



# 2017 GMTA Quann Tennis Camp

## Equipment List and General Information

### Required Items

1. Passion for tennis and/or a desire to have a greater exposure to the sport. A willingness to work hard and MOVE ONE'S FEET.
2. Tennis racquet(s). But there is no need to buy a racket for camp before getting some suggestions from camp coordinator. People frequently buy racquets that are the wrong grip size or otherwise inappropriate. We will have demos for kids to use if they are in the market for a racquet.
3. Court specific tennis shoes. Running shoes are not designed for the lateral movement required in tennis. They increase the risk of a rolled ankle, and they leave black marks on the court. It is advisable to break in any new shoes before the camp starts.
4. Water. Bring a large water bottle of water or a sports drink. There is a water fountain at the courts. An energy bar or snack is also a good idea.
5. Sunscreen. The GMTA will also have sunscreen for people to use.

### Optional Items

1. Hat or visor, wristbands, and sunglasses. Sunglasses should be sport or tennis specific. Normal sunglasses will interfere with one's ability to see the ball and are not recommended.
2. A large towel. Campers are going to work hard so they will need the towel to dry off. There will also be some conditioning and mobility activities, so a large towel will be easier on knees, hands, and bum.
3. Heart rate monitor. This is TOTALLY optional but recommended as a helpful fitness tool.

### Other Info

- Rain plan. Wet courts are slick and damage balls. The class will be canceled due to wet weather. It may not be cancelled if it just a short, passing shower. The coordinator will post updates on the GMTA website at the Quann program page and will send out emails when it is raining or there is a strong chance for rain. For sessions one, two, and three, rained out classes can be made up by attending the same number of classes in a subsequent session. For session four or for those who cannot attend another session, the coordinator will come up with an alternate make up plan.
- Severe weather. In the case of a thunderstorm that develops during class, we will exit the courts and either wait in the instructor's cars or inside the nearby Goodman Pool facility. Kids with cars can either join or leave to go home.
- Restrooms. There is one portable toilet at Quann.
- Coordinator contact info:
  - JW (or John) Miller at [jwmiller99@gmail.com](mailto:jwmiller99@gmail.com); 608-628-6091(c); 608-204-9750