

Brockton Community Schools

Summer Tennis Academy Program 2012



July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31				

August 2012

			1	2	3	4
5	6	7	8	9	10	11

Session 1
July 30 - August 3, 2012

Session 2
August 6 - 10, 2012

Brockton High School
470 Forest Avenue
Brockton, MA 02301
9:00 AM - 12:00 PM
Free Lunch
12:00 PM - 12:30 PM

FREE SWIM
Session 1
Wednesday, August 1, 2012
Session 2
Wednesday, August 8, 2012

TYPICAL DAILY SCHEDULE

9:00 - 9:30	Organization/Stretching
9:30 - 10:00	Drills/Learned Strokes
10:00 - 10:30	New Strokes/Techniques
10:30 - 11:00	Group Games
11:00 - 12:00	Games/Matches/ Challenges
12:00 - 12:30	Free Lunch

PROGRAM OBJECTIVES

- Excellent instruction, student to staff ratio will not exceed 8:1
- Variety of racquet grips for different types of shot making
- Topspin forehand and backhand
- Slice forehand and backhand
- Serving options: flat, spin or kick
- Offensive and defensive lobs
- Chip and charge doubles
- Baseline singles
- Net game; volleys
- Court positioning for singles and doubles
- Game, set, match scoring (multiple formats)
- Modified games for beginners, moving towards traditional scoring
- Many skill and drill practice techniques
- Daily skill competitions
- Tennis rules and etiquette
- To prepare for BHS Varsity tennis teams

