
JUNIOR SUMMER CAMP

APPLICATION - Please fill in and return.

FULL NAME _____

AGE _____ DOB _____

GROUP ATTENDING - Please tick one

9-10am _____ 10-11am _____ 11-12pm _____

WEEKS ATTENDING WK 1 _____ WK 2 _____

WK 3 _____ WK 4 _____ WK 5 _____ WK 6 _____

PARENT'S NAME _____

TEL # _____

EMAIL _____

Medical issues _____

Policies - Please Read and Sign

Application or notification of attendance must be received in advance.

Payment required on or before first day of each weekly session.

Disruptive children will not be tolerated.

Make ups for missed days allowed with advanced notice of absence.

All students are participating at their own risk.

Payment can be made in cash or as a check made out to Ruth Dickinson.

Parent Signature -

Meet your Tennis Director

Ruth Dickinson has been one of the best tennis teaching professionals in the Greater Philadelphia area for over 2 decades. The 2018 season sees Ruth returning to Conestoga Swim club after reintroducing the program in 2017. Ruth is well



known for her enthusiastic, high energy, and high standards of coaching for absolutely all levels. Ruth is not only USPTA certified but also carries a personal fitness certification and runs a personal training fitness program.

Ruth has always had a passion for developing young juniors and has had much success guiding top local players to play at a collegiate level.

In 2015, her Junior Team Tennis squad won Nationals in South Carolina. Ruth has coached 3 teams representing Middle States that have competed at Nationals.

On a more local level, Ruth likes nothing better than to see all her students, both youth and adults, enjoying themselves on the court while striving to always improve.

Ruth looks forward to developing the tennis programs at CSC. Remember, One More Shot .

See you on the courts.

Contact: Ruth Dickinson

Mobile: 267-259-8677

Email: ruthdi2008@gmail.com

Conestoga Swim Club

ONE MORE SHOT

TENNIS PROGRAM 2018 SEASON

Tennis Director Ruth Dickinson

Mobile # 267-259-8677

Email ruthdi2008@gmail.com

CSC ONE MORE SHOT TENNIS OFFERS

- 6 week junior program that accommodates swim practice
- August tennis camp
- Junior Team Tennis April - June.
- Junior Team Tennis practices
- Reinstated Women's CUP tennis
- Women's USTA 3.0 and 3.5 level tennis
- Women's Team Practices
- Evening after work clinics
- Mens Interclub
- Private lessons & Private lessons
- Adult Cardio Tennis
- Adult all level clinics & mini camps
- Social mixed tennis

Team Play Schedule Starting Mid April

Women's Inter Club	Weds Mornings
Mens Inter Club	Sat Mornings
Women's USTA 3.0	Thursday Mornings
Women's USTA 3.5	Friday Mornings
Junior Team Tennis	Sat Afternoons



JUNIOR TENNIS CAMP IS AVAILABLE

Junior Summer Camp available for 6 weeks

Starting June 19th through July 27th. Our focus will on learning the game, skill development and an overall improvement of each student.

- Week 1 FRIDAY June 22nd ONLY
- Week 2 June 25 - 28
- Week 3 July 2,3, & 5 No Tennis on July 4th
- Week 4 July 9 - 12
- Week 5 July 16 - 19
- Week 6 July 23 - 26

Each week runs 4 days, Monday thru Thursday. Each clinic is 1hr in duration. Friday is used as a make up day if rained out.

Times and Age groups

- 9-10am 13 and under.
- 10-11am 14 and up.
- 11-12pm 8 and under.

**Players of the correct level can play 9-11am Afternoon sessions will be available for Intermediate players aged 12 & above. Time and days to be announced.

Camp Cost per week

Single Family participant	\$45/week
Additional Sibling	\$35/week

Discount for signing up for multiple weeks Sign up for 4 weeks or more in advance. \$40 per player/week & \$30/sibling/week Numbers will be limited, so sign up early. Additional Camps will be available in August.

ADULT ONE MORE SHOT TENNIS

Women's Team Practices

USTA 3.0 Mondays 1-2:30pm
USTA 3.5 Tuesdays 1-2:30pm
Cup Practice Mondays 11-12:30pm
Team practices will run until mid-June

Daytime clinics and evening clinics will be offered through out the summer for all levels. Check the website for clinic options. Sign up in advance only.

Create your own group and improve together. Contact Ruth with your requested time and day.

Clinic Prices

All team practices \$25/player
1hr 4 people \$25/player
1.5hr 4 people \$35/player

Cardio Fitness Tennis.

An excellent way to improve your tennis fitness. Hit hundreds of balls in one session. Fun yet challenging drills with some mobility and own body weight strength training mixed in. Cardio will be offered twice a week.
4- 6 players on the court \$25/player

Private and Semi Private Lessons

1 hr lesson \$85
1 hr lesson with a friend \$45 each.
Non Members will be charged an additional fee for lessons, clinics and camps

Personal Fitness or Tennis Fitness sessions available upon request.

Email or call for more information and to request your times ruthdi2008@gmail.com