



*“Champions don’t make excuses. They find a way!” --Chris Lewit*

## **Academy Infobook**

Chris Lewit Tennis Academy Vermont is one of the premier high performance tennis training centers in North America, developing champions from the United States and Canada--and from around the world.

We specialize in small group training under the direct supervision of experienced professional coach, Chris Lewit, and his team of trained coaches. In addition, we feature world-class physical training and injury prevention services by former Olympian Fanny Letourneau and professional yoga training by Kim Lewit, RYT-500.

The academy offers three training options:

1. Summer boarding and day camp (June, July, August)
2. Team Lewit Pro (September-May) boarding academy for players with professional aspirations
3. Short-term customized daily, weekly, and monthly training options including private lessons with Chris. Short-term training can be

combined with skiing and snowboarding options at local mountains: Stratton, Okemo, Bromley, and Mount Snow

## **2017 Summer Camp**

Our summer camp is for players of all ages. Players must be between 9 and 18 years old for boarding, although we can make exceptions for older or younger kids on a case-by-case basis. We do have many young super stars coming to train with Chris, and if the players are 8 years old or younger, they usually come and stay with their family.

Our camp features very low 2-3 students per court and coach ratio, which is typical of the training in Spain, where Chris has studied extensively. We have 4 courts on site for training, so that means for every tennis training session, we take a maximum 12 players per session, and Chris works on the court with the players individually within the group. We believe this is what makes our training so special: the individual attention every player receives and the chance to interact and work on court directly with Chris each day. Because we are so small, we know each player and his or her game very well, and we can address details that larger camps often overlook.

All players receive an assessment from Chris during the week and Chris works with each player to set some training goals and a development plan for the length of his or her stay.

We have two medium-fast hard courts and two slow European red clay courts on site at the club, and we believe both surfaces are beneficial for the players. Clay courts help to develop the tactical mind, the footwork and movement, patience, acceleration, and the physical endurance of a player,

and they build the consistency and defensive aspect of the game. Hard courts develop the quick reaction and adjustments needed and can be helpful in honing the weapons and attacking mindset of the player. We rotate the players from surface to surface depending on their development plan and their needs.

In addition, we have access to additional hard courts and red clay courts just minutes away for extra match play or tournament space.

It's important to note that our two hard courts are covered, so in the event of rain, we can move the entire camp quickly indoors and continue our training no matter what the weather is outside. This is an advantage that most summer camps do not have!

We have a yoga/exercise room and small gym area also on site, and we offer an extensive program of physical preparation including fitness testing and training with an olympic level trainer, weekly yoga lessons from a 500 hour RYT specialist, and speed and agility sessions. A major component of our physical training sessions is injury prevention and we therefore perform a lot of core exercises, shoulder and leg strengthening work, and stretching.

As is typical of the training model in Spain, players typically play 3 to 3.5 hours of high-intensity tennis a day and have about 2 hours of serious injury prevention, physical training, and cross sport training. We usually play soccer as part of the cross-sport training.

With our very small groups in which each player receives personal time on court directly with Chris, customized--not cookie cutter--training plans, multiple court surfaces and indoor courts on site, and professional athletic and injury prevention programs, we are confident that our summer camp is the highest quality serious training program you can find for your child--and it's all in one of the most beautiful, scenic places in the world!

# Here is a typical training day

Breakfast between 8 and 830 at the inn. Pack lunch and drop bags in the van.

830am--Line up at the inn for morning jog to the club--it's about a mile

9am practice starts. We have several alternating sessions going on, so some days you may have fitness and physical preparation first and some days you may have tennis first.

## **1st Session**

9-11 tennis

Or 9-1030 strength and conditioning and/or speed and agility session with 30 minute "energy point," which means rest and refueling and rehydrating

## **2nd Session**

11-1 tennis

11-1230 strength and conditioning and/or speed and agility session with 30 minutes "energy point"

1-2pm lunch and free time for all players

## **1st Session**

2-330 tennis

Or 2-330 cross sport training and injury prevention and stretching

## **2nd Session**

330-5 tennis

Or 330-5 cross sport training and injury prevention and stretching

5-515 clean up the courts and club; order dinner with coach

530-630 Swimming in the river or free time relaxing at the club

630pm bags in van and jog back to inn

7pm dinner and free time at the inn

10pm Lights out

\*Private lessons with Chris are also available before 9am and after 5pm daily

\*Sometimes during busy summer weeks, we may run a third session daily to keep student to court ratio as low as possible around 2-3 players per court and coach, and the times would be slightly different to above, but this is the typical schedule

