

HOW TO GET THE MOST FROM THE 2023 *Intense* TENNIS CAMPS

Properly preparing for your journey through the *Intense* Tennis Camps can position you for rock-solid tennis and magical life experiences. Having made a wise choice to improve your tennis game at our Camps, there are several things you can do to have a worthwhile and enjoyable time once you're here. The following guidelines will help ensure your tennis game rocks.

- ***Intensity***: Our camp schedule is 'Rock around the clock.' Keeping a busy schedule is a good thing to get the most out of your time, but we also have important, 'rest' time around meal times. Do prepare for tennis camp by practicing with intense, outdoor workout sessions.
- ***Location***: College camps offer a range of extra-curricular activities that are important to provide a balanced experience and an insight into collegiate life. Camp programs include meals and the group dining experience promotes an exciting social atmosphere.
- ***Conditioning***: Work on your cardiovascular fitness before setting off to camp. Aerobics, jogging, sprinting, biking, and swimming will all improve your stamina and make the camp regimen easier. Hit lots of tennis balls to toughen your hands and prevent blisters.
- ***Food/Water***: To learn faster and retain information better in an anticipated hot weather week, drink lots of water and sports beverages. Eat all meals sensibly, shade regularly, rest fully, and always work hard.
- ***Racquets/Equipment***: Just like the pros, restring and regrip your racquets before camp and bring extra tennis supplies to get you through the week.
- ***Shoes***: Break in any new tennis shoes prior to camp and bring two pairs with you. You simply can't afford to develop blisters on the first day. Consider bringing cross-trainers for off-court activities.
- ***Mental Preparation***: Be open-minded to modifying your technique, commit to eliminating bad habits, apply 'intentional' listening, and try new ideas. Surely, this is why you're off to camp!
- ***On-site***: Do understand it's not private lesson camp, but tell your instructors about your goals and what modifications you want to make to your game. We can help specific needs because we specialize in individualized group instruction. At the *Intense* Tennis Camps, pace yourself once the program has begun. Do not overextend yourself in the opening days; rather, build up for a strong finish. Remember, there are often rewards for consistency during the week and playing well, but no prizes for tapering off by midweek, or for hitting the most tennis balls.