CUSTOM TRAINING CAMPS

CAMP INFORMATION SHEET

WEIL TENNIS ACADEMY

At Weil Academy, your Camper will be treated like a young professional player who is committed to improving every day!
— Mark Weil, Founder and Academy Director

TYPICAL TRAINING DAY

Typical Training Day	
8:00 AM	Wake-Up and Breakfast at Dining Hall
9:00 – 10:15 AM	Tennis Training
10:30 – 11:15 AM	Fitness Training
11:15 AM – 1:15 PM	Rest and Lunch
1:15 – 4:15 PM	Tennis Training
5:15 – 10:00 PM	Dinner and Free Time
10:00 PM	Bedtime

Because custom training camp schedules are tailored to each family, your camper's exact arrival day, departure day, and daily start time will be confirmed by our office as part of your custom booking. Once at Weil, your camper will follow the training day above, integrated alongside our full-time academy players and coaching staff.

Check-In and Check-Out Procedure:
Check-in and check-out both take place at the Weil Commons (428 Bryant Circle, Ojai, CA 93023). Boarding campers must complete check-in and check-out in person with Weil Dorm Staff; day campers check in and out from the courts with their coaches. Our office will confirm the exact times as part of your custom schedule.

Level of Players: Weil Camps are designed for players ages 8–18 across a wide range of competitive levels, from advanced beginners to highly ranked national players. Players are grouped on court by age and skill level, with opportunities throughout the week to train and compete with stronger players.

Tennis Training: Weil coaches focus on developing mental toughness, tactical awareness, offensive skills, fitness, injury prevention, and cardio endurance. The player-to-coach ratio is typically 5 to 1 and may be as low as 2 to 1.

Fitness Program: The fitness program includes intense sand and sprint work, medicine ball training, coordination and balance drills, and flexibility exercises designed to improve players' core strength, balance, and explosiveness to the ball. Players also cross-train through activities such as basketball, soccer, water basketball, and volleyball to develop overall athletic ability.

Weil's International Coaching Staff: Weil employs full-time, SafeSport-certified, high-performance coaches from around the world who are based locally year-round. Our coaching staff, representing Brazil, Canada, Colombia, Egypt, England, Portugal, Spain, Venezuela, and the USA, are The Best coaching staff in the world! Click here to view their bios on our website.

World-Class Training Facility: Weil Tennis Academy is a five-acre, world-class training facility that combines its own tennis campus with the amenities of the Ojai Valley Athletic Club (OVAC). The campus features 16 championship tennis courts on site, along with 8 additional hard courts at historic Libbey Park, located one block from Weil. Weil/OVAC also offers two state-of-the-art gyms, a professional lap pool,

a large recreational pool, two Jacuzzis, a steam room, an aerobics/yoga studio, a beach volleyball court, and a full-service café for smoothies and snacks.

Weekend Tournament Travel: Weil coaches take eligible campers to Southern California tournaments most weekends throughout the year. If your camper's custom training stay includes a weekend and they would like to participate in a tournament, please notify the office as early as possible so we can enter them to play. To participate in USTA-sanctioned tournaments, your Camper must have a USTA membership, which may be purchased at www.usta.com. Tournament availability and travel may be affected by external factors, and this option does not apply to Thanksgiving Camp.

Optional Private Lessons: Private lessons are available with our full-time coaches throughout your custom training stay. For pricing, please refer to the Private Lesson Fees section at the end of this information sheet. All lessons must be paid in advance.

Dormitory Facilities: Weil has separate girls' and boys' dormitories on campus and accommodates up to 80 boarding campers per week. Campers are supervised at all times. The dorms include coin-operated laundry facilities, internet access, and a comfortable lounge. All campers have at least one roommate, and each room includes beds, dressers, and an individual air-conditioning and heating unit. **Boarding campers may not drive their own cars to camp.**

Dining Hall: The players' dining hall is located on the main floor of the girls' dormitory. Our dining staff prepares nutritious, balanced meals daily throughout your camper's custom training stay, with a sandwich bar, salad bar, and fruit bar available at every meal. Fresh fruit is also available for snacks throughout the day. **Please notify the office if your Camper has any special dietary needs or allergies.** If your camper's custom stay includes a weekend, please confirm meal service availability with our office in advance, as dining hours may vary outside the regular camp week.

Emergencies: In the event of an emergency, Weil has an on-call Academy Physician available, and Ojai Valley Community Hospital is within a five-minute drive from campus. Weil staff are prepared to respond as needed, and camper medical forms are kept in the office in case treatment is required.

CONTACT INFORMATION

The Weil Main Office is open from Monday through Friday from 8:00 AM to 5:00 PM.
To contact the Camp Coordinator, Zayra Lopez, please call 805.640.3413.

For assistance after office hours or on weekends, call the Boys' Dorm Cell at 805.794.7520 or the Girls' Dorm Cell at 805.794.7519.

PACKING LIST

Bedding

- Pillow
- Fitted sheet for a twin mattress
- Sleeping bag, blanket, or flat sheet

Personal Items

- Personal toiletries
- Shower towel
- Training towel
- Beach towel
- Watch, alarm clock, or phone
- Phone charger

Tennis Gear

- 2–3 tennis racquets
- 2–3 extra sets of strings
- Wristbands, grips, dampeners, etc.

Clothing and Shoes

- Socks
- Tennis shoes
- Running shoes
- Casual shoes
- Shower shoes
- Hats and/or visors
- Swimsuit
- Sunscreen

Optional Spending Money

- Spending cash for off-campus activities and the café bar. We recommend approximately $200 per week.

Please label all belongings. Weil is not responsible for any items lost or left behind at camp.

