

# HAMMEL TENNIS CAMP 2018

## Welcome!

At the Hammel Tennis Camp we love teaching children to play tennis!

It's exhilarating to see young players grow as individuals in the process of learning and improving their tennis games. We've created an exciting program that successfully integrates a commitment to excellence, daily lessons in good sportsmanship, and a high-spirited atmosphere of fun. Our camp is beginning its 46th summer of fun and learning. Our experience combined with positive impact elevates a young player's tennis game. Hammel campers are coached in all aspects of the game - strokes, speed & footwork, strategy, physical conditioning, and mental skills.

Teaching students to understand the subtle nuances as well as the basic concepts of tennis makes the sport fun and ensures optimal improvement. Making progress toward an exciting goal, taking on challenges, and working hard in a fun and inspiring atmosphere is what the Hammel Tennis Camp is all about! Joining the Hammel Tennis Camp for a week can make a world of difference!

We hope to see you on the courts this summer! - Laury Hammel

## Hammel Tradition

Tennis is in Laury Hammel's blood. His mother and father are life-long tennis players, coaches, have achieved high ranking and are members of the Utah Tennis Hall of Fame. In fact, the Hammels' were USTA Family of the Year in 2000! Laury has been a competitive tennis player for over 59 years and has consistently earned sectional ranking in junior and open divisions. In senior play, he has earned several national ranking and has been #1 in New England in six divisions.

Laury has coached hundreds of juniors to national ranking and is a cutting edge innovator in tennis technique and philosophy. Many of his ideas once thought as unorthodox are now accepted as standards in the teaching profession. He is a nationally recognized coach, industry leader, and speaker.

In 2004, Laury was inducted into the New England Tennis Hall of Fame.

## The application

- The application **MUST** be signed!

## I'm looking for more information about:

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# General Information

Hammel Tennis Camp is starting it's 46th summer of fun and learning. Our campers are coached in all aspects of the game - strokes, speed & footwork, strategy, physical conditioning, and mental skills. Camp starts the week of June 4th and runs thru the week of August 20th. There are ten 5-day sessions and one 4-day session (no camp July 4th).

## **Applications and Required Forms**

An application must be completed for each camper before the camper may attend. Application packets are available at both the Wayland and Natick locations, as well as online at [www.longfellowjuniortennis.com](http://www.longfellowjuniortennis.com), and includes:

- 2018 Summer Camp Application, Schedule, & Fees
- Release of Liability Form
- Authorization of Transport
- Physical & Immunization Form (from your child's physician)

It is a state regulation that Campers, including walk-ins, cannot participate in camp until all of these forms have been completed and returned to the Longfellow Club. THERE WILL BE NO EXCEPTIONS.

All Hammel Tennis Camps comply with the regulations of the Mass Department of Public Health and are licensed by the local board of health. Parents have the right to review policies, background checks, healthcare, discipline policies, and grievance procedures upon request.

- All camps are staffed at a 4 to 1 ratio.
- Campers should come dressed in tennis appropriate clothing and tennis shoes.
- Players should bring a water bottle, sunscreen, racquet, and a nut free lunch. See confirmation email for more details.
- Campers in Zip tennis will swim every day weather permitting. Swimmers are given a test by the lifeguards to determine what areas of the pool they may safely swim in. Each swim session is fully supervised by camp staff and lifeguards.

## **Transportation**

Transportation is available between the Wayland and Natick campuses for an additional fee. See application for details.

For more information contact Phil Parrish, Director of Tennis at [pparrish@longfellowhealthclubs.com](mailto:pparrish@longfellowhealthclubs.com) or Bev Baker, [bbaker@longfellowhealthclubs.com](mailto:bbaker@longfellowhealthclubs.com), or call 508-358-7355.

## Zip Tennis Camp (Red Ball)

Zip Tennis Camp is offered at Natick and Wayland. Using lower compression balls and smaller courts is an exciting introduction to the great sport of tennis for children ages 4-8. Longfellow's Zip Tennis programs, part of the USTA 10 & Under Program, are not only fun, but give young people a solid foundation, modern technique, and excellent strategy! Each day campers will follow a fun and effective curriculum that will have them playing matches and team competitions on 36' courts by week's end. Campers are leveled by age and ability at the start to ensure the greatest level of success.

Campers in Zip Tennis will also swim every day (weather permitting). Swimmers are given a test by the lifeguards to determine what areas of the pool they may safely swim. Each free-swim session is fully supervised by camp staff as well as lifeguards.

Campers who are looking for a full day experience have this option at our Wayland location. Campers transition to extended day after lunch at 1:00 p.m. for games, arts & crafts, and more swimming. Campers will be able to choose their daily electives from the many offerings at the Longfellow Youth Sports Zone!

