

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

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







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

## Wall of Champions

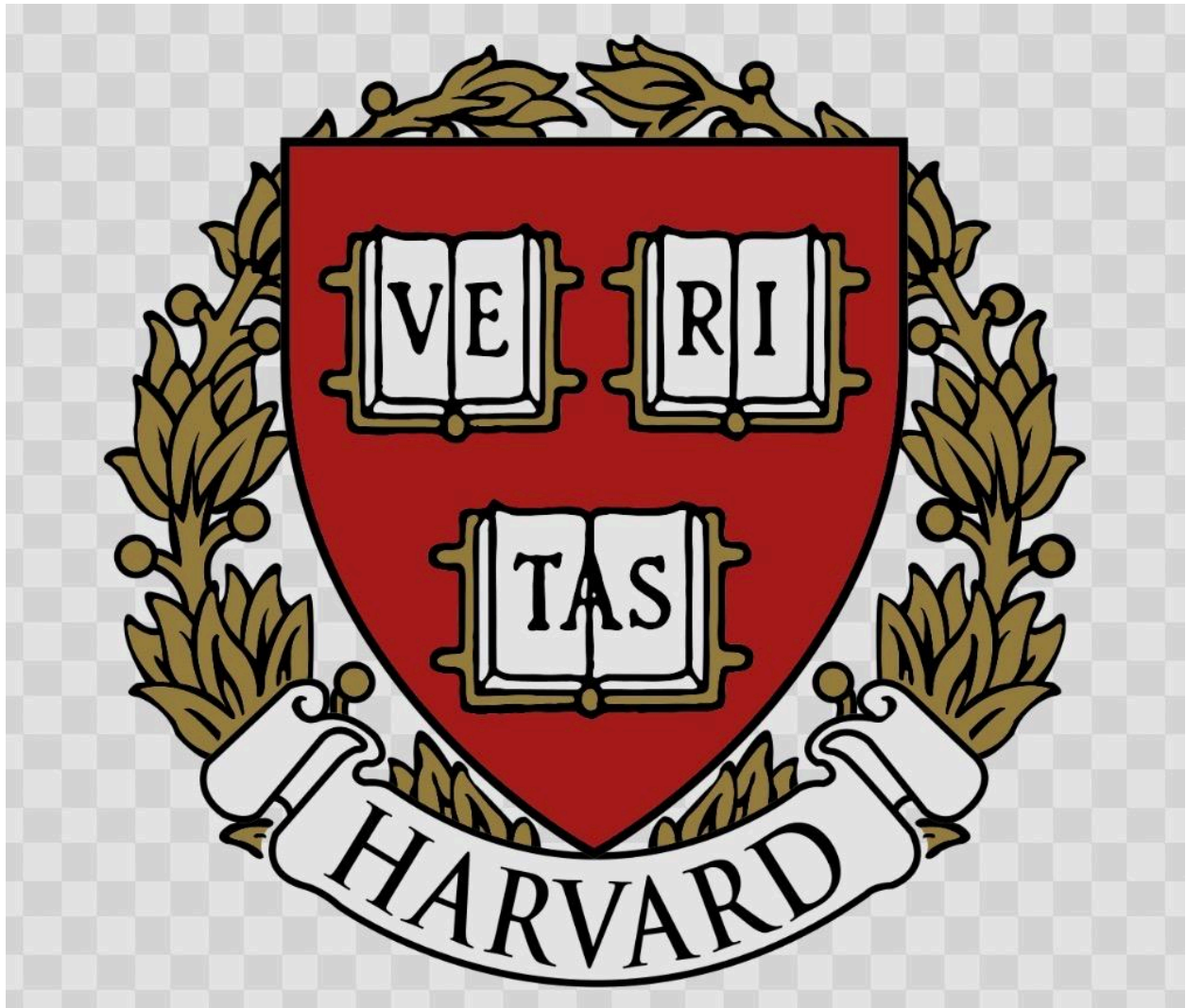


Visit the Chris Lewit YouTube Channel for camp videos and please subscribe:

[CLTA TV - YouTube](#)

Here is the playlist link:

<https://www.youtube.com/playlist?list=PLR2QscfBfEs9JWqyfEehRJUzgpLLWQysZ>



### *Two CLTA Students and Summer Camp Alums Accepted to Harvard*

Carrie-Anne Hoo and William McEwan have both had incredible journeys and are heading to Harvard this fall. Both are summer camp alumni and former private students of Chris. William is currently ranked No. 15 nationally in the USTA, and Carrie-Anne is ranked No. 6. Their success reflects the kind of personal, high-level coaching that has made our camp so special.

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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 Kudrjajtsev — 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), and *Winning Pretty* (forthcoming); contributing editor to Tennisplayer.net; host of the Prodigy Maker Tennis Show; creator of CLTA Online.
- Studied literature and religion at Cornell, Harvard, and Columbia and is now 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](https://chris-lewit-tennis-inc.square.site)**



**ALL REGISTRATIONS  
AND PAYMENTS  
MUST BE MADE ONLINE**  
*at our storefront*

 <https://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)



**UTR**  
**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)**

**HOMES FOR TROOPS**

- 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)

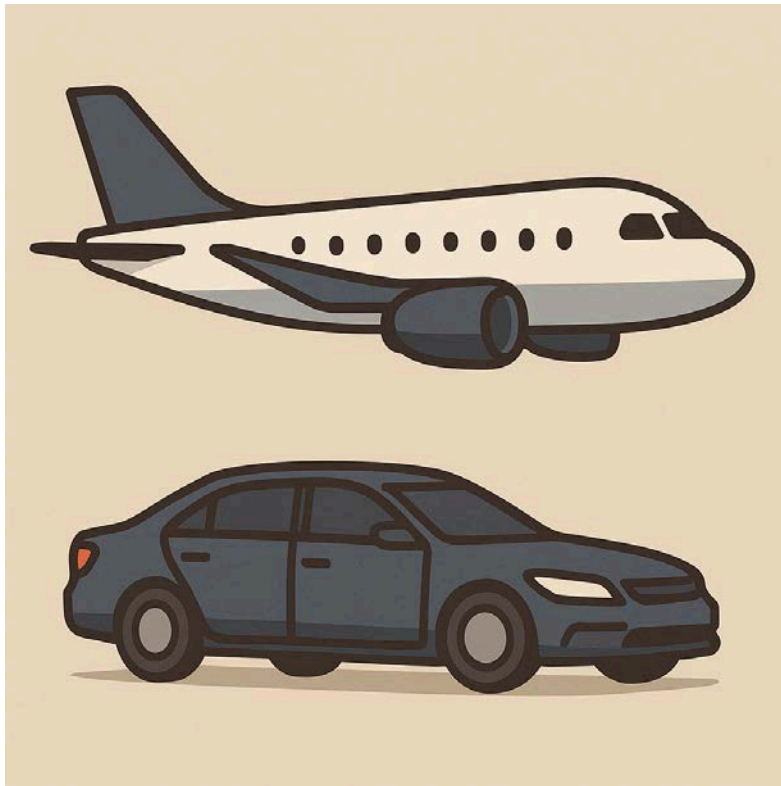
**Do NOT bring:** Junk food/soda; water guns.

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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](http://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

[Chrislewit@gmail.com](mailto:Chrislewit@gmail.com)

914-462-2912 cell and WhatsApp. Text or WhatsApp messaging is the fastest way to get Chris

Web: <https://chrislewit.com/coaching/>

Online Store: <https://chris-lewit-tennis-inc.square.site>

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

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