



Mid-South Illinois / Southern Indiana Competition Training Camp Boys and Girls 14 / 12 and Under Saturday, May 19 - Sunday, May 20 Evansville Tennis Center – Wesselman 551 N. Boeke Rd, Evansville IN

Theme: Improve Now, Win Later

Camp Objectives:

- Ground Stroke Production: fundamentals and technical work on various shots and continue to improve on existing skills
- Player Accountability: Taking ownership of their own tennis through goal setting and mental toughness
- Serve and Return of Serve Fundamentals and Patterns: fundamentals and mindset in starting points out strong.
- Education: To help further educate players about pre and post-match routines, tournament scheduling, and having a growth mindset.
-

Resources: <https://www.usta.com/About-USTA/Player-Development/Player-Resources-Main/>

**Saturday, May 19, 12:00 p.m. to 4:00 p.m.
Evansville Tennis Center – Wesselman 551 N. Boeke Rd, Evansville IN**

TIME	ACTIVITY	PURPOSE
12:00 PM	Coaches meeting at camp Host Site	Coaches meet to go over coaching education piece, camp objectives, logistics, and player court assignments.
12:30 PM	Coaches on court to review drills	Review on-court drills for Saturday's sessions.
1:15 PM	Player Check-In/ Registration	Staff registers players in camp.
1:30 PM	Player Welcome and Coaches Introduction	Lead coach will review camp objectives, schedule for weekend, character quality of camp, establish rules and coaches/trainer introductions.
1:45 PM	Dynamic Warm-Up and Athletic Development	Players prepare for afternoon training.
2:00 PM	Player Training with Players rotating through Stations. Hand Toss / Drilling and Competition – Main Areas of Focus will be: <ul style="list-style-type: none"> • Ground stroke production • Goal Setting • Serve and Return +1 • Off Court Conditioning 	For players and coaches to focus on the camp objectives that are vital for the individual player's long term development.
4:00 PM	Break at the camp Host Site	Provide players with rest and recovery before phase two of live ball and set play

Saturday, May 19, 4:30 p.m. to 6:45 p.m.

TIME	ACTIVITY	PURPOSE
4:30 PM	Dynamic Warm-Up (Host Site Coach)	Players prepare for phase two of training.
4:45 PM	Live Ball Drilling and Set Play	For players to implement serve/return patterns and transition skills.
6:30 PM	Day #1 Camp Wrap-Up and Goals and Player Journal Emphasis	Review day's activities and how camp objectives were addressed.
6:45 PM	Player Party and Dinner	Dinner provided by camp staff.
6:30 PM – 7:30 PM	Coaches Meeting	Review Day #1: Plan for Sunday and discuss players' evaluations.

Sunday, May 20, 8:45 a.m. to 12:00 p.m.

Evansville Tennis Center – Wesselman 551 N. Boeke Rd, Evansville IN

TIME	ACTIVITY	PURPOSE
8:45 AM	Coaches meeting at camp Host Site (Lead/Faculty Coach)	Coaches meet to organize Sunday morning programming.
9:30 AM	Sunday Overview for the Players	Give players understanding of the day's programming.
9:40 AM	Dynamic Warm-Up (Host Site Coach)	Players prepare for morning training.
9:55 AM	Live Ball Drilling and Competition – Main Areas of Focus will be: <ul style="list-style-type: none"> • Utilizing correct technique in a competitive situation • Serve and Return +1 • Mental Toughness 	Re-emphasize camp objectives and on court training from Saturday.
10:30 AM	Parent Meeting with Lead Coach (PARENT ATTENDANCE REQUIRED)	Discuss roles in junior development , tournament scheduling, rankings and ratings
12:00 PM	Lunch and break at the camp Host Site	Provide players with rest and recovery before phase two of Davis Cup / Fed Cup Competition

Sunday, May 20, 12:30 p.m. to 3:15 p.m.

TIME	ACTIVITY	PURPOSE
12:30 PM	Pre Match Preparation	Players prepare minds for match play. By setting goals for match play and practicing pre match routines.
12:45 PM	Dynamic Warm-Up (Players Warm Up as Teams)	Players physically prepare for match play.
1:00 PM	Match Play – Jr. Davis Cup / Fed Cup Competition	Team Competition
3:00 PM	Cool Down and Camp Wrap-Up, Present camp awards, and Briefly Review Camp Objectives / What Players Have Learned Over Weekend	Camp Wrap Up
3:15 PM	End of Camp	
3:15 PM	Coaches Wrap Up Meeting	Finalize Thoughts and Notes on Camp, and Coaches Submit Player Evaluations

Coaches

Ryan McDaniel (Lead Coach) – rmcdaniel@evansvilletennis.com

TBA