



## **Tennis Camp Preparation Checklist**

9am-3pm Full Day Campers/ 9am-12pm Half day campers

Please make sure you bring the following items:

- Tennis Bag
- Sun-block
- Hat, sunglasses
- Towel
- Healthy snack – walnuts/almonds, fruit, energy bar, fig newtons, Gatorade, pretzels, fruit bar etc,
- Pocket money
- Extra shirt/socks/underwear
- Tennis racquet(s)
- Please get plenty of rest and drink plenty of water each night.
- LUNCH** ( Please use insulated lunch bag with ice packs)

**Directions to NYMA:** 78 Academy Avenue, Cornwall-on-Hudson, NY 12520

NYMA is on Route 218 in Cornwall-on-the-Hudson.

**From 9W North** - Go past Sportsplex, go through one light, take the first exit past the light. That is Route 218 (Cornwall). Ramp will cross under 9W. NYMA entrance is just ahead on the left. Turn left onto Academy Road and right on Brooks Lane. Courts on right.

**From South of Cornwall** – Take 9W north to Route 218 (Cornwall on Hudson exit). Make sure you have past West Point, Highland Falls, and Cornwall. Cornwall on Hudson is about a mile south of Sportsplex. Once off the ramp, follow directions above.

### **Rain Policy**

- Sportsplex will decide whether camp will run on days of inclement weather.
- If it is raining or you are unsure about whether camp will run, please call Sportsplex no earlier than 7:30am. We will inform our front desk of camp status. You do not need to ask for the tennis department. 845-565-7600.
- If it is raining at 3pm, please pick your child up at the Gymnasium. When entering NYMA campus, the gym is the second building on the left. Go to the second entrance, go around the back of the gym and follow to main doors.

### **Already at Camp and it rains:**

In the event of rain while camp is running, the following planned activities will take place:

- Tennis Videos
- Tennis related footwork and activities
- Mental toughness sessions
- Cross training
- Games in the Gymnasium

### **Credit/Make-up Policy**

No credits will be given. If we cancel camp due to inclement weather, we will offer another day during our camp season.

### **Drop-off/Pick-up**

- Please be prompt with dropping your child off and picking your child up. The tennis staff must return to Sportsplex to teach. If you need to drop your child off early, a staff member will be at NYMA by 8:30am.
- Tennis Camp does not have a late pick-up service. However, Sportsplex offers a late pick-up program. If you would like to have your child picked up at Sportsplex, you will need to arrange that with another parent to drop your child off at Sportsplex and you will need to make arrangements with Eileen in Children's Programming at Sportsplex about cost.
- If you are going to be late for any reason, please call 565-7600. Sportsplex will then inform us at NYMA.

### **Emergencies/Contact Camp**

- If you need to contact us at Camp, please call Sportsplex at 565-7600. They will relay information to us.
- If we need to contact you, we will use the phone number that you provided on the emergency contact on the health form.

### **Sportsplex Pro Shop**

\*\*You may purchase tennis rackets, bags, grips, over-wraps, vibra-zorbs, string through the tennis department.