**Ages 4-8.**

**Camp runs from 9:00-1:00 p.m.**

**Select Wayland or Natick Campus.**

**DROP OFF & PICK UP at campus selected.**

**1:00-4:00 p.m. Extended Day *available at Wayland campus only.***

## A Day at Zip Tennis Camp

<b>9:00 a.m.</b>	Check in
<b>9:00 - 10:30</b>	On court activities
<b>10:30 - 10:45</b>	Break
<b>10:45 - 11:30</b>	More on court fun!
<b>11:30 - 12:00</b>	Lunch
<b>12:00 - 1:00</b>	Supervised swim
<b>1:00 p.m.</b>	Pickup
	Extended day option in our
<b>1:00 - 4:00</b>	Youth Sports Zone (Wayland campus only)
	Pickup for extended day
<b>4:00 p.m.</b>	campers

- Campers should come dressed in tennis appropriate clothing and tennis shoes.
- Players should bring a water bottle, bathing suit, towel, and a nut free lunch.
- Campers in Zip tennis will swim every day weather permitting. Swimmers are given a test by the lifeguards to determine what areas of the pool they may safely swim in. Each swim session is fully supervised by camp staff and lifeguards.



# 12 & Under Camp (Orange & Green Ball)

All levels are welcome!

The 12 & Under Camp is offered at the Longfellow Tennis Club Natick Campus and is organized by age and skill. The camp follows the USTA 12 & Under Program. Using 60' and full courts, along with softer balls, allows our kids to play tennis immediately. Juniors ages 8-12 are taught the basic strokes and strategies of tennis in a fun and highly effective manner. This camp also provides age appropriate fitness programs. Full and half day options are available.

**Ages 8-12.**

**No previous experience required.**

**Half day & Full Day options.**

**Camp runs from 9:00-1:00 p.m. for half day,  
and 9:00-4:00 p.m. for full day.**

**Lunch for all campers is 12:00-1:00 p.m.**

**DROP OFF & PICK UP at the Natick campus.**

## A Day at 12 & Under Camp

- 9:00 a.m.** Check in at Natick Campus
- 9:00 - 10:45** On court activities
- 10:45 - 11:00** Break
- 11:00 - 12:00** More on court fun
- 12:00 - 1:00** Lunch & free time (optional supervised swim)
- 1:00 p.m.** Pick up for 1/2 day campers
- 1:00 - 2:30** On court for match play
- 2:30 - 2:45** Break and snack
- 2:45 - 4:00** On court games
- 4:00 p.m.** Pick up for full day campers

- Campers should come dressed in tennis appropriate clothing and tennis shoes.
- Players should bring a water bottle, tennis racquet, bathing suit, towel, and a nut free lunch.
- Supervised swim between 12:00 - 1:00 is optional for 12&Under campers.

## High School/Pre-HS (Yellow Ball)

Get Prepared for High School Tennis!

The High School/Pre HS Training Camp has become the camp of choice for players wanting to play high school tennis or are currently playing varsity or junior varsity tennis for their high school team. In addition to structured training in the fundamental strokes of the modern tennis game, the camp places special emphasis on singles and doubles skills, strategies, and tactics. We offer both a full day and half day option to fit into your busy schedule.

Campers will participate in inter-club matches in the afternoons during the week, team building excursions, opportunities to build endurance, learning how to eat like an athlete, and more!

**Ages 11-16.**

**No previous experience required.**

**For players who want to play high school tennis or are currently playing varsity or junior varsity for their high school team.**

**Half day & Full Day options.**

**Lunch for full day campers is 12:00-1:00 p.m.**

**DROP OFF & PICK UP is at the Wayland campus.**

## A Day at HS/Pre HS

- 9:00 a.m. Check in at Wayland Campus**
- 9:00 - 10:45 FUNDamentals**
- 10:45 - 11:00 Break & snack**
- 11:00 - 12:00 Endurance tennis**
- 12:00 Pick up for 1/2 day campers**
- 12:00 - 1:00 Lunch & free time for full day campers**
- 1:00 - 2:30 Doubles strategy and matches**
- 2:30 - 2:45 Break**
- 2:45 - 4:00 Singles match play**
- 4:00 p.m. Pick up for full day campers**

- Campers should come dressed in tennis appropriate clothing and tennis shoes.
- All campers should bring a water bottle, sunscreen, and tennis racquet.
- Full day campers should bring a nut free lunch.

# Tournament Training (Yellow Ball)

The Longfellow Clubs Tournament Training Camps have been the number one training camps for competitive juniors for over forty years. Players from all over New England attend because of the high level of competition and seek a deeper and broader understanding of what it takes to move their game to a higher competitive level.