GETTING TO WEIL

Weil Tennis Academy shuttles campers to and from the Ventura County Airporter Shuttle or the Amtrak train station in Ventura on the first and last days of camp only. **To arrange pick-up or drop-off, parents must send their camper's travel itinerary to the office at least 72 hours before arrival or departure.**

Nearby Airports
Santa Barbara Airport (SBA): approximately 45 miles from Weil
Burbank Airport (BUR): approximately 70 miles from Weil
Los Angeles International Airport (LAX): approximately 85 miles from Weil

Transportation
Ventura County Airporter: 805.650.6600 or www.venturashuttle.com. Service is available between LAX and the Four Points by Sheraton in Ventura.
Dutch Private Service: 805.340.6850 or dutchdetail@yahoo.com.

PRIVATE TENNIS LESSON FEES

Tennis Director Rate
$300.00 – 1-Hour Private Lesson with Coach Mohamed Badran (limited availability)

Head Coach Rates
$300.00 – 1-Hour Private Lesson w/ Tennis Director, Mohamed Badran (limited availability)
$200.00 – 1-Hour Private Lesson
$975.00 – Package of 5, 1-Hour Private Lessons ($195/Hour)
$1,900.00 – Package of 10, 1-Hour Private Lessons ($190/Hour)

Assistant Coach Rates
$150.00 – 1-Hour Private Lesson
$725.00 – Package of 5, 1-Hour Private Lessons ($145/Hour)
$1,400.00 – Package of 10, 1-Hour Private Lessons ($140/Hour)

Private tennis lessons are available for players who want more individualized attention during their time at Weil Tennis Academy. Lessons are taught by Weil's experienced coaching staff and may focus on technical development, tactical awareness, match strategy, movement, confidence, and overall competitive growth. Private lessons are a great way for players to receive targeted feedback and make the most of their training experience at Weil.

FITNESS LESSON FEES

Individual & Group Program Options
$200.00 – 1-Hour Private Lesson
$1,900.00 – Package of 10, 1-Hour Private Lessons ($190/Hour)

$1,500.00 – Package of 10, 1-Hour Semi-Private Lessons. Per player. 2 players maximum.
$1,250.00 – Package of 10, 1-Hour Small Group Lessons. Per player. 3 players maximum.
$450.00 – High Performance Fitness Package, per week. 3 players maximum.

The High Performance Fitness Package includes:
- 2, 1-hour sessions per week, scheduled before or after practice
- Fitness-specific player evaluation
- A personalized take-home fitness program with mobility and corrective exercises to help players continue progressing after camp
- Small-group training with personalized attention from the Fitness Director

The High Performance Fitness Package is designed for motivated players who want to improve their strength, speed, agility, endurance, flexibility, injury prevention, and recovery while training at Weil. Players train in small groups of up to 3, allowing for more individualized coaching and attention.

For more information on fitness packages, please contact Fitness Director Juanjo Climent at jcliment@weiltennis.com.

NUTRITION PROGRAM FEES

Individual Program Options
$300.00 – 1-Week Individual Program: 2 coaching sessions (30 minutes each), the 1-Week Camp Playbook and 1 weekly handout.
$400.00 – 2-Week Individual Program: 4 coaching sessions (30 minutes each), the 2-Week Camp Playbook and 2 weekly handouts.
$500.00 – 1-Month Individual Program: 8 coaching sessions (30 minutes each), a Foundations playbook for their age and 4 weekly handouts. (Program continues remotely if the camper attends Weil for fewer than 4 weeks.)

All Nutrition Programs include:
- A 15-minute starter consultation covering goals, training load and the foods they like and don't eat.
- A personalized meal plan for the length of the program, built around the Weil cafeteria and camp snacks.
- A take-home Family Fuel Menu for eating well after camp.
- Camper's playbook, printed and kept in their camper folder.
- A short personal shopping list with just the foods in their plan.
- A weekly check-in text from Coach Dom for support and motivation.
- Nutrition handouts and program folder
- Free access to the Heatwave Student Academy, with daily check-ins, nutrition games and Embers they can trade for real gear.
- A VIP Heatwave comfy T-shirt and sweat towel.

For more information on nutrition packages, please contact Academy Nutritionist Dominique-Chante McLean at dcmclean@weiltennis.com.

TAP MENTAL TOUGHNESS PROGRAM FEES

Individual Program Options
$975.00 – Package of 5, 1-Hour Private Sessions ($195/Hour)
$1,900.00 – Package of 10, 1-Hour Private Sessions ($190/Hour)

Program Options
$350.00 – Rookie Package, per week
$450.00 – Pro Package, per week

All TAP Mental Toughness Programs include:
- Introductory session
- 6, 30-minute sessions scheduled before and after practice
- TAP manual with a take-home 12-week personalized mental toughness program
- Guidance on how to use the TAP manual
- Progress follow-ups for continued support and accountability

Additional items included with the Pro Package:
- 4 additional, 30-minute sessions scheduled before and after practice, for a total of 10 sessions
- Neuroscience-based resources to support peak performance, including sleep, nutrition, recovery, and more

TAP Mindset is designed for motivated players who want to strengthen the mental side of their game while training at Weil. Through personalized coaching, players learn tools to improve focus, build stronger habits, manage pressure, and compete with more confidence. Each program is tennis-specific and tailored to the player's individual strengths, challenges, and goals.

For more information on mental toughness packages, please contact Director of Mental Training Julio Pulido at jpulido@weiltennis.com.

Log in to your CampSite portal to add private lesson packages to your camper's registration.

All enrollment extras must be paid in advance and are non-refundable. Lessons will be scheduled after payment is submitted through CampSite.