



Grand Slam Tennis Camp

SUMMER TENNIS CAMP 2009

7 to 13 year olds

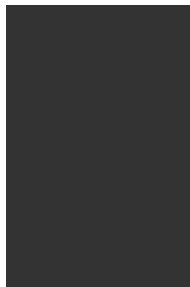
Venue:

**Tennis Ireland National Tennis Academy,
Albert College, DCU, Glasnevin, Dublin 9**

Week 1 – August 3rd – August 7th

Week 2 – August 10th – August 14th

Week 3 – August 17th – August 21st



Grand Slam Tennis Camp

We are delighted to bring you our **Grand Slam Tennis Camp 2009** and wish to welcome your child to this fun and exciting sport. Our camp will focus on an introduction to the game of tennis through a fun and safe environment. There are 3 weeks to choose from, where your child will have the opportunity to learn the technique and physical elements of the great game of tennis.

Your child will learn the forehand, backhand, serve and volley. We will also work on the physical side of tennis training including, speed, agility, coordination and balance. Our team will also teach the children about the rules of tennis and matchplay.

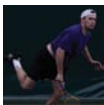
Our aim is to give your child a good foundation in the game of tennis with the emphasis on fun and making friends in the sport so that they can go on to enjoy the game in the future.

Cardio Tennis will also be another feature of fun and fitness for the children to learn the game. The children will practice feed-based and play-based drills while hitting tennis balls to music. Please visit www.cardiotennis.com for further details.

During each of the Tennis Camp weeks there will be a special guest visit from one of the Senior or Junior National Squad Academy members to present their view and experiences in the world of Irish tennis.

Tennis Coaches

All members of our team are garda vetted and have completed the required Child Protection course as outlined with Tennis Ireland. All staff on the team are registered coaches with the Tennis Ireland Coaches Association (TICA)



John McGahon

Tennis Ireland Level 1 Coach (currently qualifying in Level 2 Coaching Course)
Previous ATP player and former Davis Cup player for Ireland
P.G.C.E in Physical Education, Exeter



David O'Connell

Tennis Ireland Level 1 Coach (currently qualifying in Level 2 Coaching Course)
B.Sc Athletic Therapy and Training, DCU
National Tennis Academy Coach and previous Davis Cup player for Ireland.



Tara Congdon

Level 1 Tennis Coach & Cardio Tennis Trainer
Administrator with Tennis Ireland.



Times

Programmes will take place Monday to Friday from 10am – 1.30 pm daily. Please arrive at 9.30am on the Monday at the beginning of your chosen Tennis camp week for registration.

Standard Rate

- 1 child – €130
- 2 siblings – €240

Early bird rate (bookings made before 19th June 2009)

- 1 child – €120
- 2 siblings – €220

Limited
places
available
please
reserve
early

What to Bring?

- Appropriate sports clothing & runners
- Packed lunch including water/sports drink for hydration during the day (no glass bottles please)
- Suncream (Please apply before arrival each day)
- Tennis racket – if your child does not have a tennis racket please notify us well in advance so we can reserve a racket for your child for the duration of the camp.
- Receipt of payment to be presented on the morning of registration.

Contact:

Tara Congdon
c/o Tennis Ireland
DCU, Glasnevin, Dublin

Mob: 085 117 90 67

Email: cardiotennistraining@gmail.com

Web: [www.tennisireland.ie/clubs/
summer_camps](http://www.tennisireland.ie/clubs/summer_camps)

Please Note:

This is a prebook camp • Programme content is subject to change • To avail of our early bird discount you must reserve before 26th June 2009 • Children must be signed in each day and the person collecting the child at 1.30pm each day should be clearly marked • Children attending camp must adhere to the Tennis Ireland code of conduct.

Application Form

TO BE COMPLETED BY AN ADULT IN BLOCK CAPITALS

Child's Name	Age	Week 1	Week 2	Week 3

Parent/Guardian

Name:

Address:

Telephone: (h) (w)

(mob)

Email:

Emergency contact name:

Emergency contact num:

Does your child have any illnesses/injuries/allergies that we should be aware of?

Yes

No

If yes please provide more detail:

As parent/guardian of the above child/children, I am aware that the exercises involved in this camp are of a physical nature and therefore accidents and injuries can occur.

Signature of parent/guardian:

Payment

Please return this application form with the appropriate fee to:

Tara Congdon: c/o Tennis Ireland, DCU, Glasnevin, Dublin 9

Please indicate how you wish to receive confirmation of your child/children's booking:

Post

Email