



"Welcome to Weil Academy, where Camp Goal #1 is to help your child elevate their competitive game to new heights every week! Send your child to Weil this Summer and we'll get them.... *airborne!*"

-Mark Weil, Founder and Academy Director

HELPFUL CAMP INFORMATION

Sunday Check-In (All Players (Boarding and Non-boarding): Check-in is on Sundays between 12:00 PM – 1:30 PM in the Weil Commons Area at 428 Bryant Circle. Campers will check-in with our Camp Coordinator, Karen Quezada, as well as our Head Coach, Mohamed Badran, and our Fitness Director, Patrick Muller. The check-in process is relatively fast, so if campers arrive by 1:30 PM, they'll have plenty of time to get settled in the dorms, dress for tennis, and meet at the Weil Stadium Court by 2:00 PM.

* Please make certain your child has had lunch prior to training on Sunday! Thank you!

CAMP TRAINING SCHEDULE

Sunday

12: 00 PM – 1:30 PM	Check-in for all campers (boarding and non-boarding) in the Weil Commons Area at 428 Bryant Circle, Ojai, CA 93023
2:00 PM – 5:30 PM	Camper Evaluations, Introductions, and Group Placement
5:30 PM – 6:30 PM	BBQ Dinner for all Boarding & Non-boarding Campers
6:30 PM	Camp Orientation + Ice Breaking Fun Games + Trip to Ice Cream ALL Campers
8:30 PM	Non-boarding Camper Pick-Up from Boys Dormitory at 428 Bryant Circle
10:15 PM	Lights Out

Monday to Friday*

7:30 AM – 8:40 AM	Breakfast in the Dining Hall/Optional Private Lessons
8:40 AM	Non-boarding Campers Arrive for Roll Call
9:00 AM – 12:00 PM	Tennis Training & Fitness Program
12:00 PM – 1:30 PM	Lunch Break in Dining Hall
1:30 PM – 4:00 PM	Tennis Training/Stretching
4:00 PM	Residential Check-in/Non-boarding Camper Pick-Up
5:00 PM – 6:30 PM	Dinner in the Dining Hall
6:15 PM – 9:00 PM	Supervised Group Activity for Boarding Campers
10:00 PM	Lights Out

***Friday Check-Out:** All Players check out on Fridays at 4:00 PM. Boarding players must check-out IN PERSON with WEIL Dorm Staff. Non-boarding players check-out with their Coaches.

Level of Players: Weil Training Camps focus on players ages 8-18, who are at multiple levels of competitive tennis, from advanced beginners up to highly ranked national players. On the court, players are grouped by age and skill level. Players will have a chance to train and compete with stronger players throughout the week as well.

Tennis Training: Weil coaches stress mental toughness, tactics, offensive skills and strong fitness, with a focus on injury prevention and cardio superiority. The player-to-coach ratio is 4 or 5 to 1, and sometimes as low as 2 to 1.

Fitness Program: focuses on intense sand and sprint work, medicine balls, coordination and balance drills, combined with extensive flexibility work to increase our players' core strength, balance and explosion to the ball. We ***Cross Train*** with different disciplines, such as basketball, soccer, water basketball and volleyball to broaden our players' athletic abilities.

Weil's International Coaching Staff: Weil employs full-time, certified, high-performance coaches from around the world who are in residence all year round. Our Coaching Staff, from Spain, Bulgaria, France, Egypt, Portugal, England, Australia, Japan, Venezuela, and the USA is the best team of coaches in the world. You can see their bios on our website at http://www.weiltennis.com/Weil_Academy_High_Performance_Coaching_Staff.htm.

World-Class Training Facility: Weil Tennis Academy (a five-acre, world-class, tennis training facility) combines its own facilities with the Ojai Valley Athletic Club and has 18 championship tennis courts (16 hard courts and 2 HardTru Green Clay) on site, as well as 8 hard courts at the famed Libbey Park one block from Weil. Weil/OVAC also boasts two full state-of-the-art gyms, a professional lap pool, and a large recreational pool, two Jacuzzis, Steam Room, Aerobics/ Yoga studio, a beach volleyball court, and a full service café for smoothies/snacks.

