

# Summer Camps 2016

## Train like a pro – with a pro!



The 2016 Summer Camps feature very special highlights for you. You will train with Swiss ex-Davis Cup player Stéphane Bohli and former no. 65 of the women's world ranking, Regina Kulikova. Throughout the camp week, you will work with them and the Swiss Tennis Academy team, including Peter Frey, Thomas Walter and fitness coach Marc Frey, to improve your game and your fitness. Your playing style and attitude will be analysed and you will benefit from valuable advice and opportunities to enhance your development as a tennis player. Mental training will be a key focus of the first week of camp. Alain Meyer (sports psychologist for the youth team of FC Basel) will help you to get mentally stronger.

### Camp dates

Week 1 25. - 29.07.2016 (special week mental training)  
Week 2 01. - 05.08.2016  
Week 3 08. - 12.08.2016

### Training

- 4 - 5 hours of practice per day (tennis and physical training)
- Excursion/activities on Wednesday afternoon

### Target group

The participants are between 10 and 18 years old. They are able to play matches and have a ranking. To participate in the special week, you must be ranked R4 or better and be at least 13 years old (year of birth: 2003 or earlier).

### Accommodation

On site at the Swiss Tennis House or, if necessary, nearby.

### Costs

Camp incl. lunch	CHF 800.00
Camp incl. accommodation (full board)	CHF 1300.00
Suppl. mental training half day	CHF 250.00
Suppl. mental training full day	CHF 500.00

### Special offer for players of the Swiss Tennis Academy

Reduction on the fare	CHF -300.00
-----------------------	-------------

### Insurance

Insurance is at the participants own responsibility.

The payment has to be done one week before the camp starts.

### Information & Registration

Swiss Tennis Academy  
Thomas Walter  
Roger-Federer-Allee 1 / Postfach  
CH-2501 Biel  
Telephone +41 79 753 73 30  
thomas.walter@swisstennisacademy.com