



ITP CHAMPIONS BOWL SUMMER Camp Stuttgart 2016

With great pleasure, we inform you about the upcoming ITP CHAMPIONS BOWL SUMMER Camp 2016, which will take place over several weeks during July and August, in Stuttgart, Germany.

ITP camps are run by experienced and internationally renowned coaches. They provide players opportunity to learn and improve their skills through intensive, practice-oriented training. Set in an international atmosphere, with very personal and social experience, allowing players to socialize, whilst training hard.

Dates:

Week 1 / 17 – 23 July 2016 (intermediate & advance level)

Week 2 / 24 – 30 July 2016 (intermediate & advance level)

Week 3 / 7 – 12 August 2016 (beginners & intermediate level)

Ages:

All ages

Schedule, Week 1:

- Arrival: Sunday, 17 July 2016
- Tennis camp: Mon– Fri, 18 – 22 July, 2016
- Departure: Saturday, 23 July 2016

Schedule, Week 2:

- Arrival: Sunday, 24 July 2016
- Tennis camp: Mon– Fri, 25 – 29 July, 2016
- Departure: Sunday, 30 July 2016

Schedule, Week 3:

- Arrival: Sunday, 7 August 2016
- Tennis camp: Mon–Thu, 8 – 11 August, 2016
- Departure: Friday, 12 August 2016

Cost:

Camp + Hotel db/r (all Inclusive)	820.- €
Weekly tennis rate	550.- €
Daily tennis rate	120.- €
Morning or afternoon tennis session	70.- €
Lunch	20.- €



Our Tennis Camp Program includes

- Daily morning & afternoon tennis training (training program can vary)
- Practice matches / mini friendly tournament
- Sports psychology, individual testing and enhancement tips
- Tennis Education
- Fitness, conditioning and agility
- High intensity drills
- Match preparation and play
- Encouraging sports spirit
- Preparation for professional play

Professional Tennis Coaching (week 1 & 2)

- Intensive technique and tactical training
- Recognition and improvement of strengths/weakness
- Education of "self correction" and "self motivation"
- Special drills designed for better concentration and decision making
- Practicing playing patterns against different opponents/game-situations
- Sparring matches
- Tennis specific fitness training
- On-court: tactical training, adjusting to different playing environments
- Off-court "tennis talk" between coach and a player (strategy, attitude, emotions, respect, competition)

Match Analysis (week 1 & 2)

Personal statistical analysis of player's tennis match; providing necessary aid for improving on-court performance

Recognition of player's actual "present performance" and providing necessary pathway towards optimal "future performance"

Psychological Training (week 1 & 2)

Goal: to achieve "winner state of mind" and in turn maximize child's performance. Tips for maintaining positive attitude, emotional stability, managing on & off court stress, becoming a better competitor, improving concentration and making right decisions. **The program includes personal assessment, goal setting, regular training check-ups and cross training.**

Online registration:

CHAMPIONS BOWL Homepage -> [Contact form](#)