



College & Tournament Training Summer Camp

Important Information & Preparing For FILA Camp:

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. seating, shade and air conditioning for the players. The restrooms are also located in the lounge and are easily accessible.

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)
- A healthy snack (or 2 for full day campers)
- 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.

Location:

FILA camp will be held on the **Gwynedd Mercy University** campus until Friday, August 9. Starting the week of August 12, FILA camp will be hosted at Frog Hollow. Once on campus, follow University Drive. You will pass 3 stop signs, on the last stop sign the tennis courts will be on your right. If you turn in from Evans Road, follow Assumption Drive until you meet University Drive. Turn left onto university drive. At the next stop sign, the tennis courts will be on your right hand side. Click [HERE](#) to link to a campus map.

Typical Daily Camp Schedule:

On Court Drills

Monday – Friday 9:00am – Noon (lunch 12:00 - 1:00 pm)

Match Play

Monday – Friday: 1:00 - 4:00pm

Fitness

Tuesday and Thursday Afternoon – with Fitness Coach

Private Lesson

Each camper will receive a 15 - 20 minute private lesson weekly. Private lessons will take place after lunch

Wednesday - Friday.

If you have any questions, or need additional information, please feel free to contact us at (610) 584-5502

or info@FrogTennis.com

