

We are excited to announce this years Coe Brown Northwood Academy tennis Camp. We hope you will join us for a spectacular time of skills, drills, and fun! The goal of the CBNA tennis Camp is to provide a structured learning environment, which fosters an attitude of self-discipline and teamwork through the game of tennis.

The fundamentals and core skills of tennis will be stressed while offering a fun learning environment. Each day will bring a new set of skills and drills to further your child's tennis development.

Tuition: \$55.00

Family Rates: 2 or more children \$45.00 a camper.

Here's what you get:

- 6 hours of tennis instruction
- Camp t-shirt and water bottle
- Four Courts and a double sided hitting wall
- Positive learning environment
- Competitions for prizes
- Competitive games
- Guest lectures and instruction

Make Payments to:

CBNA Tennis

Send your payment and completed registration to:

Coach Sam Struthers
CBNA Tennis
907 First NH Turnpike
Northwood, N.H. 03261

Staff:

Coach Sam Struthers, CBNA Boys Varsity Head

Coach / Camp Director

Coach Struthers brings over ten years of Tennis coaching experience and nineteen years of teaching experience to the CBNA Tennis program. Coach Struthers brings a dedicated and passionate approach to coaching

Coach Mark Struthers CBNA Girls' Varsity Head

Coach/ Camp Director

Coach Struthers has been coaching Varsity Girls tennis at CBNA for the past three years and has been teaching at the Academy for fourteen years. He appreciates the challenge and enjoyment that comes from giving tennis instruction to adolescents.

CBNA Tennis Team

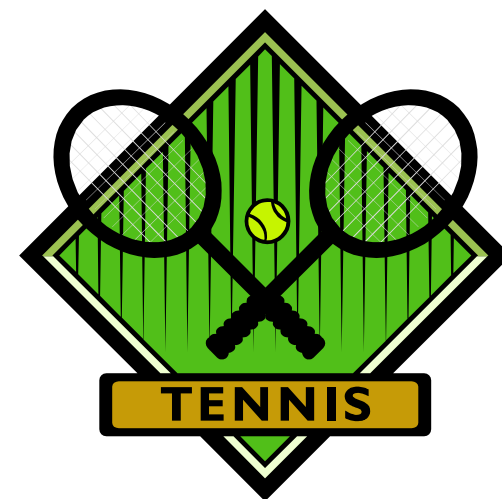
Players from the CBNA tennis teams will be on hand to assist in coaching campers during drills, skills, and games. They will share their knowledge and experience from playing at a high school level to the younger campers.



Phone: 603-942-5531 EXT.688

Fax: 603-942-7537

E-mail: SSTRUTHERS@COEBROWN.ORG



Grades 2, 3, 4, and 5

April 19,20,and 21

8:00 am- 10:00 am

Grades 6, 7, 8, and 9

April 19, 20,and 21

10:00 am- 12:00 pm

CAMPER REGISTRATION
Please return this portion and the waiver form
with your payment to:
Coach Struthers
907 First NH turnpike
Northwood, NH 03261

Name: _____
 Address: _____ Phone: _____
 School: _____ Age: _____ Grade: _____
 Parent (s): _____ Work Phone: _____
 Cell Phone: _____ Home Phone: _____
 Emergency Contact: _____ Emergency Contac Phone: _____
 Email: _____

Shirt Size (Adults) Circle One
 Small Medium Large X-large

Personal & Liability Release Waiver

Waiver and Release: I, the undersigned, agree that my son or daughter is physically fit to participate in strenuous athletic activity, and waive Coe – Brown Northwood Academy, the CBNA tennis program, and its officers and employees of any and all responsibility for injury or illness. I hereby authorize the directors of the CBNA tennis camp to act for me according to their best judgment in any emergency requiring medical attention. I also understand that I am solely responsible for the payment of any such medical expenses and must provide camp with proof of medical and accident insurance.

Signature: _____
 Name (print): _____
 Date: _____
 Relationship: _____
 Insurance Carrier: _____
 Policy Number: _____
 Please answer the following:
 Asthma yes no (If yes please provide inhaler)
 Bee Sting Allergy yes no
 (If yes, please provide Epi-pen)
 *Any other medical conditions: _____

For more information or questions, call (603) 942 – 5531
 (x: 688)
 Visit us online at: coebrownacademy.com
 Click on the Athletics link

Water and water bottles will be provided for all campers.
 We also encourage them to bring a snack and a pair of sneakers or sandals to wear during non – participatory time.
 Ice and Basic First Aid will be provided.

WHAT TO BRING

- SNEAKERS (NO BLACK SOLE SHOES PLEASE)
- TENNIS RACKET
- POSITIVE ATTITUDE
- DESIRE TO BECOME A BETTER TENNIS PLAYER.

A typical day

- Warm up and stretch
- Stations: Forehand groundstroke's, back-hand groundstroke's, serving, drop shots, kill shots, lob shots
- Hitting wall: work on skills
- Court play; scoring, rules of the game, strategies of the game both singles and doubles.
- Game play; both singles and doubles
- Fun games: king of the court, knock-out, Quick start tennis.