



13 February 2015

Dear Parents

Please find information about the forthcoming event below:

**Abingdon School Tennis Camp
Monday 13 April to Friday 17 April 2015**

In preparation for the tennis season at Abingdon School we will be running our camp locally to the school at Abingdon Lawn Tennis Club. We believe this will offer more court hours per player, more court space per player as well as being much less expensive than travelling abroad. The cost is £180 for the week.

Each day will include training with Martin Butler on technical, tactical, physical and mental aspects of tennis so we are fully prepared for the season. Places are limited.

Daily breakdown of activities for Monday, Tuesday and Friday:

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|-------------------|---|
| 9.00am - 10.30am | On-court technical training to include video analysis |
| 10.30am - 12.00pm | Conditioned points – based around technical work |
| 12.00pm – 1.00pm | Lunch break |
| 1.00pm - 1.30pm | Free-hitting based on availability – this is not compulsory |
| 1.30pm - 3.00pm | Tactical training |
| 3.00pm - 4.00pm | Daily match play to include video analysis |

On the mornings of Wednesday 15 April and Thursday 16 April, Tom Donnelly will be running sessions in Abingdon School's gym, working on tennis-specific conditioning. The afternoons will follow the same format as above.

Please contact me by Friday 20 February using the following e-mail address to reserve a place on the camp: ben.ponniah@abingdon.org.uk

Yours sincerely

Ben Ponniah
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