

# EAGLE FUSTAR TENNIS SUMMER CAMPS

## at Mission Hills Athletic Club



Held at  
Mission Hills  
Athletic Club  
Fremont



### Performance Week Pricing

Rallyball I (ages 7-10) • Rallyball II (ages 8-11) • Beginner Teen Tennis (ages 12-15)  
• CORE (Intermediate ages 8-13) • High Performance (advanced ages 12+)

*Programs & players divided into separate groups/courts with coaches based on levels.*

Week	Dates
1	June 15 – 20
2	June 22 – 26
3	July 13 – 17
4	July 20 – 24
5	July 27 – July 31
6	August 3 – 7

#### Rally Ball/Pre-Core Weeks (Half Day Mornings & Full Day options)

Half Day \$245 • Monday – Friday • 9:00 – 12:00pm\*  
Full Day \$445 • Monday – Friday • 9:00 – 3:00pm\*

*\*Early drop off at 8:00am and 1:00pm (4:00pm for full day) late pick-up optional, add \$50 per week, must register in advance.*

#### Core and High Performance Weeks (Full Day only)

Full Day \$445 • Monday – Friday • 9:00 – 3:00pm\*

*\*Early drop off at 8:00am and late pickup at 4:00pm optional, add \$50 per week, must register in advance*

#### Weekly Schedule (Applicable to all weeks of training)

9:00 – 12:00pm     Drilling  
12:00 – 1:00pm     Lunch  
1:00 – 3:00pm     Afternoon Rotations – Point Play,  
Match Strategy, Fitness (Games), Matchplay

#### Register any of these 2 ways:

**Online:**  
[www.eaglefustar.com/ef/fremont](http://www.eaglefustar.com/ef/fremont)  
[www.missionhillsathleticclub.com](http://www.missionhillsathleticclub.com)

**Onsite:**  
Mission Hills Athletic Club

For questions, please email: [katy@eaglefustar.com](mailto:katy@eaglefustar.com)



# EAGLE FUSTAR JUNIOR PRE-CORE PERFORMANCE

## Mission Hills Athletic Club – Fremont

Eagle Fustar offers highly developmental tennis classes addressing basic techniques through serious yet fun red/orange/green dot ball based training for 4-11 year olds, in addition to beginner classes for juniors age 12-15, through advanced level year round at Mission Hills Athletic Club.

### What is Ralleyball/Mini-Tennis?

Ralleyball /Mini-Tennis falls within the Pre-Core Programs of Eagle Fustar and are played on smaller courts with shorter rackets and soft balls. The emphasis of Ralleyball is to get kids enjoying and feeling confident about their tennis at a very early age. Many people continue to believe that one's strokes must be technically developed before they can play a game of tennis. This is an outdated concept. With a larger, high-density foam ball that bounces like a real tennis ball but is much slower in flight, children are able to rally the ball many times giving them the feel of a real game while providing the opportunity to play different types of shots. While softer balls and shorter racquets have been used for years, there were no standard specifications for the ball, racquet, court, net and scoring system based on age. USTA has facilitated a structure for U10 Tennis — which encompasses Mini-Tennis and Ralleyball — implementing all of these elements, and has transformed the way kids learn and play tennis. Now, kids can experience success and competition all utilizing the same equipment and courts.

### Benefits of PRE-CORE programs

Tennis is fun and accessible to kids and families everywhere.

- Your child will enjoy playing with balls that bounce lower and move slower through the air, making them easier to hit.
- Racquets are sized for small hands, making them easier to grip and swing.
- Courts are smaller, so kids can cover them and have more success when they play.
- Kids have more fun — and want to play more often.
- Tennis is a sport that gets kids moving, improves balance, agility and hand-eye coordination, and can teach self-confidence and self-assurance.
- Playing tennis, your child can make new friends in a safe, supportive environment.

### Beginner Teen Tennis – Ages 12-15

These clinics are designed for 12-15 year old players with little or no tennis experience who would like to learn tennis fundamentals while working and growing with others similar in age and ability. We recommend that juniors in this program strongly consider private lessons as well, to fine tune and accelerate development of proper stroke techniques.

### Core Performance – Intermediate

Core Performance clinics will be focusing on the 8 to 13 year old players who have some tennis experience, are serious about tennis, but have had little or no competitive experience. This could be players in a club environment looking to grow their game more aggressively, or USTA Novice and Challenger players looking to improve more quickly as well. We want to offer all players a more intense workout where they are pushed to excel in a positive environment. Core Performance level players are strongly encouraged to do a Flex Plan as regular play is key to ensuring continuity in development.

### High Performance – Advanced

During clinics, or group workouts, students will be able to implement and execute techniques learned in private lessons. Students will also receive specific technical instruction and will be exposed to point play and various stroke-production drills. Extra physical activities/conditioning will be done at times to complement the tennis. High Performance clinics are only available to juniors ages 10-18, who are solidly competing at the USTA 10 Open and up level. In some cases, an evaluation is required prior to joining this program