



Important Information & Preparing For FILA Camp:

This program is designed to prepare players for tournament competition and help improve their USTA District, Sectional, National and UTR rankings. Players will train in a competitive environment – drills, on-court fitness, and tactics/strategy. This camp is for highly competitive players looking for intense training! In order to participate in FILA summer camp, the individual must have completed a full indoor session of either FILA Junior, High Performance, FILA 2 or FILA 3. You may also be evaluated by tennis management. There is a minimum 4 full week commitment to participate.

FILA camp will be held on the **Gwynedd Mercy University** campus until Friday, August 21. Starting the week of August 24, FILA camp will be hosted at Frog Hollow. Please check in at 9:00 am at the tennis courts. Pick up promptly at 4:00 pm (unless you are pre-registered for extended day).

Waivers and Balances Due:

Please note that the balance due for camp (for campers that paid only a deposit at the time of sign up) and your completed health and waiver forms are **due two weeks prior to your camper's start date. Campers will not be permitted to participate in camp without these items!** Please click **HERE** to link to Frog Hollow's Health form. If you are currently a Frog Hollow player, and have an up to date **waiver** form you do not need to sign a new waiver. If you do not have a current waiver, you will be emailed prior to camp with a link asking for your electronic signature, or you will be asked upon check in on your first day.

Weather Information:

In the event of rain: You will be notified by 7am the morning of camp via text message that the venue was changed to Frog Hollow. Please make sure your mobile phone number is up to date with us.

Heat: It is the summer, sometimes it can be hot, we understand that and know the players are not used to the heat fluctuations. We do our best to provide extra breaks for the players to reapply sunscreen, get more water, sit in the shade, etc. as to not overheat and be able to last the day.

What to Bring:

- Comfortable tennis/ athletic clothes (and a change of shirt)
- Tennis Racquet
- Non-marking sneakers (preferably tennis sneakers)
- Cold water jug or bottle(s)
- 2 healthy snacks
- Sunscreen
- Hat or sunglasses
- Towel
- Packed unrefrigerated lunch

Lunch: All players should bring a packed unrefrigerated lunch. Lunch will be held in the Rotelle Lounge, Gwynedd Mercy University's Recreation lounge, above the basketball courts. There is plenty of seating, shade and air conditioning for the players. The restrooms are also located in the lounge and are easily accessible.