

# TENNIS CAMP

@ York Weston

2125 Lawrence Ave W.

## LEARN TENNIS FROM THE PROS

June to August, 9-3

Too many video games? Still concerned about travelling? Have your kids come for a fun-filled summer tennis camp to hone their skills, make friends, enjoy mini-games, drills, and the opportunity to play with Canada's top Junior tennis players.

*2hr session: 150/week*  
*4hr session: 280/week*  
*Full day: 400/week*

Learn more about  
Early Bird price:  
[sulleytennis@gmail.com](mailto:sulleytennis@gmail.com)

Call  
**Sulley**  
416-837-7354



# Sulley Dowuona

- Head Pro, York Weston Tennis Club
- High performance coach, Mayfair Club
- Former ITF Satellite Tour Player
- Former Ghana National team member
- Coach 2 and Club Pro 2 certified by Tennis Professional Association of Canada, a division of Tennis Canada

In his 20+ years of career, Sulley has nurtured countless number of young players, be it to ignite their passion for tennis at a very young age, or to help junior players achieve their goals to either compete in international tournaments or to be admitted by Division 1 universities in US.

Serving west Toronto community for two decades, Sulley's youth tennis camp is an excellent opportunity for kids to learn and improve their tennis skills. Daily activity includes: drills, specific skill building, practices, and fun games to incorporate their learning while building teamwork and community. Many long-time campers have improved immensely, and some regularly play in provincial-level tournaments.



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## Tiny-Tots

- For players aged 4 - 6
- Focus is on motor skill development and general athleticism
- Introduce basic movement, stroke production and coordination skills
- 6:1 student to teacher ratio

## Beginners

- Designed to promote a love of tennis and the desire to improve skills
- Focus on technical and tactical skills, develop a sense of court movement, ball placement and knowledge of the rules of tennis
- 6:1 student to teacher ratio

## Intermediate

- Basics of tactical play for singles and doubles
- Emphasize swing rhythm for forehand and backhand
- Introduction to topspin
- Differentiate between volleys and ground strokes
- Focus on different serving styles as well as return of serve
- 4:1 student to teacher ratio

## Advanced

- Competitive and pre-competitive level players
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of single/doubles
- Move beyond recreational to competitive level
- Expectation is to complement training with participation in OTA tournaments and leagues
- 4:1 student to teacher ratio

## High Performance

- Designed for the training of provincially and nationally ranked players who aspire to play tennis for a US university team. Several of Sulley's students have earned scholarships and competed in the NCAA's Division 1.

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