

CHRIS LEWIT  
CLTA  
TENNIS ACADEMY



CLTA Vermont Summer Camp:  
World-Class High Performance Training in Paradise

# Academy Infobook

*“Champions don’t make excuses. They find a way!” --Chris Lewit*

Chris Lewit Tennis Academy Vermont is one of the premier high performance tennis training centers in North America, developing champions from the United States and Canada--and from around the world.

We specialize in small group training under the direct supervision of experienced professional coach, Chris Lewit, and his team of trained coaches. In addition, we feature world-class physical training by James Fitzgerald, owner of MVP Training and professional yoga training by Kim Lewit, RYT-500.

## 2018 Summer Camp

Our summer camp is for players of all ages and levels--but players must have a strong work ethic and a seriousness of purpose. We have beginning players learning world-class technique as well as many nationally/internationally ranked players preparing for tournaments. Players must be between 10 and 18 years old for boarding at the lodge, although we can make exceptions for older or younger kids on a case-by-case basis. We do have many young super stars coming to train with Chris, and if the players are 9 years old or younger, they usually come

and stay with their family--or they can stay with Chris's family in their farmhouse.

Our camp features very low 2-3 students per court and coach ratio, which is typical of the training in Spain, where Chris has studied extensively. We usually have 15 or fewer players per session (max 30 players per week) and Chris works on the court with all players individually within the group. We believe this is what makes our training so special: the individual attention every player receives and the chance to interact and work on court directly with Chris each day. Because we are so small, we know each player and his or her game very well, and we can address details that larger camps often overlook.

All players receive an assessment from Chris during the week and Chris works with each player to set some training goals and a development plan for the length of his or her stay.

We have both medium-fast hard courts and slow European red clay courts onsite at the club, and we believe both surfaces are beneficial for the players. Clay courts help to develop the tactical mind, the footwork and movement, patience, acceleration, and the physical endurance of a player, and they build the consistency and defensive aspect of the game. Hard courts develop the quick reaction and adjustments needed and can be helpful in honing the weapons and attacking mindset of the player. We rotate the players from surface to surface depending on their development plan and their needs.

It's important to note that we have two indoor hard courts onsite, so in the event of rain we can move the entire camp quickly indoors and continue our training no matter what the weather is outside. This is an advantage that most summer camps do not have!

We have a yoga/exercise room and small gym area also on site, and we offer an extensive program of physical preparation including fitness testing and training with a professional trainer, daily yoga lessons from a 500 hour RYT specialist, and speed and agility sessions. A major component of our physical training sessions is injury prevention and we therefore perform a lot of core exercises, shoulder and leg strengthening work, and stretching.

As is typical of the training model in Spain, players typically play 3 to 3.5 hours of high-intensity tennis a day and have about 2 hours of serious injury prevention, physical training, and cross sport training. We usually play soccer as part of the cross-sport training.

With our very small groups in which each player receives personal time on court directly with Chris, customized--not cookie cutter--training plans, multiple court surfaces and indoor courts on site, and professional athletic and injury prevention programs, we are confident that our summer camp is the highest quality serious training program you can find for your child.

**And it's all in one of the most beautiful, scenic places in the world!**

# Here is a typical training day

Breakfast between 745 and 820 at the lodge. Pack lunch and drop bags in the van.

820am--travel to club.

830--Jog around nature trails and dynamic stretching, rotator cuff warmups

We have several alternating sessions going on, so some days we may have fitness and physical preparation first and some days we may have tennis first.

## **1st Session**

9-11 tennis

Or 9-1030 strength and conditioning and/or speed and agility session with 30 minute "energy point," which means rest and refueling and rehydrating

## **2nd Session**

11-1 tennis

11-1230 strength and conditioning and/or speed and agility session with 30 minutes "energy point"

1-2pm lunch and free time for all players

## **1st Session**

2-330 tennis

Or 2-330 cross sport training and injury prevention and stretching

## **2nd Session**

330-5 tennis

Or 330-5 cross sport training and injury prevention and stretching

5-515 clean up the courts and club; order dinner with coach

515-6pm--free time at the club

6pm--swim time at the Lodge pool

7pm dinner and free time at the Lodge

10pm Lights out

\*Private lessons with Chris are also available before 9am and after 5pm daily

\*\*Every Friday is Legendary Mountain Day! We take a timed run up to the peak of Magic Mountain!

