



sport&health

Summer Tennis Camps

Our mission at 4 Star is to teach tennis for a lifetime of enjoyment and exercise. We are dedicated to assisting our students pursue excellence on and off the court.

The 4 Star Summer Camp Tennis Program is a carefully designed and implemented approach to the game of tennis. We use sophisticated teaching techniques to analyze and develop strokes. Proper practice and drilling techniques are demonstrated while basic and advanced strategy is taught by on-court demonstration. Our small student/instructor ratio guarantees individual attention and evaluation.

FULL DAY PROGRAM 9am - 3pm (Includes 1 hour of swimming)
1 Week \$444 member/\$487 nonmember
Additional Weeks \$409 member/\$450 nonmember

HALF DAY PROGRAM 9AM - 12PM
1 Week \$281 member/\$309 nonmember
Additional Weeks \$252 member/\$277 nonmember

WEEK 3 (JULY 4th week, no camp 7/4)
Full Day Program \$355 member/\$389 nonmember
Half Day Program \$225 member/\$248 nonmember

We recommend early registration to ensure placement in the program of your choice. Just fill out the application and return it with your payment at your earliest convenience. Please refer to this application for registration and makeup policy information. If you have additional questions, email us at virginia@4startennis.com or call (703) 556-6550 ext. 222



The Sport&Health Summer Tennis Camp is led by the 4 Star Tennis Academy under the leadership of Hannah Pass. The 4 Star Summer Camp Tennis Program is a carefully designed and implemented approach to the game of tennis.

DROP-IN RATE

We encourage all of our campers to sign up for complete weeks of camp. The drop-in daily rate is as follows:
Full Day: \$90 member / \$99 non-member
Half Day: \$69 member / \$76 non-member
Drop-in classes are only allowed on a space available basis.



FREQUENTLY ASKED QUESTIONS

Who will be teaching my child?
Camp directors Hannah Pass and Leif Bjelland will be accompanied by Sport and Health McLean tennis instructors as well as junior pros who have grown up in the 4Star program and share Leif and Hannah's passion for youth tennis. All of our junior pro's are of college age, play and love the sport of tennis and have experience working with kids. Most importantly, our pros love teaching beginner to intermediate level children and take pride in creating a fun and nurturing environment for our campers.

What is an average day?
Every morning camp starts out with a warm-up consisting of a brief dynamic stretching session followed by fed ball drills that reiterate what was taught the day before. Campers are then brought together where instruction focuses on a "stroke of the day". Students then practice this highlighted area in fed drills and specific games. Finally campers participate in group games as well as some singles/doubles level permitting.. The weeks instruction builds on itself culminating in "Tennis Olympics" on Friday with fun and prizes! In the afternoon players are coached more on general technique with extra focus on singles and doubles strategy.

How are the campers grouped?
Every Monday all new campers will be assessed and placed in groups based on a combination of ability and age. Groupings are important during the drilling part of camp (fed and live) as instruction will be tailored for the general level of the group on each court. Later in the morning children will be combined in group games so that they can socialize and play with kids of all ages and levels. Groupings are not set in stone and our instructors welcome any feedback from campers and parents. Our goal is to place your child in a group that will challenge them while at the same time providing needed instruction and instilling confidence.

How do we teach the Tiny Tots?
Start your child's tennis career with some serious fun! Led by energetic instructors, our tiny tot classes focus on the development of hand-eye coordination, footwork and basic stroke introduction. The main goal is to encourage enthusiasm and love for tennis while introducing very basic skills.
*Please Contact us before signing up Tiny Tots

2019 CAMP REGISTRATION

Please fill out this form and return with payment to the address below. You may also scan and e-mail your form to virginia@4startennis.com or drop your registration off at the club.

McLean Sport & Health
1800 Old Meadow Road
McLean, Virginia 22102

For more information, contact Erik Ningard (virginia@4startennis.com / (703) 556-6550 ext. 222

CAMPER INFORMATION

Camper's Name _____

Age _____ Sex: M F Hand: R L

Address _____

City _____ State _____ Zip _____

Phone (h) _____ (c) _____

E-mail _____

Parent/Guardian _____

Member? Yes ___ Member # _____ No ___

Please list any limitations, injuries, medical conditions or health factors which may inhibit or limit player's activity:

Allergies _____

Camper's Physician _____

Physician's Phone _____

Insurance Company _____

Policy # _____

Emergency Contact _____

Relationship _____

Phone _____

SESSIONS

Sign up for each week individually (M-F only)

Circle all applicable below

9am - 12pm 9am - 3pm

Week 1: Jun 17-21 Week 7: Jul 29 -Aug 2

Week 2: Jun 24-28 Week 8: Aug 5-9

Week 3: Jul 1-5* Week 9: Aug 12-16

Week 4: Jul 8-12 Week 10: Aug 19-23

Week 5: Jul 15-19 *No camp July 4th

Week 6: Jul 22-26

EXTENDED CARE (on a weekly basis)

8:00am - 9:00am \$42 member/\$58 non

3:00pm - 5:00pm \$95 member/\$105 non

Both \$126 member/\$147 non

TOTAL FEE \$ _____

PAYMENT CHECK (Make payable to Sport and Health)

Amex M/C VISA DISCOVER

Card on File

Card # _____

Exp. Date _____

Signature _____

PAYMENT & REGISTRATION

Club members of Regency Sport & Health have priority registration over non-club members. Space is limited! Payment is required at registration. We do need to maintain certain minimums and maximums for each camp session, so early registration is requested. Campers will be notified in advance of any changes. The Make up policy: Missed days/sessions may be made up prior to the end of the summer program on a space available basis. There will be no refunds for missed days/sessions. Cancellation policy: There is a \$50 registration fee applicable to any changes or cancellations.

MEDICAL AUTHORIZATION

When 1 of the emergency contacts cannot be reached, I give my consent and permission for the above named doctors to provide medical attention to my child. In the event that the doctors listed above cannot be contacted in the event of emergency, I give any licensed physician, dentist, hospital or health care provider consent to perform emergency medical treatment at my expense as deemed necessary for the well-being of my child. This may include transportation to the emergency room.

RELEASE

In consideration of making facilities and/or services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Sport & Health and 4 Star Tennis Academy of VA LLC, its owners, managers and representatives from any and all claims and demands of every kind, nature, and character which I, or my child, may have or hereafter acquire for any and all damaged or losses which may be suffered or sustained by me, or my child, in connection with our activity and all such claims are hereby waived and released. I also understand the make-up policy.

Parent/Guardian Signature _____ Date _____