## Summer Camp Weeks and Prices 2017

Week 1 June 18th-June 23rd

Week 2 June 25th-June 30th

Week 3 July 2nd-July 7th

Week 4 July 9th-July 14th

Week 5 July 16th-July 21st

Week 6 July 23rd-July 28th

Week 7 July 30th- August 4th

Weeks 8 and 9 are in Spain. CLTA in Barcelona in partnership with our sister academy Bruguera Top Team, one of the best academies in Europe. Contact Chris for more details and pricing.

Week 8 August 6th-August 11th

Week 9 August 13th-August 18th

Price per week in Vermont with boarding is \$1600.00

(Please note: boarding price includes breakfast and lunch, but not dinners--see Food and Meals below)

Price per week without boarding is \$1250.00

A 10% discount is available for students coming 2-6 weeks.

A 20% discount is available for students coming over 6 weeks.

## Summer Camp Student Housing

Summer students will be staying at the nearby Londonderry Inn, [www.londonderryinn.com](http://www.londonderryinn.com), which offers a variety of single, double, and triple comfortable room options with private bath in a classic, charming New England inn setting. Students will be roomed together by gender and age or by request. CLTA coaches live on the same floors as the players in the inn, and players have full-time supervision.

## Food and Meals

The Londonderry Inn has a full commercial kitchen and is equipped with multiple refrigerators where students can store perishable food items and snacks.

### Breakfast and Lunch

Included in the academy tuition is a healthy breakfast and lunch. Kim Lewit is in charge of the selection of food for the players and can customize the options for the player based on dietary needs and food allergies. Kim strives to source local, healthy Vermont goods whenever possible including organic choices.

In the morning, players will make and pack themselves lunch to take to the club, with the assistance of a camp counselor or coach.

## Dinner

Dinners are either ordered for the players and delivered to the Inn, or occasionally, we will take the players out for a special meal at a restaurant. There are several delicious and healthy nearby restaurants that we like, featuring Italian, New American, Asian, and other specialties.

We suggest about \$10-15 be allotted for dinners each night and a small weekly allowance for drinks and snacks

## Grocery Visits

There is a supermarket near the club and we will take the players to the market once per week, usually on a weekend day, so players should bring their favorite snacks and plan on having a week's supply on hand before being able to go to the store.

Water is available at the club as well as healthy sports drinks

## Laundry

The Londonderry Inn has multiple commercial washers and dryers and students can do laundry during their free time. The washing machines accept quarters, so players should bring an extra supply of quarters for the machines.

## Tournament Travel Coaching

During summer, CLTA coaches will be available to drive and travel with players to tournaments on the USTA New England and USTA Eastern

calendar.

We will have many nationally ranked and sectionally ranked players in summer and I need to coordinate their tournament schedules so they can peak at the right times of summer. Most higher ranked kids need to peak for Zonals, National Clay Courts and National Hard Courts. Chris has also sent players to Spain for some European events in summer in previous years.

Contact Chris to discuss your child's summer tournament schedule and how we can best customize training for your player to peak at the right time to win!

## Spanish Lessons

We have partnered with a local Spanish teacher to offer group and private Spanish language lessons to campers. Lessons can be scheduled in the evenings at the Londonderry Inn or on the weekends. Lessons are available on a first-come, first-served basis and the instructor has limited available lesson slots each week. We recommend booking lessons well in advance of summer. Contact us to schedule and for pricing.

## Swimming

Players will generally have the opportunity to swim daily. Chris believes swimming is an important part of recovery for athletes, and recent sport



science studies have supported the benefits of hydrotherapy as an aid to recovery.

We are blessed to have the glorious West River running through our property near the tennis courts, and we have a swimming hole onsite that all the players can use after practice.

There are also some lovely lakes just a few minutes away and the town of Londonderry has a man-made swimming lake a few minutes from the Londonderry Inn.

All swimming sessions are supervised by our coaches and a certified lifeguard on our staff.