# Summer Camp Weeks and Prices 2018

Arrival is on Sunday afternoon. Training starts Monday morning. Pickups are on Friday evening (except for campers staying multiple weeks)

Week 1 June 24th--June 29th

Week 2 July 1--July 6th

Week 3 July 8th--July 13th

Week 4 July 15th--July 20th

Week 5 July 22rd--July 27th

Week 6 July 29th--Aug 3rd

Price for one week is \$1750

(Please note: boarding price includes ALL Meals except on field trips. See Food and Meals below. Price for Spain does not include airfare)

Price per week without boarding is \$1250.00

We offer a 5% discount for students coming 2 weeks. 10% discount is available for students coming 3 or more weeks. Scholarships are available for top national and international level players and through USTA scholarship camp fund.

# Summer Camp Student Housing

Summer students will be staying at the nearby Upper Pass Lodge, [www.upperpasslodge.com](http://www.upperpasslodge.com), which offers comfortable room options with private bath in a charming New England setting at the base of Magic Mountain. The Lodge also has a lovely outdoor swimming pool for our students to enjoy daily after practice. Students will be roomed together by gender and age or by request. CLTA counselors and coaches live at the lodge, and players have full-time supervision.

## Food and Meals

The Upper Pass Lodge has a full restaurant, The Red Slate Restaurant, and will provide nutritious chef-made meal options for our players including a breakfast buffet and bag lunch.

The chef can accommodate all types of special nutrition requests. Please notify us in advance of your special dietary restrictions and we will accommodate.

### Grocery Visits

There is a supermarket near the club and we will take the players to the market once per week, usually on a weekend day, so players should bring their favorite snacks and plan on having a week's supply on hand before being able to go to the store.

Water is available at the club as well as healthy sports drinks and snacks from the CLTA Cafe.

# Laundry

Laundry will be professionally serviced by our partner company in Manchester, VT. We will make at least one laundry run per week for players. Players should bring detergent and a sturdy laundry bag, and money for the service. Laundry is not included in the weekly camp price.

# Tournament Travel Coaching

During summer, CLTA coaches will be available to drive and travel with players to tournaments on the USTA New England and USTA Eastern calendar.

We will have many nationally ranked and sectionally ranked players in summer and we need to coordinate their tournament schedules so they can peak at the right times of summer. Most higher ranked kids need to peak for Zonals, National Clay Courts and National Hard Courts. Chris has also sent players to Spain for some European events in summer in previous years.

Contact Chris to discuss your child's summer tournament schedule and how we can best customize training for your player to peak at the right time to win!

# Tournaments at CLTA

CLTA Vermont hosts a tournament every weekend at the club including a Little Mo Sectional event and two men's open pro prize money tournaments and various USTA/New England sanctioned junior events. Players signed up for the summer camp receive priority entry into all tournaments held at the club. We can also set up extra matches on the weekend for players who want more competition. Here is our summer 2018 tournament schedule:

June 23-24 Little Mo Sectional for 8,9,10,11 and 12 year olds

June 30th-July 1 CLTA Vermont Pro Prize Money Singles Invitational Men's Open for top ranked juniors, college and pro circuit competitors. USTA New England Sanctioned.

