



*At Weil Academy, your child will be treated like a young professional player who aims to improve their game every day!*

*-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.

\* 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 <b>Weil Commons Area at 428 Bryant Circle, Ojai, CA 93023</b>
2:00 PM – 5:15 PM	Camper Evaluations, Introductions, and Group Placement, & Day camper pick up
5:15 PM – 6:15 PM	Dinner for <b>Boarding Campers</b>
6:15 PM	Camp Orientation + Ice Breaking Fun Games (Boarding Campers)
10:00 PM	Lights Out

### Monday to Friday\*

7:00 AM – 8:30 AM	Breakfast in the Dining Hall/Optional Private Lessons
8:45 AM – 12:00 PM	Activation, Fitness Program, On-Court Drills in Stroke Production, Tactics & Offensive Skills.
12:00 PM – 1:30 PM	Lunch & Rest
1:30 PM – 4:00 PM	Competitive Match Play in Singles & Doubles with Coaching, Tactics, Mental Toughness, Stretching and Cool-Down.
4:00 PM	Free time & Rest/Non-boarding Camper Pick-Up
5:00 PM – 6:15 PM	Dinner in the Dining Hall
6:15 PM – 9:00 PM	Supervised Group Activity for Boarding Campers, like Dodgeball, Water Basketball, Doubles Tournament, etc.
8:00 PM – 10:00 PM	Free time & Rest
10:00 PM	Lights Out

**\*Friday morning training begins 10:00 AM instead of 9 AM for all campers, Day Campers check in on court by 9:50AM**

**\*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 10-19, 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 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](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 17 championship tennis courts 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.

**Weekend 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 are 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](http://www.usta.com) (COVID may affect tournament availability/ travel)

**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.

**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 always supervised. The dorms have 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.

**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.** (Please note campers who stay in camp through the weekend/tournament need to account for meals)

**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.



## PRIVATE LESSON FEES

### Tennis

#### **Head Coaches:**

\$200.00 per 1-Hour Lesson

\$975.00 for a Package of 5 Lessons (\$170.00 per hour)

\$1,900.00 for a Package of 10 Lessons (\$170.00 per hour)

#### **Assistant Coaches:**

\$150.00 per 1- Hour Lesson

\$725.00 for a package of 5 lessons (\$120 per hour)

\$1,400.00 for a package of 10 lessons (\$120 per hour)

### Fitness

\$120.00 per 1 Hour Lesson

\$450.00 – High Performance Fitness Package - includes Individualized Take-Home Fitness program (See next page for more info)

### Mental Toughness

\$250.00- Rookie Package per week

\$450.00- Pro Package per week (See next page for more info)

### Nutrition Program

\$255.00 - Private One week

\$350.00 - Private Two Weeks

\$450.00 – 1 Month Privates

\$200.00 - Group 1 week (up to 4 students per group)

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

## Summer High Performance Fitness Package

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 Co Fitness Directors Priyank Soni and Zach Gray at the Weil Tennis Academy. They will train in groups of 3 max players, which will give our fitness directors the opportunity to be more specific and provide more attention to the players. These training sessions will last 1h 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, power, speed, agility, endurance, 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 coaches 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 mobility and corrective exercises routine to take home which will allow them to keep working on their goals. The mobility routine 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, power agility, speed, endurance, flexibility, and recovery. This is what is included in the performance package:

- 2 1 hr. sessions per week in groups of 3 max before or after practice
- Specific and complete Fitness Evaluation for tennis + mobility and corrective exercises routine to take home
- Best attention and fitness training during their time at the academy
- Cost: \$450 per week

For more information, please contact [pk@weiltennis.com](mailto:pk@weiltennis.com)

## TAP Mindset Mental Coaching Program

Our TAP Mindset Package, a creative and effective mental toughness & focus enhancement program to dramatically improve performance, your child can choose to participate in this summer at Weil Academy. This package is only for players who are highly motivated and want to exploit their full potential while they are at Weil Academy this summer by training the most important performance element they possess: THEIR MINDS.

Together with your child, we will design a personalized mindset program with a plan of action with specific goals, creating good habits on and off the court and practicing different mindfulness practices such as : meditation, visualization, yoga, breathing exercises to stay present and aware so they can get more quality and efficient practices by staying focused for longer and longer periods of time. We will also work on understanding each player's strengths and weaknesses and create a plan (the process) of action to face different pressure situations during competition with the confidence to trust their process. We will guide their process each day at Weil with daily personal tracking and small group sessions.

Each player will receive a TAP Manual with a Personalized Program to work with while they are at Weil, and to take home with them, which will allow them to keep working on their mental strength for 12 total weeks. 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.

This is what is included in the TAP ROOKIE package:

- 5 sessions of 30 minutes (Introduction + 2 days before and after practice)
- TAP Manual with specific mental program for 12 weeks to take home
- We teach you how to use the manual and follow up with your progress
- Cost: \$250 per week

This is what is included in the TAP PRO package:

- 11 sessions of 30 minutes (Introduction + every day before and after practice)
- TAP Manual with specific mental program for 12 weeks to take home
- We teach you how to use the manual and follow up with your progress
- Additional information and resources for peak performance based in neuroscience (sleep, nutrition, recovery and more)
- Cost: \$450 per week

For more information, please contact [jpulido@weiltennis.com](mailto:jpulido@weiltennis.com)

## Nutrition Programs Available:

- \*Individual: 1-Week Nutrition Program = \$250
- \*Individual: 2- Week Nutrition Program = \$350
- \*Individual: 1-Month Nutrition Program = \$450 (Continues online if student is at Weil less than 1 month)
- \*Group: 1-Week Nutrition Program = \$200 (Up to 4 students per group)

### All Individual nutrition programs include the following:

- \*A 4 Week Personalized Nutrition Program.
- \*Includes Nutritional Coaching.
- \*Weekly Check-in text messages from Coach to help support and added motivation.
- \*2 sessions per week (25 mins).
- \*Includes a Shopping List.
- \*Nutrition handouts & nutrition program in folder.
- \*Free Access to Heatwave Performance App.
- \*Free Initial Consultation Included (20 minutes)

### Plus:

Individual 1-Week Programs also includes: Free VIP Comfy T-Shirt & Sweat Towel.

Individual 2- Week Programs also includes: Free VIP Comfy T-Shirt, Sweat Towel & Notebook.

Individual 1-Month Programs also includes: Free VIP Comfy T-Shirt, Sweat Towel, Notebook & Headband.

### The Group nutrition programs includes the following:

- \*A 4 Week Personalized Nutrition Program EACH.
- \*Includes Group Nutritional Coaching.
- \*Up to 4 students per group.
- \*2 x group sessions per week (30 mins).
- \*Includes a Shopping List.
- \*Nutrition handouts & nutrition program in folder.
- \*Free Access to Heatwave Performance App.
- \*Free Individual Consultation Included (20 minutes).
- \*Free VIP Comfy T-Shirt & Sweat Towel.

