

Tennis Camp 2023



Camp Overview

Location: Mullingar, Co Westmeath

Students are divided into groups, division is mostly ability based but depending on activity or event it may be by gender or age.

Daily activities focus on technical, tactical, physical, and psychological training either on their own or as a combination.

- * A physical element e.g. Serve technical and tactical training.
- * Tactical training - moving your opponent, fun game, warm down, recap
- * Match play practice
- * Round robin events
- * Team events

What you need to bring

- * Rackets x 2
- * Tennis footwear (Omni court)
- * Tennis appropriate clothing
- * Change of clothes

***Please note this is a fun summer camp as opposed to an advanced, technical training academy.**

Dates

- * Weeks Beginning 3rd, 10th and 17th July

Daily Timings

- * Monday to Friday
- * 10.00 to 17.00
- * Lunch : 13.00 to 14.00

Number of students on the camp last year

- * 30-35 students per week

Student Nationalities last year

- * 55% Irish
- * 20% Spanish
- * 20% French
- * 5% Italian

***Average nationalities across all camps and age groups**

Age Range

- * 12 to 17

Boy to Girl Ratio

- * 6:4

