

Crossroads Training Center Super 8 Men's High School Tennis Camp

What: This one day training camp, focusing on the Super 8 Counties is for all men's high school tennis players. This session will help prepare you for the upcoming school tennis season by providing instruction and personal training to help in all aspects of the game, including stroke production and match play decisions. This program has been designed to bring together players from around the region to train and compete. Super 8 counties include: Iredell, Davie, Forsyth, Davidson, Rowan, Surry, Yadkin, and Stokes.

Where: Caldwell Park Tennis Courts Statesville, NC

When: January 21, 2012

Time: 9:00 am- 4:00 pm

Cost: \$70 per participant. Each additional family member is \$60.

Deadline: January 13, 2012

Schedule: 9:00 am - 12:00 pm Warm-up/Drills/Training

12:00 pm -1:00 pm Lunch (Provided)

1:00 pm - 4:00 pm Match Play/Live Ball Drills

All aspects of the Crossroads Training Center Camp will be directed and instructed by Jason Little and Gordon McEachran (additional instructors will be added as needed). A certified personal trainer will assist in the total body training session incorporated into the daily schedule. Student to instructor ratio is very important to this training program and to the success of the participant, therefore only the first 24 students will be accepted into this program. Each student will receive 6 hours of on-court instruction, lunch, and t-shirt. Participation not limited to Super 8 counties

Registration: Registration will be accepted at the Statesville Recreation & Parks Department Administrative Office, at the Statesville Fitness & Activity Center, 1875 Simonton Road, Statesville, NC 28677. Please email, phone, or text any questions to Jason Little at cjltennis@bellsouth.net or 704-450-6338