New England's finest coaches, led by Laury Hammel, Eric Westcott, Jamey Finchum, Art Coleman, and Phil Parrish, will make your camp experience more productive in the development of your game. From video stroke analysis and clay court play, to doubles tactics, we have created a program to unleash your potential.

## Tournament Training (Yellow Ball)

**Ages 13+**

To be eligible for the Tournament Training Tennis Camp, you must be a tournament player and eligible to play at the specific level registered.

## 12 & Under Junior Tournament

**Ages 12 & Under.**

To be eligible for the 12 & Under Junior Tournament tennis camp, you must be a tournament player and eligible to play at the specific level registered.

### Campers can expect:

A high level of competition from players across New England  
Video stroke analysis ~ clay court play ~ doubles tactics  
A broader understanding of what it takes to move their game to a higher competitive level.

- Campers should come dressed in tennis appropriate clothing and tennis shoes.
- All campers should bring a water bottle, tennis racquet, and sunscreen.
- Full day campers should bring a nut free lunch.
- Swimming is optional for Junior Tournament and Tournament full day campers.

## A Day in Tournament Training Camp

9:00	* 12 & Under check in @ Wayland campus * 13+ check in at Regis College
9:00 - 10:45	On court training
10:45 - 11:00	Break
11:00 - 12:00	On court training
12:00 - 1:15	Lunch & free time
1:15 - 3:00	Match play Thursdays - Doubles Fridays - Camp singles tournament
3:00 - 3:15	Break
3:15 - 3:45	Fitness
3:45 - 4:00	Group activity
4:00	Pickup



<b>Rates</b>			
	<b>Before 4/1/18</b>	<b>Before 5/15/18</b>	<b>After 5/15/18</b>
<b>Zip Tennis</b> <i>Ext. day at Wayland only</i>	\$225/week \$60/day <b>\$36/ext. day</b>	\$255/week \$60/day <b>\$36/ext. day</b>	\$275/week \$60/day <b>\$36/ext. day</b>
<b>12 &amp; Under</b>	\$475/week \$110/day \$60/half day	\$525/week \$110/day \$60/half day	\$550/week \$110/day \$60/half day
<b>High School/ Pre-HS</b>	\$475/week \$110/day \$60/half day	\$525/week \$110/day \$60/half day	\$550/week \$110/day \$60/half day
<b>Junior Tournament</b>		\$595/week \$145/day \$75/half day	\$645/week \$145/day \$75/half day
<b>Tournament</b>		\$595/week \$145/day \$75/half day	\$645/week \$145/day \$75/half day
<b>*Unlimited Jr. Tournament or Tournament</b>	\$1695	\$1770	\$1845
<b>* Unlimited camp attendance option for Junior Tournament and Tournament Training camps.</b>			

## Transportation

The Longfellow Health Clubs provide a shuttle between the Natick and Wayland campuses for drop/off at beginning of camp day and pick/up at end of camp day. ***The fee for this service is \$25/day.*** If your child is transported during the camp day to a camp related even there is no charge for that transportation.

The van will leave the Zip Zone in Wayland at 8:15 a.m. to transport campers to camps being held in Natick. The van will leave the Racquet Club in Natick at 8:45 a.m. each morning to bring campers to Wayland.

**PLEASE BE ON TIME AS THE SHUTTLE CANNOT BE HELD!**

The van will return campers to Natick and or Zip Zone everyday for pick up. It will make a round trip, leaving the Zip Zone at 12:00 p.m. for half day campers and 4:00 p.m. for full day campers.

Transportation must be arranged and paid for in advance, submitted with this form. Forms are available online and at both the Natick Racquet Club and the Zip Zone.

Parents/caregivers must pick up their own children unless special provisions are requested and approved.

## World Class Facilities

The Longfellow Health Clubs offer superior facilities and equipment that make it enjoyable and convenient for campers to focus their efforts while working to achieve their full potential. We also have 2 swimming pools, basketball courts, fitness facilities, locker rooms, and air conditioned lounge area.

Hammel Tennis Camp features the first-in-the-nation Zip Tennis! This unique facility has 3 - 36' indoor courts designed for children ages 4-8. Zip tennis and the brand new Youth Sports Zone in Wayland is the ideal space for children to learn and enjoy the sport of a lifetime. We have added a youth size soccer field and basketball court to offer even more for kids. Daily offerings of tennis, soccer, taekwondo, basketball, yoga, and much more may be found at the Longfellow Youth Sports Zone.

***Rain or shine, we're running.  
Hammel Tennis Camp is located at  
The Longfellow Clubs Wayland and  
Natick Campus.***

***Outdoor courts are used at other  
sites and transportation from  
Natick or Wayland is provided.***