Tournament Travel: What sets the Weil Tennis Training Camps apart from other academy programs is Weil Coaches take our campers to Southern California tournaments every weekend of the Summer. If you would like your child to participate in a tournament while they at Weil this Summer, please let the office know at the time of registration and we will enter your child to play. To participate in USTA sanctioned tournaments, your child must have a USTA Membership. You may purchase one at: www.usta.com or we can purchase one for you for an additional \$20.00. Same for ITA Membership for ITA Tournament participation. Please contact the office for more details (ITA Membership cost is \$30).

Optional Private Lessons: Private lessons are available with our full-time Head coaches, Assistant coaches, and Fitness coaches. Please refer to our "Private Lesson Fees" at the end of this information sheet. All lessons must be paid in advance.

Summer HEAT!!!: All courts at Weil/OVAC have cold water drinking fountains available on site. Dry daily summer temperatures averaging 82° still give way to cool evenings averaging 60°. However, in the event a player gets overheated during daily training, our staff will take them from the court, have them sit in the shade and drink plenty of water until they feel they are ready to resume training.

Dormitory Facilities: Weil has a separate Girls' Dormitory and a Boys' Dormitory on our campus. We accept 70 boarding campers per week and they are supervised at all times. The dorms have coin laundry facilities, internet, and a comfortable lounge. All campers have at least one roommate and every room comes with beds, dressers, a separate air conditioning/heating unit. Boarding Campers are not allowed to drive their own cars to camp.

Boys' Dorm Counselor Cell: (805) 794-7520

Girls' Dorm Counselor Cell: (805) 794-7519

Boarding Camp Activities: After tennis training each day, the counselors organize fun activities for the campers such as ping-pong tournament, water basketball, soccer, miniature golf, bowling, board game night, movie night, doubles tournament, etc.

Dining: The dining hall for the players is located on the main floor of the Girls' Dormitory. Our personal Chef and his assistant prepare meals for the players Sunday Dinner thru Friday Lunch. Our menus are designed to provide

nutritious and balanced meals. A sandwich bar, salad bar, and fruit bar are available at every meal. Fresh fruit is available for snacks throughout the day. **Please advise the office if your child has any special dietary needs or allergies.**

Emergencies: In the event of extreme emergencies, the Ojai Valley Community Hospital is within five minutes by car from the Weil Campus, and Weil Staff is equipped to handle these emergencies, if necessary. Medical Forms are kept in the office in case we need to take your child for treatment.

General and Important Information:

Weil Tennis Academy
428 Bryant Circle
Ojai, CA 93023

Ojai Valley Athletic Club
409 Fox Street
Ojai, CA 93023
805-646-7213

Administrative Office Hours are Monday to Friday from 9:00 AM to 5:30 PM
Office: (805) 640-3413
Fax: (805) 640-1682

On weekends, call the Dormitory Staff for assistance at:

Boys' Dorm Counselor Cell: (805) 794-7520

Girls' Dorm Counselor Cell: (805) 794-7519

What You Need to Bring:

Pillow & sleeping bag (You may wish to add a fitted sheet)	Racquets (2 or 3)
Personal toiletries	Strings (2 or 3 extra sets)
Wristbands, grips, dampeners, etc.	Towels (On & off-court)
Tennis apparel / casual wear for evenings	Watch / Alarm clock / phone and chargers
Socks; Tennis, Running & Casual Shoes	Swimsuit, beach towel, sunscreen
Hats and/or visors	Quarters for laundry
	Spending Cash – We recommend \$100 per week

WE ARE NOT RESPONSIBLE FOR ANY ITEMS LOST OR LEFT BEHIND AT CAMP

How to Get to the Weil Tennis Academy:

From Highway 101 North or South, take Highway 33 North. Continue through Casitas Springs, Oak View, and through downtown Ojai. Turn right from Ojai Avenue (Hwy 33 turns into Hwy 150) onto Fox Street, which dead-ends into the Ojai Valley Athletic Club. Continue through the parking lot to the Weil Academy at 428 Bryant Circle. OR, you can take a right on Fulton Street from Ojai Avenue and you will run into Bryant Circle and Weil Academy at your first Stop Sign.

