

## **PROGRAM**

- Tennis coaching: 5 hours per day for 7 days
- Competition: Fun tennis tournament with prizes!
- Daily activities and making new friends in an international environment!
- <u>Mixed program for boys and girls. All</u> levels welcome!



## **ABOUT NIIGATA CAMP**

- A fun environment for all levels
- Tennis tournament with prizes!
- International and professional coaches
- Making new friends from different schools

With over 10 years of experience, our tennis camps have become well-known for juniors of all levels to enjoy a fun environment and improve their tennis. Open to all levels from competitive high schoolers who get the opportunity to train with high level players as well as for beginners who are just learning to enjoy the game. The 7 day camp will include lessons, match play, fitness and also fun activities! Students ioin from multiple international schools in the Kanto area making new friends along the way. Our coaching staff includes certified experienced coaches. professional players and International school and university tennis alumni.



## **NASPA NEW OTANI FACILITIES**

Western style rooms with amazing onsen facilities and buffet ! <a href="https://www.resol-no-mori.com/en/">https://www.resol-no-mori.com/en/</a>



## **DAILY SCHEDULE**

7:00-8:00 wake up and breakfast

9:30 leaving to tennis courts

10:00-12:00 morning tennis lesson 2h

12:00-13:00 lunch

13:00-16:00 afternoon tennis lesson 3h

18:00-18:30 dinner

18:30-19:30 supervised

reading/studying time

21:30 sleeping time, lights out

\*Coaches will supervise every hour until bedtime

