



sport&health

2020 Summer Tennis Camp

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.

June 15 - August 21, 2020

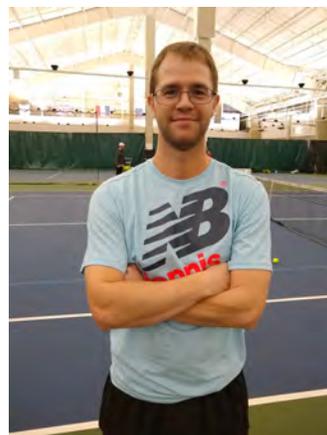
FULL DAY PROGRAM 9am - 3pm

1 Week \$445 member/\$490 non-member
Additional Weeks 5% discount

Full day program includes a lunch break and 1 hour of swimming. Campers may bring their own lunch, pre-order weekly lunch from Cafe Monaco, or purchase from the cafe.

THIS IS A NUT FREE CAMP

NO FOOD PRODUCTS CONTAINING NUTS ARE ALLOWED



The 4 Star Summer Tennis Camp is led Leif Bjelland.

HALF DAY PROGRAM 9am - 12pm

1 Week \$280 member/\$310 non-member
Additional Weeks 5% discount

**PLEASE REGISTER EARLY TO SECURE YOUR DESIRED WEEKS
THIS PROGRAM DOES SELL OUT!**

DROP-IN RATE

Full Day: \$125 member / \$137 non-member
Half Day: \$75 member / \$83 non-member

Drop-in classes are only allowed on a space available basis. Prior to coming, you must confirm with Erik if space is available.



FREQUENTLY ASKED QUESTIONS

What is the daily camp schedule outline?

- 8am - 9am: Extended care, early drop off (Extra Fee)
- 9am: Camper drop off
- 9am - 9:15am: Warm up exercises
- 9:15am - 9:45am: Tennis drills
- 9:45am - 10am: Stroke of the day
- 10am - 10:45am: Stroke of the day development drills
- 10:45am - 11am: Team skill competition
- 11am - 11:15am: Popsicle break
- 11:15am - 12pm: Tennis games

- 12pm - 1pm: Lunch time
- 1pm - 1:45pm: Tennis games and drills
- 1:45 - 2pm: Get ready for pool
- 2pm - 2:45pm: Swimming
- 2:45 - 3pm: Change back into dry clothes
- 3pm: Camper pick up
- 3pm - 5pm: Extended care, late pickup (Extra Fee)

****The weeks instruction builds on itself, culminating in "Tennis Olympics" on Friday with fun and prizes!****

Who will be teaching my child?

Camp director 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 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.

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.

What items does my child need to bring?

Tennis racket, Athletic shoes, Athletic clothing, Bathing suit, Towel, Hat, Sunscreen, Water bottle

2020 CAMP REGISTRATION

Please fill out this form and return with payment to the address below. You may also scan and email your form to **erik4star@gmail.com** or drop your registration off at the club.

McLean Sport & Health
1800 Old Meadow Road
McLean, Virginia 22102
(703) 556-6550 ext. 222

CAMPER INFORMATION

Camper's Name _____

Age _____ Sex: M__ F__

Phone (h) _____ (c) _____

E-mail _____

Parent or 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 _____

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 _____

June 15 - August 21, 2020

WEEKLY SESSIONS

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

Check all applicable below

9am - 12pm 9am - 3pm

Week 1: Jun 15-19

Week 6: Jul 20-24

Week 2: Jun 22-26

Week 7: Jul 27-31

Week 3: Jun 29-Jul 3

Week 8: Aug 3-7

Week 4: Jul 6-10

Week 9: Aug 10-14

Week 5: Jul 13-17

Week 10: Aug 17-21

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 _____