July 7-8 CLTA Vermont Summer Kids Cup  
BG's 12s USTA New England Sanctioned L7 Event

July 14-15 CLTA Vermont Summer Youth Cup  
BG's 12's USTA New England Sanctioned L7 Event

July 21-22 CLTA Vermont Summer Champions Cup  
BG's 12's USTA New England Sanctioned L7 Event

July 28-29th CLTA Vermont Pro Prize Money Doubles Invitational Men's Open for top ranked juniors, college and pro circuit competitors. USTA New England Sanctioned

## Spanish Lessons

We have partnered with a local Spanish teacher to offer group and private Spanish language lessons to campers. Lessons can be scheduled in the evenings or on the weekends at the Upper Pass Lodge. Lessons are available on a first-come, first-served basis and the instructor has limited available lesson slots each week. We recommend booking lessons well in advance of summer. Contact us to schedule and for pricing.

## Swimming

Players will generally have the opportunity to swim daily. Chris believes swimming is an important part of recovery for athletes, and recent sport science studies have supported the benefits of hydrotherapy as an aid to recovery.

We are blessed to have the glorious West River running through our property near the tennis courts, and we have a shallow swimming hole and water play area onsite that all the players can use after practice.

There are also some lovely lakes just a few minutes away and the town of Londonderry has a man-made swimming hole a few minutes from the club. Players can swim daily after practice at the Upper Pass Lodge pool. On Sunday field trips, we usually take the players to the newly-built Manchester Town Pool, which is a really popular destination, with a diving board and a large swim area.

All water play sessions are supervised by our coaches and a certified lifeguard on our staff.

Parents will have to sign our swimming waiver to give permission for their child to swim

## Excursions

Each weekend, on Sunday, we take the campers on an excursion trip. The trip varies each week of camp, but we generally go to the Bromley Adventure Park ([www.bromley.com/summer](http://www.bromley.com/summer)), to Manchester village for shopping and to visit the incredible Northshire Bookstore ([www.northshire.com](http://www.northshire.com)), or to the Manchester Town Pool for swimming.

Campers are closely supervised by our counselors and coaches on these trips for safety. Parents will need to send their players with extra money for weekend excursions and also sign the excursion waiver to give them permission to leave for outside trips.

## Money

All campers must have a debit/credit card or a CLTA Camp Card to make purchases at the club. Parents can purchase the amounts they would like campers to have on the camp card to buy snacks and drinks at the CLTA cafe, and equipment, stringing and gear from our pro shop.

Players will also need a small amount of spending money for field trips and souvenir purchases. We prefer parents give players a spending credit or debit card for field trips rather than cash. However, we do have a camp

bank to hold field trip cash for parents who do not want players to keep cash themselves.

## Medical Services and First Aid

All of our coaches are CPR/AED certified and we have first aid kits at the club for minor injuries. We also have an adult and child AED device on site at the club.

For injuries that require a doctor or nurse's attention, we will bring players to Mountain Valley Medical Clinic, [www.ourclinic.org](http://www.ourclinic.org), which is only minutes away down the road.

We also have access to:

Southwestern Vermont Health Care, Northshire Campus, ([svhealthcare.org](http://svhealthcare.org)), in nearby Manchester.

Part of the Dartmouth-Hitchcock health system, SVHC offers access to more than 1200 primary and specialty care physicians and state-of-the-art technology and services.

We also work with Vermont Orthopaedic Clinic, ([rrmc.org](http://rrmc.org)), for any specialized orthopaedic care needed for our players. VOC is recognized throughout the northeast and beyond as a leader in the treatment of orthopaedic and sports-related injuries and illnesses. VOC also offers Urgent Care with access to an orthopaedic specialist within 24 hours of requesting an appointment.

## Media policy

As both coaches and parents we understand the complexity surrounding media and internet use. It is our policy and goal to foster a healthy and safe environment for all players. We ask that players do not bring their personal electronic devices to camp unless they absolutely need them. We understand that some students will be completing school online during their time with us. Those players can bring a laptop and will have access to WiFi at the club and in common areas of the lodge. We ask students to sign a media policy that prohibits non-academic use of their computers including social media and gaming **during all training hours** at the club. Computer and phone use will be allowed at the lodge, but not at the club during training hours approximately 8am-5pm weekdays. All players and parents must sign our media policy and waiver.

