

# **CLTA Vermont Summer High Performance Camp 2026**

**World-Class High-Performance Training in Paradise**



Visit the Chris Lewit YouTube Channel for camp videos and please subscribe:

[CLTA TV - YouTube](#)

Here is the playlist link:

[\*\*https://www.youtube.com/playlist?list=PLR2QscfBfEs9JWqyfEehRJUzgpLLWQysZ\*\*](https://www.youtube.com/playlist?list=PLR2QscfBfEs9JWqyfEehRJUzgpLLWQysZ)

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## Welcome

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

## Wall of Champions



In addition to the champions listed below, Chris has personally coached **50+ Top 100 nationally ranked players** in the last decade alone. Check out the wall of champions slideshow with profiles of Chris's top players here:

<https://youtu.be/uFGuB-ZYjBQ>



**MAGGIE SOHNS**

USTA Girls 12S Nationals Champion  
#1 US National Ranking



**VLADA HRANCHAR**

#1 Florida and  
#1 National Ranking in Tennis Recruiting



**ILARIA BITUNOVA**

#1 New England and

top 40 nationally



**CARRIE-ANN HOO**  
#1 National Ranking



**RAFA PAWAR**  
#1 US National Ranking

- Maggie Sohns — USTA Girls 12s Nationals Champion; Gold Ball winner; former US #1.
- Ilaria Bitunova — US #1 national; Top-40 nationally.
- Carrie-Ann Hoo — #1 New England.
- Fletcher Utz — Top 100 Nationally and top 10 Eastern
- Graeme Capetta — #1 New England ranking
- Orri Keighery — Top 100 US and top 10 Eastern
- Xavier Pulecio — Blue Chip recruit and top 10 Eastern
- Arjai Sangita — Top 100 US and top 10 Eastern
- Sammy Storch — Little Mo Nationals qualifier
- Arjai Sangita — Top 100 US and top 10 Eastern

- Katie Kubiak — Top 100 US and top 10 Eastern
- Valerie Senkevich — Top 100 US and top 10 Eastern
- Ashwin Bear — Top 50 US and top 10 Eastern
- Aby Sanandaji — Top 50 US and top 10 Eastern
- Jacob Pletka — #1 New England.
- Rafa Pawar — #1 National ranking
- Elana Zaretsky — Top 10 US national ranking
- Kyle Mautner — Top 10 US national rankings; #1 New England;
- Safina Samabaly — Top 50 nationally.
- Troy Kudrjavev — Top 20 nationally; Top New England.
- Henry Holtz — Top Eastern player; Top 30 nationally.
- Vlada Hranchar — #1 in Florida. Top 10 nationally.
- Noah Richer — #1 New England; Top 50 nationally.
- Adriella Samabaly — Top Florida; Top 10 Tennis Recruiting nationally.
- Ava Chua — 3rd place Little Mo Internationals.

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## About the Coach: Chris Lewit



- Former #1 for Cornell; Pro Circuit competitor.
- Renowned as “The Prodigy Maker.”
- Expert in Spanish training and junior technique/biomechanics.
- Author of *The Secrets of Spanish Tennis* (2014) and *The Tennis Technique Bible* (2009); contributing editor to Tennisplayer.net; host of the Prodigy Maker Tennis Show; creator of CLTA Online.
- Ongoing graduate studies pursuing PhD in Kinesiology/Exercise Science (Biomechanics focus).
- Maintains high playing level—can spar and hit, not just feed.
- Background in MMA/Boxing/BJJ who emphasizes competitive fighting spirit.
- Family-oriented father of four who emphasizes values, character, and sportsmanship.
- Community service: Chris is a licensed AEMT with Arlington Rescue; studying to be a Paramedic; also coaches youth academics and running.

Coaching style: rigorous, technical, and inspiring—combining a demanding physical standard with emotional connection and individualized development plans.

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## Program Overview

CLTA Vermont is a boutique high-performance academy developing champions from the US, Canada, and worldwide. We specialize in small-group training under Chris’s direct supervision, with:

- Court Ratios: Typically 2:1 (Spain-style semi-private) with select weeks at 3:1.
- Weekly Capacity: About 24–36 players total.
- Surfaces: Medium-fast hard courts and slow European red clay—players rotate based on development plans.
- Physical Prep: Professional Olympic-level strength and conditioning (testing, injury prevention, strength, mobility), yoga (E-RYT 500), speed/agility, and cross-sport training (often soccer).
- Training Volume: ~3–3.5 hrs high-intensity tennis + ~2 hrs physical/injury-prevention/cross-sport per day.
- Individualization: Every player receives assessment and goals; custom plans (not cookie-cutter). High-speed video analysis available.

