
JUNIOR SUMMER CAMP

APPLICATION - Please fill in and return
(advanced sign-up for camp is required).

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 _____ WK 7 _____

PARENT'S NAME _____

TEL # _____

EMAIL _____

Medical issues _____

Policies - Please Read and Sign

- Application or notification of attendance must be received in advance.
- Payment is required on or before first day of each weekly session.
- Disruptive children will not be tolerated.
- Make ups for missed days only allowed with advanced 24hr 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

With an extensive coaching career spanning two decades, Ruth Dickinson is one of the top teaching professionals in the Greater Philadelphia area. Highlighting this, in 2018 Ruth was named Pro of the Year in the Philadelphia District.

The tennis program at Conestoga Swim club has been growing over the last two seasons after the program was being reintroduced in 2017. Our women's Cup team was reinstated and gained promotion and our 14 & under Junior Tennis team won there league and will participate in districts this summer.

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 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.

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 2019 SEASON



CSC 'ONE MORE SHOT' TENNIS OFFERS

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

Team Play Schedule Starting Mid April

Women's Inter Club	Wed Mornings
Mens Inter Club	Sat Mornings
Women's USTA 3.0	Thurs Mornings
Women's USTA 3.5	Fri Mornings
Women's USTA 4.0	Tues Mornings
Junior Team Tennis	Sat Afternoons

FOLLOW US ON SOCIAL MEDIA



@tennisCSC
#OneMoreShot

JUNIOR TENNIS CAMP IS AVAILABLE

Junior Summer Camp available for 7 weeks

Starting June 17th through Aug 1st. Our focus will on skill development, learning the game and an overall improvement of each student.

- Week 1 June 17 - 20
- Week 2 June 24 - 27
- Week 3 July 1-3 No Tennis on July 4th
- Week 4 July 8 -11
- Week 5 July 15 -18
- Week 6 July 22 -25
- Week 7 July 29 -Aug 1

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	\$50/week
Additional Sibling	\$45/week

Discount for signing up for multiple weeks Sign up for 4 weeks or more in advance. \$45 per player/week & \$40/sibling/week Numbers will be limited, so sign up early.

ADULT 'ONE MORE SHOT' TENNIS

Women's Team Practices

USTA 3.0 Mondays 1-2:30pm
USTA 3.5 Monday 9:30-11am
USTA 4.0 TBD
Cup Practice TBD
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 including creating your own group. Contact Ruth with your requested time and day. Sign Up in advance in required.

Clinic Prices

All team practices	\$30/player
1hr clinics	\$25/player
1.5hr clinics	\$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 for \$20/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