



CLTA Vermont Summer Camp:

World-Class High Performance Training in Paradise (Visit ChrisLewit.com/Vermont for our picture book and YouTube.com/ChrisLewit for our camp videos!)

Player Handbook

Welcome to CLTA! Are you ready to reach the next level in your tennis?

This handbook will explain everything you need to know to get ready for summer camp. Chris and his team sincerely look forward to helping you accomplish your tennis goals!

Things to bring at the camp:

1) Sleeping Bag and Pillow

Although we provide housing complete with bedding, packing a sleeping bag and familiar pillow ensures your child will stay warm and comfortable. For younger children, having a familiar piece of bedding with them can be comforting.

2) Tennis racquets

2-3 racquets minimum recommended plus a racquet bag for gear.

3) Extra Sets of Strings

Always be prepared with an extra set of tennis strings. We also have a full pro shop and can sell string sets to you.

4) Extra Grips

Aside from carrying extra strings, make sure to bring extra grip tapes as well.

5) Tennis Clothes

Proper tennis clothing can be anything from technical sports apparel to a simple t-shirt and shorts. The most important thing is to ensure the clothing is cool and breathable for warm-weather play while also providing adequate sun protection. Don't forget to also include a visor or baseball cap and a set of sunglasses if your child likes to wear them.

6) Warm Clothes

Pack a set of warm and water resistant clothes for the evenings or in case of poor weather. This should include sweatpants, a long-sleeved shirt, light coat, warm socks and tennis shoes or boots. Campers should also have pajamas, a pair of jeans and sandals.

7) Water Bottle

Important for staying hydrated during hours of on-court time, a water bottle is an integral part of tennis camp comfort. Write your child's name on the bottle in permanent marker for easy identification and opt for something with a built-in handle for easy use. We will also have water for sale at the club.

8) Sports Sun Block

Sun block is a pivotal part of the packed bag. See to it that your child has sports sunblock with adequate SPF protection (50 or above is generally best for long days). Additionally, it is important to make sure the sun block is sweat- and water-proof so it stays on during games and after-tennis recreational activities such as swimming. Place the sun block in a plastic bag with your child's name written on it and coaches will help him or her re-apply sun block several times a day during camp.

9) Bug Spray

An important comfort measure in buggy climates located near lakes or rivers, bug spray can help your child stay comfortable during camp. Tuck it in the same marked bag as the sunscreen and make coaches aware of it when you drop your child at camp.

10) Bathing Suit and Towel

Two of each recommended. For added comfort, tuck two or three bath towels into your child's pack for use as dry extras or shower towels. For bonus packing points, include a waterproof laundry bag for easy separation of wet and dry clothing.

11) Toiletry Bag

Purchase a small, water-resistant toiletry bag and fill it with travel-sized toothpaste and toothbrush, shampoo, conditioner, lotion and hairbrush. Depending upon your child's needs or desires, you can also include deodorant, ChapStick, and other essentials.

12) Credit Card on File

Your child will be provided with nutritious food for breakfast and lunch included in camp cost. Extra breakfast food and snacks will be charged to the credit card on file. Dinners will be ordered taken out from local restaurants and players will need to pay with a credit card on file. In

addition, other miscellaneous charges, like laundry fees for example, will also be charged to the card.

13) River Tube and Water Toys

When the weather is warm, river tubes are a great way to have fun outdoors. Your child can use them to relax on our river and sometimes we take a team river tubing trip. We have an amazing swimming hole onsite and players can bring water toys to have fun in the river.

14) River Water Shoes

Your kids should be prepared for water sports, river tubing, hiking on wet terrains, swimming and other aquatic fitness sessions. Please bring water shoes that are tight fitting and will not fall off in the river.

15) Bandanna or Neck Gaiter

We prefer players wear a UV sun gaiter or UV sun bandanna around their necks. Masks can get lost and dirty easily. Please bring several bandannas/gaiters. Make sure they are lightweight. It's easy to cut a bandanna in half to cut its weight. Some simple cotton bandannas are inexpensive and provide sun protection and can be used as a face covering if needed.