Travel:

Weil Tennis Academy will shuttle kids to and from the Ventura Holiday Inn, or the Amtrak Train Station in Ventura on the first and last days of camp ONLY. Please complete the "Travel Plans Form" on our website no later than one week before camper's arrival/departure.

Airports

Santa Barbara Airport (SBA) - Approximately 45 minutes - 1 hour
Burbank Airport (BUR) – Approximately 1 hour, 15 minutes

Los Angeles Airport (LAX) - Approximately 1 ½ - 2 hours

Shuttle Services

Road Runner Shuttle Service: 1-800-247-7919 or www.rrshuttle.com

Ventura County Airporter: 805-650-6600 or www.venturashuttle.com
LAX to/from Holiday Inn Express in Ventura

Dutch Private Service: 805-340-6850 or dutchdetail@yahoo.com

PRIVATE LESSON FEES

Tennis

Head Coaches:

\$140.00 per 1-Hour Lesson

\$675.00 for a Package of 5 Lessons (\$135.00 per hour)

\$1,300.00 for a Package of 10 Lessons (\$130.00 per hour)

Assistant Coaches:

\$80.00 per 1-Hour Lesson

\$385.00 for a Package of 5 Lessons

\$750.00 for a Package of 10 Lessons

Fitness

\$110.00 per 1 Hour Lesson

\$525.00 for a Package of 5 Lessons (\$105.00 per hour)

\$1000.00 for a Package of 10 Lessons (\$100.00 per hour)

\$200.00 – High Performance Fitness Package - includes Individualized Take-Home Fitness program (See next page for more info)

Mental Fitness Lessons (Limited Availability)

\$140.00 Per 1 hour Lesson

\$675.00 for a Package of 5 Lessons (\$135.00 per hour)

**ALL LESSONS MUST BE PAID IN ADVANCE & ARE NON-REFUNDABLE.
NO LESSONS WILL BE GIVEN UNLESS PAID FOR.**

Summer High Performance Fitness Package

This package is for players who are highly motivated and want to make a dramatic difference in their training while they are at Weil Tennis Academy. Players involved in this program will have the opportunity to follow ultra-customized and individualized fitness training under the supervision of Patrick Muller, Fitness Director at the Weil Tennis Academy.

They will train in groups of 3-4 players which will give Coach Patrick the opportunity to be more specific and provide more attention to the players. These training sessions will last 1h and 15m and be 2 times per week.

This small group training is the most efficient way to train for tennis because it allows the players to work on their strength, agility, endurance, speed and flexibility which are necessary if they want to reach their top level. This kind of training on a regular basis will give optimal results to each of the players.

These sessions will also allow for plenty of time to work on injury prevention and recovery, which should be taken very seriously if a player wants to achieve his/her goals. Pre-habilitation exercises, core strength and stretching are often neglected by players and this setting allows for all these areas to be worked on a weekly basis which will in turn help the coach keep the players as healthy as possible.

Players who sign up for this package will also receive a more specific Fitness Evaluation at the end of their training time at Weil Tennis Academy that will allow for a more specific and individualized fitness program. Each player will then receive a Personalized Fitness Program to take home with them which will allow them to keep working on their fitness for 4 to 5 hours a week. These programs will be tennis specific and individualized to the player's needs. It will come with instructions and illustrations to make it as easy as possible to follow.

With this performance package, players will have the best fitness training experience possible, with customized sessions that will work on strength, agility, speed, endurance, flexibility and recovery.

This is what is included in the performance package:

- 2 sessions of 1h 15 minutes per week in groups of 4 max before or after practice
- Specific and complete Fitness Evaluation for tennis
- Individualized Fitness Program to take home
- Best attention and fitness training during their time at the academy
- Cost: \$200 per week

For more information please contact Patrick Muller at Patrick@weiltennis.com or call 805-256-4443