



WARRIOR Tennis Camp

June 14-18 & July 12-16, 2010

MS/HS Level 2 9:00-12:30

EL/MS Level 1 12:30-4:00

Maumelle Country Club

Cost \$150

(includes daily lunch)

Weeklong instructional tennis camps for beginning and intermediate players are offered and open to students of all ages. Instruction will be divided based upon ability and knowledge level. Camp size is limited to provide maximum individual instruction.

Campers will be served lunch each day on the pool deck at the Country Club. Drinks and snacks will also be provided throughout the sessions. Campers need to bring a racquet, athletic shoes, and a water bottle. Camp t-shirt and awards with prizes will be presented on Friday of each camp.

Level 1 Session— (Elem & Middle School) for the player who is new to tennis or has had limited instruction. Camp will focus on learning the rules, court positioning, stroke fundamentals, footwork, and smart playing.

Level 2 Session— (Middle & High School) for the player looking to improve ground strokes, serves, volleys, and over-heads, while developing mental strategy. Situational play, drills, and games will strengthen player's ball pace, spin, and placement.

Instructor:

Keri Ingraham—Warrior Head Boys and Girls Tennis Coach

(keri.ingraham@littlerockchristian.com)

Coach Ingraham played four years of tennis at George Fox University in the NCAA, and captained the team for two of those years. She came to LRCA to teach and coach. The past seven years she has coached the Girls Varsity team to a State Championship and State Runner-Up, along with the Boys Varsity team to three State Runner-Up titles as well. Coach Ingraham has been "Coach of the Year" four years. Her focus on fundamentals, mental strategy, and positive intensity has proven to develop strong, smart players.

Students Name	T-shirt Size (ym –adult L)	Grade for 10-11 school year	I will attend June 14-18	I will attend July 12-16	Student is a Level 1 player 12:30 - 4:00	Student is a Level 2 player 9:00 - 12:30

Parent's Name _____ Contact phone no. _____

Contact Email address _____

The camp fills up fast so turn your registration in by May 1st to guarantee a spot.

Please return this form and the RELEASE form along with your registration fee to the Little Rock Christian Business office. Make checks payable to LRCA.

(\$50 non-refundable deposit to hold your athlete's spot)