Parents will have to sign our swimming waiver to give permission for their child to swim

## Excursions

Each weekend, on Saturday, we take the campers on an excursion trip. The trip varies each week of camp, but we generally go to the Bromley Adventure Park ([www.bromley.com/summer](http://www.bromley.com/summer)), to Manchester village for shopping and to visit the incredible Northshire Bookstore ([www.northshire.com](http://www.northshire.com)), or to a local state park lake for swimming.

Campers are closely supervised by our counselors and coaches on these trips for safety. Parents will need to send their players with extra money for weekend excursions and also sign the excursion waiver to give them permission to leave for outside trips.

# Money

Players will need \$10-15 per day for dinner each day and they will need some money each week for Saturday excursion. This money can be kept safely segregated in our office for campers and they can withdraw it when they need it. Campers can also bring a credit card to use for these expenses, which is convenient.

# Medical Services and First Aid

All of our coaches are CPR/AED certified and we have first aid kits at the club for minor injuries. We also have an adult and child AED device on site at the club.

For injuries that require a doctor or nurse's attention, we will bring players to Mountain Valley Medical Clinic, [ourclinic.org](http://ourclinic.org), which is only minutes away down the road.

We also have access to:

Southwestern Vermont Health Care, Northshire Campus, ([svhealthcare.org](http://svhealthcare.org)), in nearby Manchester.

Part of the Dartmouth-Hitchcock health system, SVHC offers access to more than 1200 primary and specialty care physicians and state-of-the-art technology and services.

We also work with Vermont Orthopaedic Clinic, ([rrmc.org](http://rrmc.org)), for any specialized orthopaedic care needed for our players. VOC is recognized throughout the northeast and beyond as a leader in the treatment of

orthopaedic and sports-related injuries and illnesses. VOC also offers Urgent Care with access to an orthopaedic specialist within 24 hours of requesting an appointment.

## Media policy

As both coaches and parents we understand the complexity surrounding media and internet use. It is our policy and goal to foster a healthy and safe environment for all players. We ask that players do not bring their personal electronic devices to camp unless they absolutely need them. We understand that some students will be completing school online during their time with us. Those players can bring a laptop and will have access to WiFi at the club and in common areas of the inn. We ask students to sign a media policy that prohibits non-academic use of their computers including social media and gaming **during all training hours** at the club. Computer and phone use will be allowed at the Inn, but not at the club during training hours approximately 8am-5pm weekdays. All players and parents must sign our Media policy and waiver.

Either at the club or inn, we will have weekly movie nights with movies appropriate for all the players and also may have sports channels, especially tennis, playing at the club or inn during some breaks and meals.

Our coaches and counselors will have cellphones with them at all times for emergency use only. The club also has a landline phone and internet service. Please be aware that some cell-phone carriers have spotty coverage in the mountains of Vermont.

Lastly, we maintain a strict media policy for our coaches and counselors that limits their use of their cell phones for personal use during academy and supervision times.

Cameras are allowed but no student can be photographed without his or her permission and absolutely no pictures of other students can be posted online without permission.

Music devices are allowed but make sure to bring headphones so as not to disturb other campers.

Any campers found to be viewing or sharing inappropriate material online, or participating in any cyber bullying or inappropriate social media posting, will have their phones confiscated until the end of the camp week. In addition, campers may be subject to legal action and dismissal from camp depending on the seriousness of the infraction. We take the health and safety of all campers seriously and expect responsible use of the internet and social media from all players.

## Refund and Make Up Policies:

Students are allowed to make up any missed academy classes during the summer season as long as space allows and with approval. Summer make ups will not be carried over into another season. All summer make ups must be used by the last day of the summer season. Other makeup situations, such as extreme cases due to serious illness or major injury must be discussed directly with Chris, and will be handled on a case-by-case basis. Under no circumstances will refunds be given, only credit.

# Waiver and Forms Requirement

Please be advised all CLTA Summer Academy students and parents must fill out all waivers and forms. No students will be allowed to begin training until all signed waivers are received.

## Team Lewit Pro Boarding Academy

Starting in the school year 2017-18, CLTA will offer a full-time training program for elite players. Enrollment will be limited to four players maximum. All players must tryout with Chris and will be selected based on tennis accomplishments, athletic ability, character, propriety, and seriousness of purpose. The training is designed to prepare athletes only for professional tennis--not college tennis--and players must be enrolled in home or online schooling to allow them to train in the daytime and travel flexibly to tournaments.