Either at the club or lodge, we will have weekly movie nights with movies appropriate for all the players and also may have sports channels, especially tennis, playing at the club or lodge during some breaks and meals.

Our coaches and counselors will have cellphones with them at all times for emergency use only. The club also has a landline phone and internet service. Please be aware that some cell-phone carriers have spotty coverage in the mountains of Vermont.

Lastly, we maintain a strict media policy for our coaches and counselors that limits their use of their cell phones for personal use during academy and supervision times.

Cameras are allowed but no student can be photographed without his or her permission and absolutely no pictures of other students can be posted online without permission.

Music devices are allowed but make sure to bring headphones so as not to disturb other campers.

Any campers found to be viewing or sharing inappropriate material online, or participating in any cyber bullying or inappropriate social media posting, will have their phones confiscated until the end of the camp week. In addition, campers may be subject to legal action and dismissal from camp depending on the seriousness of the infraction. We take the health and safety of all campers seriously and expect responsible use of the internet and social media from all players.

## **Refund and Make Up Policies:**

**Students are allowed to make up any missed academy classes during the summer season as long as space allows and with approval.**

**Summer make ups will not be carried over into another season. All summer make ups must be used by the last day of the summer season. Other makeup situations, such as extreme cases due to serious illness or major injury must be discussed directly with Chris, and will be handled on a case-by-case basis. Under no circumstances will refunds be given, only credit.**

# Waiver and Forms Requirement

Please be advised that all CLTA summer academy students and parents must fill out all waivers and medical forms. No students will be allowed to begin training until all signed waivers and medical forms are received.

## Nearby lodging options for parents and families

Because we are in a major resort area, there are myriad lodging options for parents and families. There are many economy options as well as high-end luxury choices. Here are a few nearby quality choices that we like, but you can feel free to search the web for deals in the Stratton Mountain area.

Upper Pass Lodge--802 824-5600

Blue Gentian Lodge--802 824-5908

Magic View Motel--802 824-3793

Grafton Inn--1 800 843-1801

Stratton Mountain Resort--802 297 4000

Okemo Mountain Resort--866 706 5366

Equinox Resort--802 362 4700

Taconic Hotel--802 362 0147

## Nearest Airports and Driving Distances to CLTA

Nearest Regional and Private Airport-Rutland Southern Vermont Regional Airport (28 miles). About 35 minutes by car

Albany International Airport--Albany, NY  
(76 miles) About 1 hour and 15 minutes by car

Bradley International Airport--Hartford,CT  
(115 miles) About 1 hour and 45 minutes by car

Burlington International Airport--Burlington, VT  
(100 miles) About 2 hours by car

Logan International Airport--Boston, MA  
(154 miles) About 2.5 hours by car

LaGuardia International Airport--Queens, NY

(216 miles) About 3 hours 45 minutes by car

Montreal-Pierre Elliott Trudeau International Airport--Quebec, Canada  
(336km) About 4 hours by car

JFK International Airport--Queens, NY  
(222 miles) About 4 hours by car

Newark Liberty International Airport--Newark, NJ  
(228 miles) About 3 hours 45 minutes by car

Philadelphia International Airport  
(317 miles) About 5 hours by car

Toronto Pearson International Airport--Ontario, Canada  
(725km) About 6 hours and 30 minutes by car

## Airport and Major City Transport to and from CLTA Vermont

We have partnered with the well-respected company Thomas Transportation ([thomastransportation.com](http://thomastransportation.com)) to offer transport to and from major airports and cities near CLTA. Transport is offered at a reasonable price. Please contact us to schedule transport and get a price quote.

# Taking Train to and from CLTA

Amtrak offers daily service to Bellows Falls, VT from numerous Northeast departure points. We can have a coach pickup/dropoff players from the Bellows Falls Amtrak station for a reasonable low fee. The station is about 35 minutes from CLTA Vermont.