16) Medications

It is important to remember to pack any prescription medications or supplements your child may need while at camp. These things should be individually bagged with instructions for use, marked with your child's name, and left with Chris.

17) Yoga Mat

Yoga mats are specially fabricated mats used to prevent hands and feet slipping during practice or exercise.

18) Notebook and Pencil

Make sure to bring a notebook and pencil to take note of all important notes and lectures given by Chris.

19) Jumping Rope

A jumping rope can raise your heart rate two to three times faster than other exercises and offer the same aerobic building benefits as running with less impact on the joints.

20) 18-inch Foam Roller

A roller's textured surface increases blood flow, while the firm hollow core design provides deep tissue relief. The 18" size allows for double arm and double leg work to loosen tight muscles, improve mobility, and relieve stress.

21) Room Fan

Keep the room's air circulating and cool by bringing your own room fan.

22) Stackable Resistance Band Set

Black Mountain Products Stackable Resistance Band set comes with 5 stackable bands of varying resistance, cushioned foam handles, a door anchor, ankle strap, exercise chart and resistance band carrying case. These are made from the highest quality rubber to ensure maximum durability.

23) Secrets of Spanish Tennis Book

The Secrets of Spanish Tennis authored by Chris Lewit and Lluís Bruguera (foreword) provides an excellent overview of the main characteristics and reasons why tennis in Spain has been so successful.

What NOT to bring

- 1) Junk food and soda
- 2) Water guns

Academy Values

You must be ready to accept the values of our academy, which are:

Respect. Respect your counselors and coaches. Respect and take good care of the club where you train. Respect the people around you including other players and guests and staff at the club. Respect means you are kind to all even including the janitor and court maintenance guy.

Honesty and Integrity. This is perhaps the most important trait you can have in life: to have integrity and be honest. This means your word can be trusted and that you do not lie to others to get what you want or to cover up your mistakes. It also means doing the right thing when nobody's looking. That means even if a coach is not around, you sweep your court and pick up the balls, or clean up a mess you made.

Hard Work. Seems simple enough but so many people in life are lazy. To be successful in tennis or in life, you need to be a hard worker and push yourself to the maximum, to the limits of what you are capable of. At the outer limits is where growth and development occur.

Discipline. Discipline for us means control. Controlling your emotions. Controlling your attitude and outlook. Controlling your words and actions. Discipline means having the control over your mind and body so that you can go after your goals and achieve them. If you can't control your emotions and your mind, how can you control the tennis ball?

Commitment. Why are you coming to train with Chris? You should know. You should be coming with a purpose and you should be committed to it. Commitment means knowing what you want and being determined to work your hardest to get it--no matter what.

Perseverance. Perseverance means overcoming obstacles and never giving up. Oftentimes the greatest things in life take time to accomplish and there are many challenges and obstacles along the way. You must be willing to persevere.

Courtesy. Courtesy means being kind and respectful to everyone you meet. Even if you are tired or angry or having a bad day. Even if you don't necessarily like the person you are talking to. Be

courteous. If people in the world simply practiced this value, the world would be a much better and more peaceful place.

Humility. We believe in the value of being a humble champion. Humility means that just because you are a good tennis player that does not make you better than other people. Humility means you don't believe the world revolves around you and that everyone around you is there to serve you. Humility means you do not think you know everything and are smarter than everyone else (even if you are pretty smart!). Humility means you never underestimate an opponent or overestimate your own ability. Humility means you are never too proud to suffer in a match.