Rain Plan: Full program continues indoors on-site—rain never stops us.





Setting: Scenic southern Vermont with on-site river (West River), swimming hole, and nearby lakes. Stunning green mountains and forest environment.

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## Daily Schedule (Typical)

Two alternating groups (Tennis / Fitness) with staggered sessions. On busy weeks, three groups may run 8:00 AM–6:00 PM.

- 07:45–08:20 Breakfast at lodge; pack lunch; load van
- 08:20 Depart to club
- 08:30 Nature-trail jog; dynamic stretch; rotator-cuff warm-up
- 09:00–11:00 Tennis or 09:00–10:30 S&C / speed-agility + 30-min Energy Point
- 11:00–13:00 Tennis or 11:00–12:30 S&C / speed-agility + 30-min Energy Point
- 13:00–14:00 Lunch & free time
- 14:00–15:30 Tennis or Cross-sport + injury-prevention / stretching
- 15:30–17:00 Tennis or Cross-sport + injury-prevention / stretching


- 17:00–17:15 Court & club cleanup
- 17:15–18:00 Free time at club: tubing/river play
- 19:00 Swim at lodge pool
- 20:00 Dinner & lodge free time
- 22:00 Lights out

**Extras:** Private lessons with Chris available before 09:00 and after 17:00. Fridays feature the Legendary Mile Run and/or World's Strongest Athlete Rock Challenge with prizes. Every Saturday on-site verified UTR events.

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## Registration & Player Documents (Required)

- All registrations and payments must be completed online:  
**[chris-lewit-tennis-inc.square.site](http://chris-lewit-tennis-inc.square.site)**



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payments must be  
completed online:  
[chris-lewit-tennis-  
inc.square.site](http://chris-lewit-tennis-inc.square.site)**

- Current prices are posted on the site and are the only authoritative rates.
- After checkout, complete the CLTA Player Information & Waivers form immediately to finalize your spot.



- Enrollment is first-come, first-served upon receipt of online payment.
  - Space is limited and we sell out every summer.
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## Housing & Meals

Lodging: Upper Pass Lodge (Magic Mountain base). Players roomed by age/gender (or by request). Coaches/counselors live on-site; daily pool swims.



Meals (General): Chef-made options via Red Slate Restaurant and curated local partners; all dietary needs accommodated with advance notice.

- Breakfast: Provided at the lodge.
  - Lunch: Bag lunch with simple sandwich, fruit, and snack.
  - Dinner: Ordered from local restaurants; paid à la carte or billed to credit card weekly.
  - Hydration/Snacks: Water at club; sports drinks/snacks via CLTA Café.
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## Health, Safety & Medical



- Coaches are CPR/AED trained; first-aid kits on-site; adult & child AED on premises.
- Chris is a licensed AEMT
- Local care: Mountain Valley Medical Clinic and Manchester medical facilities; regional systems via SVHC (Dartmouth-Hitchcock) and Vermont Orthopaedic Clinic (VOC) with rapid urgent access.

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## Water Activities & Weekend Excursions



- Daily opportunities for swimming (river/pool) as recovery.
  - Tubing on the West River (bring sturdy tube & parental permission required).
  - Sunday excursions typically rotate among Bromley Mountain Adventure Park, Manchester village & Northshire Bookstore, Manchester Town Pool, or river tubing adventures.
  - Weekend movie nights
  - All trips are closely supervised; waivers and spending money required.
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## Technology & Media Policy

- Bring devices only if needed (e.g., online schoolwork). Wi-Fi at club common areas and lodge.
- Strict no social media/gaming during on-court training hours (≈08:00–17:00).
- Weekly movie nights; tennis broadcast during breaks.
- Coaches keep phones for emergency use only; cell coverage can be spotty in the mountains.
- No photographing other students without permission; no posting others online without consent.



- Inappropriate online content/cyberbullying → phone confiscation; possible dismissal/legal action.
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## Money & Purchases



- All campers maintain a credit/debit card on file or a CLTA Camp Card for café purchases, stringing, pro-shop, and gear.
  - Field-trip spending money via card preferred; a camp bank can hold cash if needed.
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## Laundry

- Professionally serviced in Manchester, VT (1 run/week). Students bring a sturdy laundry bag (and detergent if desired); service not included in weekly price.
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## Tournament Coaching & Tech

- Travel coaching available for USTA New England/Eastern calendars.
  - Peak planning for Zonals, National Clay Courts, National Hard Courts, and occasional European summer events.
  - Heavy use of SwingVision and Smashpoint for filming & analytics (on-site and at events).
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## On-Site Tournaments (UTR Club)



