



# Focused Intensity Training (F.I.T.) Camp

Coaches Tendai and Michael are ready to help you to continue to improve your game in a supportive team environment. F.I.T. Camp will help you become a better player on and off the court. We teach technical stroke work along with tactical learning sessions AND sports psychology/mental skills training.

## Focused Intensity Training Camp Goals

- Help players enjoy the learning the processes that go into being a successful player
- Help players to compete at the high school level or higher
- Help players learn the different patterns of play that will take place during real playing situations
- Help teach players the mental skills through the practice of journaling that can help them succeed on and off of the court with reflective and planning exercises

### Technical Objective

### Tactical Objective

Monday

Varies

- Volley and Smash
- Serve and Return

Tuesday

Varies

- Forehand
- Serve and Return

Wednesday

Doubles

- Backhand
- Serve and Return

Thursday: Station work

- Court 1: One on one work with a coach for individualized learning
- Court 2: Drills to work on patterns of play
- Court 3: Serve and return

- Continue on back for daily schedule -

# General FIT Camp Daily Schedule

(Schedule may vary based on levels and numbers)

Dynamic Warm-Up + Slice Short Ct. (games) + Mental Skills	25min
Focused Drills (rotations, keep up the points)	40min
Techniques (fundamentals + shadow) + Progressive Drills (hand fed...)	30min
Situational drills (tactical/ strategies)	30min
Fitness	5min
Rest	20min
Fun Games	10min
Serve + Return	15min
Singles/ Doubles	50min
Fun Games + Stretch + Comments and Take Aways	15min

F.I.T. Camp  
Monday - Thursday  
2-6 pm  
Ages 12+  
Yellow/Green Ball Players  
This camp is by invitation only!  
\$599/player

Save 5% on multi-week sign ups/siblings

To sign up, go to [yonkerstennis.com](http://yonkerstennis.com) or contact the front desk  
at 914-968-6918x0.

Questions about FIT camp can be sent to Tendai Kuwaza  
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