



Player Handbook

Welcome to CLTA! Are you ready to reach the next level in your tennis?

This handbook will explain everything you need to know to get ready for summer camp. Chris and his team sincerely look forward to helping you accomplish your tennis goals!

What to bring

Several racquets

Extra sets of string (we have stringing services available at the club)

Extra overgrips

Tennis clothes (obviously)

Hat or visor

Sweatbands

Lots of extra socks

Lots of sunblock with high SPF above 50

Two swimsuits (we try to swim every day!)

Towels

Flip-flops or water shoes

A pair of clay court shoes with herringbone pattern sole and a pair of hard court shoes

A backpack for packing lunch and drinks each day and for field trips

Your favorite healthy snacks (we only go to the grocery store once per week)

Some good books or magazines to read

Laundry detergent

Favorite pillow or blanket

Camera

Music player with headphones

What NOT to bring

Junk food and soda

Academy Values

You must be ready to accept the values of our academy, which are:

Respect. Respect your counselors and coaches. Respect and take good care of the club where you train. Respect the people around you including other players and guests and staff at the club. Respect means you are kind to all even including the janitor and court maintenance guy.

Honesty and Integrity. This is perhaps the most important trait you can have in life: to have integrity and be honest. This means your word can be trusted and that you do not lie to others to get what you want or to cover up your mistakes. It also means doing the right thing when nobody is looking. That means even if a coach is not around, you sweep your court and pick up the balls, or clean up a mess you made.

Hard Work. Seems simple enough but so many people in life are lazy. To be successful in tennis or in life, you need to be a hard worker and push yourself to the maximum, to the limits of what you are capable of. At the outer limits is where growth and development occur.

Discipline. Discipline for us means control. Controlling your emotions. Controlling your attitude and outlook. Controlling your words and actions. Discipline means having the control over your mind and body so that you can go after your goals and achieve them. If you can't control your emotions and your mind, how can you control the tennis ball?

Commitment. Why are you coming to train with Chris? You should know. You should be coming with a purpose and you should be committed to it. Commitment means knowing what you want and being determined to work your hardest to get it--no matter what.

Perseverance. Perseverance means overcoming obstacles and never giving up. Oftentimes the greatest things in life take time to accomplish and there are many challenges and obstacles along the way. You must be willing to persevere.

Courtesy. Courtesy means being kind and respectful to everyone you meet. Even if you are tired or angry or having a bad day. Even if you don't necessarily like the person you are talking to. Be courteous. If people in the world simply practiced this value, the world would be a much better and more peaceful place.

Humility. We believe in the value of being a humble champion. Humility means that just because you are a good tennis player that does not make you better than other people. Humility means you don't believe the world revolves around you and that everyone around you is there to serve you. Humility means you do not think you know everything and are smarter than everyone else (even if you are pretty smart!). Humility means you never underestimate an opponent or overestimate your own ability.

Academy rules to remember

1. No excuses
2. No whining
3. No quitting
4. Treat the club and its facilities (courts, bathrooms, lounge, gym, etc) with respect
5. Clean up any mess you make. Never leave garbage for someone else to take care of.

6. No racquets thrown down on the courts. Damage to the courts can be very costly. If you really need to toss it (which can happen in a battle from time to time), be sure it doesn't hit the courts and is done safely. Remember, every time you toss it you risk damaging the racquet, which is expensive to replace.
7. Coaches and counselors always have the final say and their orders must be followed.
8. If you have a worry or concern, speak with Chris directly about it.
9. If you are playing on clay, sweep the courts after your session and make sure to clean your shoes before leaving the courts!
10. Lights out means lights out. If you are training hard, you need a good night's sleep so your body and mind can recover. If you stay up past bedtime and don't get a good sleep, you will have a poor day of practice the next day.
11. Absolutely no physical or verbal bullying of any kind
12. No swearing or foul or obscene language. This is a family academy and we have small children frequently hanging around the club.
13. Be kind and respectful to coaches, counselors, and other campers, even if you don't like them. Be courteous!

Any players not following the rules will have to have a meeting with Chris. Any players repeatedly breaking the rules or ignoring the rules, will be sent home.

Where am I going to live?

All students will be staying at the nearby Londonderry Inn, 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. You will be roomed together by gender and age or by special request. If you have friends you want to room with, we can set this up for you. CLTA coaches and counselors live on the same floors as the players in the inn, so you will always have an adult to help you nearby.

The inn has common areas for hanging out and a kitchen and dining room. We expect you to treat the inn, its staff, and its property with the same respect you will show our staff and our club. If you do not respect the people and property of the inn, you will be sent home.

What's a typical training day like?

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 fitness with 30 minute "energy point," which means rest and refueling and rehydrating

2nd Session

11-1 tennis

11-1230 fitness 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

*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

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

Food and Meals

The Londonderry Inn has a full commercial kitchen and is equipped with multiple refrigerators where you 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 all the players. If you have special dietary needs and food allergies, just let Kim know and she will get you the food you need. Kim strives to source local, healthy Vermont goods whenever possible including organic choices.

In the morning, you will be responsible for making and packing lunch to take to the club, with the assistance of a camp counselor or coach.

Dinner

Dinners are either ordered for you and delivered to the Inn, or occasionally, we will take all 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 you bring about \$10-15 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 you to the market once per week, usually on a weekend day, so make sure you bring your favorite healthy 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 many commercial washers and dryers and you can do your laundry on the weekend or during free time. Counselors and coaches can help you learn how to use the machines. You should bring laundry detergent

Swimming

We try to go swimming every day. 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. The water and swimming will help to reduce soreness in your body after a long day of training.

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. Remember--there is absolutely no swimming allowed without coaches and a certified lifeguard present

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.

What are the weekends like?

During the weekend, we usually offer an academy round robin tournament on Saturday, so players can get some extra set play if desired. The round robin tournaments are usually held Saturday morning at the club for a half day. We encourage all students to play and compete on Saturday morning if they feel up for it.

Saturday afternoon, the campers usually go swimming and relax at the inn and then we take you all out to dinner.

Sunday is excursion or field trip day. Each Sunday varies but we usually go to a state park for swimming, Bromley Adventure Park (www.bromley.com/summer), which is amazing, or to the town of Manchester to visit the Northshire Bookstore (www.northshire.com), one of the greatest independent bookstores in the country, and to do some shopping.

Sunday afternoon is rest time and free time at the inn with the possibility of going for a swim or out to eat at a local restaurant.

Money

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

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.

**Above all-work hard on the
court and enjoy the natural
beauty and fresh air of
Vermont!**