# Official UTR Club

Weekend tournaments throughout summer;  
priority entry for campers

Additional unverified UTR matches can be arranged



**Season-ending premier Pro Open**  
Chaired matches, crowds, prizes, and BBQ



**\$5,000 CLTA Babolat Pro Open (July)**  
Players & parents welcome to enter



**Annual CLTA 5K (July)**  
Players & parents welcome

In memory of  
**Maj. Gen. KO Sanborn, USAF**



Raising money for  
**Homes for our Troops (HFOT)**



- Official UTR Club: weekend tournaments throughout summer; priority entry for campers.
  - Additional unverified UTR matches can be arranged.
  - Season-ending premier Pro Open with chaired matches, crowds, prizes, and BBQ.
  - \$5,000 CLTA Babolat Pro Open (July) — players & parents welcome to enter.
  - Annual CLTA 5K (July) — parents & players welcome. The event is in memory of Major General KO Sanborn, USAF, Chris's grandfather, and raises money for Homes for our Troops (HFOT), a veteran's charity that builds homes for injured soldiers.
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## Spanish Lessons

Group and private lessons available evenings/weekends at the lodge via a local instructor.  
**Limited slots**—book early.

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## Academy Values (Please review with players before arrival)

**Respect • Honesty & Integrity • Hard Work • Discipline • Commitment • Perseverance •  
Courtesy • Humility**



# VALUES

Respect • Honesty  
& Integrity

Hard Work • Discipline  
Commitment

Perseverance • Courtesy  
Humility

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## **Academy Rules (Please review with players before arrival)**

- No excuses. No whining. No quitting.
- Treat facilities with respect; clean up after yourself.
- No racquet throwing onto the courts.
- Follow coaches' and counselors' directions.
- Discuss concerns directly with Chris.
- Sweep clay after play; clean shoes before leaving clay.
- Only hard-court shoes on hard courts.
- Lights out means lights out.
- No bullying; no obscene language; be courteous to all.
- No peanuts allowed.

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## What to Bring (Checklist)



1. Sleeping bag & pillow (optional but comforting)
2. Tennis racquets (2–3) + racquet bag
3. Extra strings (pro shop also stocks)
4. Extra grips
5. Tennis apparel (+ cap/sunglasses; breathable & sun-protective)
6. Warm/water-resistant layers (evenings/poor weather)
7. 2 pairs tennis shoes + 1 pair running shoes
8. Sports sunscreen SPF 50+ (labeled bag)
9. Bug spray (in same labeled bag)
10. Bathing suits (2) & towels (2–3) + waterproof laundry bag
11. Toiletries (travel sizes; deodorant; lip balm)
12. Credit/debit card on file (meals, snacks, services)
13. River tube & water toys (optional; sturdy)
14. River water shoes (secure fit)
15. Medications/supplements (bagged & labeled; leave with Chris)
16. Yoga mat
17. Notebook & pencil
18. 18" foam roller
19. Room fan (optional)
20. Jump rope
21. Resistance bands (stackable set + therapy set)

22. Water bottle (named)

23. Reading: *Secrets of Spanish Tennis 2.0* & *Winning Pretty* (required—Chris gives homework from the books)

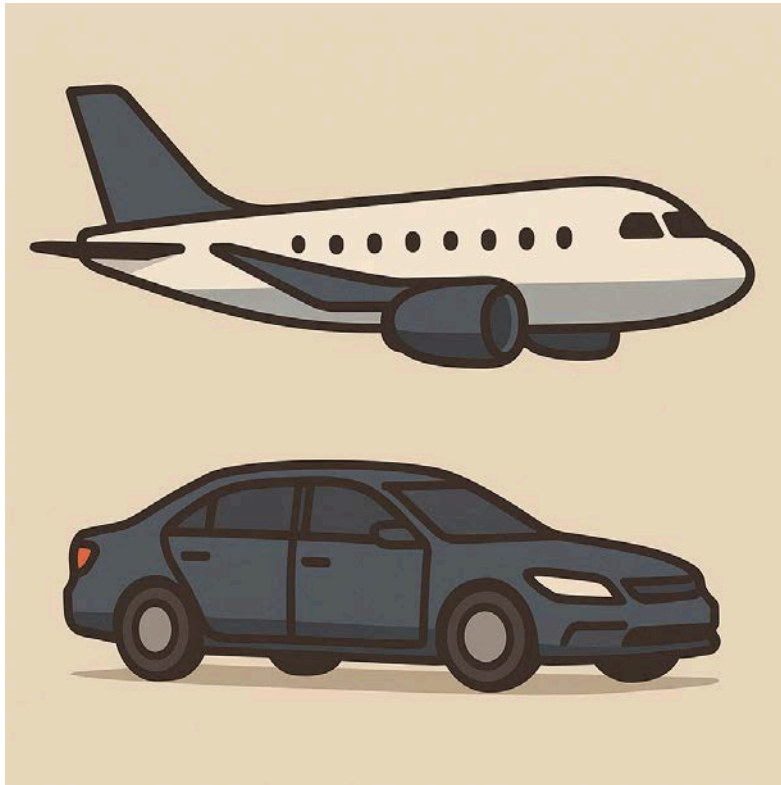
**Do NOT bring:** Junk food/soda; water guns.