Academy rules to remember:

1. No excuses
2. No whining
3. No quitting
4. Treat the club and its facilities (courts, bathrooms, lounge, gym, etc) with respect
5. Clean up any mess you make. Never leave garbage for someone else to take care of.
6. No racquets thrown down on the courts. Damage to the courts can be very costly. If you really need to toss it (which can happen in a battle from time to time), be sure it doesn't hit the courts and is done safely. Remember, every time you toss your racquet you risk damaging the racquet, which is expensive to replace.
7. Coaches and counselors always have the final say and their orders must be followed.
8. If you have a worry or concern, speak with Chris directly about it.
9. If you are playing on clay, sweep the courts after your session and make sure to clean your shoes before leaving the courts!
10. Only hard-court shoes on the hard courts!
11. Lights out means lights out. If you are training hard, you need a good night's sleep so your body and mind can recover. If you stay up past bedtime and don't get a good sleep, you will have a poor day of practice the next day.
12. Absolutely no physical or verbal bullying of any kind
13. No swearing or foul or obscene language. This is a family academy and we have small children frequently hanging around the club.

14. Be kind and respectful to coaches, counselors, and other campers, even if you don't like them.
Be courteous!

Any players not following the rules will have to have a meeting with Chris. Any players repeatedly breaking the rules or ignoring the rules, will be sent home.

Here is typical training day:

- Breakfast between 07:45am and 08:20am at the lodge. Pack lunch and drop bags in the van.
- 08:20am - travel to the club.
- 08:30am - jog around nature trails and dynamic stretching, rotator cuff warm ups.
- 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

- 09:00am-11:00am - tennis
- Or 09:00am-10:30am strength and conditioning and/or speed and agility session with 30 minute "energy point," which means rest and refueling and rehydrating
- 11:00am-01:00pm tennis
- 11:00am-12:30pm strength and conditioning and/or speed and agility session with 30 minutes "energy point"
- 01:00-02:00pm lunch and free time for all players

2nd Session

- 02:00pm-03:30pm tennis
- Or 02:00pm-03:30pm cross sport training and injury prevention and stretching

3rd Session

- 03:30pm-05:00pm tennis
- Or 03:30pm-05:00pm cross sport training and injury prevention and stretching
- 05:00pm-05:15pm clean up the courts and club
- 05:15pm-06:00pm - free time at the club
- 07:00pm - swim time at the Lodge pool

- 08:00pm - dinner and free time at the Lodge
- 10:00pm - Lights out

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

**Every Friday is Legendary Hill Day! We take a timed run up giant Melendy Hill! A CLTA summer tradition!

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, bag lunch and family-style dinner. 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 is an official UTR Club and hosts a tournament every weekend including a Little Mo Sectional event, a top junior and college Open event featuring players as high as 13 UTR, 3 Verified UTR junior events, and the U14 Paris World Open Qualifier.

Players can improve their UTR and watch college/pro level tennis while at camp. Campers also have the unique opportunity to ball kid for the players.

Players signed up for the summer camp receive priority entry into all tournaments held at the club. We can also set up extra unverified UTR matches on the weekend for players who want more competition. Here is our summer 2021 tournament and event schedule:

- June 19, 2021 - UTR Verified Inter-Academy Match Play
- June 26 - 27, 2021 - Little Mo Sectional Championships
- July 3 - 4, 2021 - Chris Lewit Tennis Academy Babolat Pro Open 5K
- July 10 - 11, 2021 - Tennis Technique Bible Junior Cup
- July 17, 2021 - Tennis Technique Bible Junior Cup
- July 24 - 25, 2021 - Secrets of Spanish Tennis Junior Championships

Our season ending premier event with huge trophies, umpire chaired matches, crowds, prizes, and BBQ!

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 and Tubing

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

On the weekends, tubing down our river has become a camper favorite. Kids need to bring their own strong river tube and get permission from their parents to go on the tubing adventures.

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), or to Manchester village for shopping and to visit the incredible Northshire Bookstore (www.northshire.com) and then to the Manchester Town Pool for swimming. Tubing has also become very popular on weekends!

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. In addition, Chris is a certified EMT and volunteers with his local ambulance corps. 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, which is only minutes away down the road.

We also have access to:

- Southwestern Vermont Health Care, Northshire Campus, (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), 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 makeups 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 economic 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) 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 reasonably low fee. The station is about 35 minutes from CLTA Vermont.