



# HIGH PERFORMANCE SUMMER TENNIS CAMP

The WAC Lake Country High Performance Summer Camp is designed for dedicated junior players ready to take their game to the next level.

Building on our indoor programming, athletes will develop mental toughness, tactical awareness, and competitive skills. Players are expected to uphold our three core principles: 100% effort, respect for others, and a commitment to personal growth.

Each 2.5-hour session includes technical skill development, strategic play, and match competition, with weekly themes ranging from foundational singles strategy to advanced doubles techniques.

To ensure readiness, new participants must receive a coach's recommendation or complete an evaluation prior to joining.

## **JUNE 15 - AUGUST 20**

**June 15 - August 6**

**Arrowhead High School | Outdoor Tennis Courts**

**August 10 - August 20**

**WAC Lake Country | Indoor Tennis Courts**

**Registration Begins Monday, May 11 • 12pm**

Email [jkim@thewac.com](mailto:jkim@thewac.com) to register.

*Must be a WAC Advantage member and Pro-approved.*

### **Cost: \$65 per day**

Register for as many camp days as you'd like.

Earn a WAC credit toward fall programming based on total camp participation:

- **\$100 credit for 10 camp sessions**
- **\$200 credit for 20 camp sessions**

*There will be no rain make-up days.*

## **DAYS & TIMES**

### **HP Yellow Ball**

Mondays & Wednesdays  
2:00pm - 4:30pm

Tuesdays & Thursdays  
3:30pm - 6:00pm

### **HP Academy #1**

Mondays & Wednesdays  
2:00pm - 4:30pm

Tuesdays & Thursdays  
3:30pm - 6:00pm

### **HP Academy #2**

Mondays & Wednesdays  
3:30pm - 6:00pm

Tuesdays & Thursdays  
2:00pm - 4:30pm

### **HP Academy #3**

Mondays & Wednesdays  
3:30pm - 6:00pm

Tuesdays & Thursdays  
2:00pm - 4:30pm



**Wisconsin  
Athletic  
Club**

## **FITNESS**

Fitness training will be a top priority this summer. You are an athlete first, tennis player second, and building a strong physical foundation is essential for high performance.

You'll work through a variety of exercises designed to improve coordination, power, and stability. Fitness sessions are part of the camp and are **mandatory**.

First half hour of 3:30pm - 6:00pm sessions

Last half hour of 2:00pm - 4:30pm sessions

If you are unable to participate in the fitness portion of camp, please email HP Tennis Lead, Coach Joe, at [jkim@thewac.com](mailto:jkim@thewac.com)

## **WEEKLY HIGH INTENSITY NIGHTS**

**Thursdays • 7pm-8pm**

WAC Lake Country | Indoor Tennis Courts

Join us each week for high-intensity doubles drills and match play at WAC Lake Country.

This session is free and no registration is required, but you must be an active participant in the High Performance Summer Camp to attend.

## **A few words from our new High Performance Tennis Lead:**

Hello everyone,

I'm excited to join the WAC Lake Country team as the High Performance Tennis Lead. Over the past decade, I've focused on developing high-performance junior players, with some going on to become top competitors in the Midwest. Along the way, I've learned a great deal through each athlete's journey, and I'm looking forward to bringing that experience and energy to the court while continuing to elevate the WAC HP Tennis program.

For players who strive for excellence, goals should be ambitious and standards high. Commitment exists on different levels—simply participating is just the starting point. Before you build your game, you must build your work ethic and mindset.

Be ready to be uncomfortable. Each day, you'll be challenged and pushed to improve.

See you on the court!



**Joe Kim,**  
**High Performance Tennis Lead**

**Email: [jkim@thewac.com](mailto:jkim@thewac.com)**