

**2022 Palisades SUMMER TENNIS Training Camp**  
**JUNE 20th – AUGUST 26th (10 Weeks)**

The Palisades junior tennis instructional program focuses on the fundamentals. We emphasize proper stroke technique, footwork, and proper patterns of play. The program is designed so that all of the juniors learn, practice, and play in a supportive and motivating environment.

**CLUB PALISADES TENNIS CLINIC: (Ages 6-12)**

This class is for those kids attending the Club Palisades camp at the pool which begins at 11am. It is perfect for those kids wishing to get an introduction to the great sport of tennis. Get a good sweat before jumping into the pool!

**Days and Time:** Monday thru Friday 10:00-11:00 (CP1)  
10:00-12:00 (CP2)  
9:00-11:00 (CP2)

Cost per week: (1hr) \$110  
(2hr) \$220 mem

Individual Days: \$25 mem  
\$50 mem

**MORNING HALF DAY CAMP: (Ages 7-16)**

This camp is perfect for kids with little or no tennis experience. We provide the kids with instruction on all the major tennis strokes giving them a solid foundation. Emphasis for this camp is on learning beginning tennis skills along with games that are loads of fun making your child want to keep playing and learning tennis! Emphasis is on FUN!!!

**Days and Time:** Monday thru Friday 9:00 ----- 12:00  
**Cost per week for Half day:** \$330Mem \$355 non-member

**ADVANCED TOURNAMENT TRAINING CAMP**

I am offering a more advanced tennis camp experience for those students who play tournaments and/or play on their high school teams. This camp will run separately from the morning half day camp and is for students who are really desiring to take their game to the next level. We will work on technique, patterns of play and point construction along with a good amount of match play. The need for this camp is great as many kids have graduated out of the younger camp and have improved greatly in the past few years. You must ask Doug if this camp is appropriate for your child prior to signing up.

**Days and Time:** Monday thru Friday 9:00 ----- 12:00  
**Cost per week for Half day:** \$330 Mem \$355 non-member

**HALF DAY TENNIS CAMP WITH FREE SWIM OPTION**

This summer I am offering the option for any campers to stay at Palisades for a longer day. After the tennis portion of camp ends at noon, I will have one of my counselors go to the pool with any campers from 12-2pm who wish to cool off for an hour or two. You may choose an hour of free swim or two hours ending at 2pm. My counselors will be at the pool keeping a close eye on all campers, but your child must be able to swim. This is not a swim lesson.

**Days and Time:** Monday thru Friday 9:00 ----- 1:00 or  
9:00-----2:00  
**Cost per week for 9-1pm:** \$390 Mem \$415 non-member  
**Cost per week for 9-2pm:** \$450 Mem \$475 non-member

QUESTIONS: (240) 498-6140 OR EMAIL: [PALISADESTENNIS@HOTMAIL.COM](mailto:PALISADESTENNIS@HOTMAIL.COM) PLEASE RETURN FORM ALONG WITH TOTAL PAYMENT TO: DOUG SOKOL 5822 SHEPHERD DRIVE FREDERICK MD 21704. YOU MAY ALSO MAKE PAYMENT THRU VENMO. @DOUGLAS-SOKOL

**REGISTRATION FORM FOR THE SUMMER INSTRUCTIONAL PROGRAM**

NAME: \_\_\_\_\_ PROGRAM: \_\_\_\_\_ TIME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

PARENT'S NAME: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

PLEASE CHECK WEEKS OF PARTICIPATION AND CIRCLE WHICH PROGRAM

- \_\_\_ JUNE 20– JUNE 24 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ JUNE 27–JULY 1 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ JULY 4– JULY 8 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ JULY 11– JULY 15 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ JULY 18– JULY 22 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ JULY 25–JULY 29 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ AUG 1– AUG 5 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ AUG 8– AUG 12 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ AUG 15–AUG 19 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM
- \_\_\_ AUG 22–AUG 26 MORN 9-12 CP1 CP2 TOURNEY 9-12 9-1W/SWIM 9-2 W/SWIM