
-) To help insure that this happens we will handle cuts as follows.
 - o All invitees will participate for the entire camp.
 - o On Monday after the match at Stratford the coaches will make cuts to determine who will join the varsity team.
-) The varsity team will practice on Tuesday and Wednesday from 3:00 p.m. to 5:00 p.m.
-) On Thursday the team will travel to the San Antonio 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 8/6

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 8/7

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

11:00 am – 1:00 pm Lunch Break

1:00 – 1:45 pm Doubles Strategy – Volleys and Poach

1:45 – 3:00 Match Play

Wednesday 8/8

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 8/9

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 8/10

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
3:00 pm Depart for match at Ridge Point HS

Saturday 8/11

7:00 am: Recap of yesterday's results; Warm-up and fitness
7:45 – 8:30 am: Serve and Return
8:30 – 9:30 pm Doubles strategy –Volleys and Poaching
9:30 – 10:00 pm Break
10:00 – 11:00 Match Play

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

Monday 8/13

3:00 pm depart for match at Stratford HS

If you have any questions or concerns please contact me.

Coach Cannon
281 236-8887 (cell)