Here is what makes our academy unique:

- Small size and personal attention--only 4 players in the academy full-time

- Select team of serious players all training for the professional level--not college level tennis
- Rural, country setting; green mountain fresh air and nature
- Olympic level physical training consultation
- Mixed Martial Arts and Yoga cross-training
- Personal evaluation, mentoring, and planning by Chris
- Academy is close enough to drive to regularly for visits (for families in the Northeast US)

Families are encouraged to move to the Winhall,VT area to support the player's professional aspirations. If the family cannot relocate to the area, the player will live with a CLTA host family.

Chris is a big believer in martial arts and yoga for cross-training to build better athletes and to make players tougher. Players will have the opportunity to learn boxing and kickboxing, Brazilian Jiu-Jitsu, and yoga as a supplement to their tennis training. There is a dedicated martial arts and yoga room on site at the academy.

Academy players compete in the ITF, USTA National, and USTA/Eastern and USTA/NE junior circuits, and they have a travel coach assigned to them.

If you are interested in having your player try out for this selective program, please contact Chris for more details and pricing. Contingency contract arrangements are available for select players.

## **Short-Term Training**

During the school year September-May, serious players of all ages (adults too!) can come train with Chris and his team. If unaccompanied by a parent or chaperone, junior players will be placed with a host CLTA family. If you need to find short-term housing, there are many options in the Stratton Mountain and Okemo Mountain Resort area, as well as world-class hotels in nearby Manchester, VT, and charming inns of all types in neighboring towns.

Customized contract training packages can be arranged for exclusive work with Chris in private or semi-private lessons, or for groups and teams.

In addition to tennis training, we can customize your stay with additional fitness training with an Olympic level professional athletic trainer or mental/emotional training sessions with a certified sports psychologist, depending on your needs.

If you love to ski or snowboard, we can customize a tennis training program for you around your mountain slope time so you can have world-class tennis lessons and also have the thrill of skiing or snowboarding Stratton, Okemo, Bromley and/or Mount Snow, which are all close by.

We have many short-term players coming to train with Chris from Canada, New England, New York, and the Mid-Atlantic region, as well as players from all across the United States and internationally as well.

## Nearby lodging options for parents and families

Because we are in a major resort area, there are myriad lodging options for parents and families. There are many economy options as well as high-end luxury choices. Here are a few nearby quality choices that we

like, but you can feel free to search the web for deals in the Stratton Mountain area.

Londonderry Inn--802 824 5226

Swiss Inn--802 824 3442

Frogs Leap Inn--802 8243019

Grafton Inn--1 800 843 1801

Stratton Mountain Resort--802 297 4000

Okemo Mountain Resort--866 706 5366

Equinox Resort--802 362 4700

Taconic Hotel--802 362 0147

## Nearest Airports and Driving Distances to CLTA

Nearest Regional and Private Airport-Rutland Southern Vermont Regional Airport (28 miles). About 35 minutes by car

Albany International Airport--Albany, NY  
(76 miles) About 1 hour and 15 minutes by car

Bradley International Airport--Hartford,CT



(115 miles) About 1 hour and 45 minutes by car

Burlington International Airport--Burlington, VT  
(100 miles) About 2 hours by car

Logan International Airport--Boston, MA  
(154 miles) About 2.5 hours by car

LaGuardia International Airport--Queens, NY  
(216 miles) About 3 hours 45 minutes by car

Montreal-Pierre Elliott Trudeau International Airport--Quebec, Canada  
(336km) About 4 hours by car

JFK International Airport--Queens, NY  
(222 miles) About 4 hours by car

Newark Liberty International Airport--Newark, NJ  
(228 miles) About 3 hours 45 minutes by car

Philadelphia International Airport  
(317 miles) About 5 hours by car

Toronto Pearson International Airport--Ontario, Canada  
(725km) About 6 hours and 30 minutes by car

**Airport and Major City Transport to and  
from CLTA Vermont**

We have partnered with the well-respected company Thomas Transportation ([thomastransportation.com](http://thomastransportation.com)) to offer transport to and from major airports and cities near CLTA. Transport is offered at a reasonable price. Please contact us to schedule transport and get a price quote.

## Taking Train to and from CLTA

Amtrak offers daily service to Bellows Falls, VT from numerous Northeast departure points. We can have a coach pickup/dropoff players from the Bellows Falls Amtrak station for a reasonable low fee. The station is about 35 minutes from CLTA Vermont.