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## Travel & Logistics

**Nearest Airports & Drive Times** (approx.):

- Rutland–Southern VT Regional (28 mi) ~ **35 min**
- Albany Int'l (76 mi) ~ **1 hr 15–30 min**
- Bradley Int'l–Hartford (115 mi) ~ **1 hr 45 min**
- Burlington Int'l (100 mi) ~ **2 hr**
- Boston Logan (154 mi) ~ **2.5 hr**
- NYC Airports: **LGA (216 mi)**, **JFK (222 mi)**, **EWB (228 mi)** ~ **3 hr 45 min–4 hr**
- Montreal–Trudeau (336 km) ~ **4 hr**
- Philadelphia (317 mi) ~ **5 hr**
- Toronto Pearson (725 km) ~ **6.5 hr**



**Ground Transport:** Partnered with **Thomas Transportation** for airport/city transfers (contact for quote).

**Train:** Amtrak to **Bellows Falls, VT** (≈35–45 min from CLTA). Coach pickup/dropoff available for a reasonable fee.

**Nearby Lodging for Families:**

- Upper Pass Lodge • Blue Gentian Lodge • Magic View Motel • Grafton Inn • Stratton Mountain Resort • Okemo Mountain Resort • Equinox Golf Resort & Spa • Kimpton Taconic Hotel • Hampton Inn

Chris is also an Airbnb **Superhost** with a guest carriage-house apartment in Manchester center—contact for availability.

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## Refunds, Make-Ups, Waivers

- **Make-ups:** Allowed within summer season as space allows; not carried to other seasons.
  - **Refunds:** No refunds; credit only. Extreme illness/injury handled case-by-case with Chris.
  - **Forms:** All students/parents must complete **waivers & medical forms** before training begins.
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## 2026 Summer Camp — Dates, Pricing & Policies

### Official Camp Weeks (2026)

- Early Training Week 1: June 1 – June 5
- Early Training Week 2: June 8 – June 12
- Week 1: June 15 – June 19
- Week 2: June 22 – June 26
- Week 3: June 29 – July 3
- Week 4: July 6 – July 10
- Week 5: July 13 – July 17
- Week 6: July 20 – July 24



- **Week 7: July 27 – July 31**
- **After Camp Week: August 17 – August 21**
- **After Camp Week: August 24 – August 28**

**Arrivals:** Sundays **4:00–6:00 PM** at Upper Pass Lodge.

**Training starts:** Monday **8:00 or 9:00 AM**.

**Pickups:** Fridays **5:00–6:00 PM** (except multi-week campers).

## Capacity & Ratios

- **Court ratio:** typically **2 or 3:1** (Spain-style semi-private).
- **Weekly capacity:** ~**24–36** players.

## Pricing (2026)

**Authoritative pricing is on our online store:** [chris-lewit-tennis-inc.square.site](https://chris-lewit-tennis-inc.square.site). All purchasing is completed online.

**Discounts:** 10% off for **5-week+** stays (**boarding students only**).

**Boarding availability:** Limited for Early Weeks and After Camp Weeks, which are primarily day camper weeks

**Day campers can come all weeks, which is a popular option.**

## Meals Policy

- **Breakfast** and **bag lunch** provided for **boarding students**.
- **Dinner** ordered from local restaurants and billed **à la carte** (typ. ≈ **\$30** including tax & gratuity).
- Dietary needs always accommodated with prior notice.

## Signature Friday Events

- **Legendary Mile Run** and **World's Strongest Athlete Rock Challenge** (prizes each week).

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**Important:** All registrations/payments and medical waivers/general waivers must be completed before training begins.

## Contact

**Coach Chris Lewit**

CLTA Vermont — High-Performance Tennis Academy

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YouTube: [YouTube.com/ChrisLewit](https://YouTube.com/ChrisLewit)

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