

SUMMER CAMP SCHEDULE

Virtual - Japan (JPN Time Zone)

Tennis



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am	Wake Up/Breakfast						
7:00am	Wake Up/Breakfast						
7:15am	Wake Up/Breakfast						
7:30am	Wake Up/Breakfast						
7:45am	Transition						
8:00am	Virtual Camp Group Call 8:00am-8:30am						
8:15am	Virtual Camp Group Call 8:00am-8:30am						
8:30am	Virtual Tennis Training Module 1 8:30am-11:00am <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>	Virtual Tennis Training Module 3 8:30am-11:00am <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>	Virtual Tennis Training Module 5 8:30am-11:00am <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>	Virtual Tennis Training Module 7 8:30am-11:00am <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>	Virtual Tennis Training Module 9 8:30am-11:00am <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>		
8:45am							
9:00am							
9:15am							
9:30am							
9:45am							
10:00am							
10:15am							
10:30am							
10:45am							
11:00am	APD Core Physical 11:00am-12:00pm	APD Core Mental 11:00am-12:00pm	APD Core Physical 11:00am-12:00pm	APD Core AT Regen 11:00am-12:00pm	APD Core Physical 11:00am-12:00pm		
11:15am							
11:30am							
11:45am							
12:00pm	Mid-Day Break/Lunch						
12:15pm	Mid-Day Break/Lunch						
12:30pm	Mid-Day Break/Lunch						
12:45pm	Mid-Day Break/Lunch						
1:00pm	Transition						
1:15pm	Transition						
1:30pm	Virtual Tennis Training Module 2 1:30pm-4:00pm <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>	Virtual Tennis Training Module 4 1:30pm-4:00pm <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>	Virtual Tennis Training Module 6 1:30pm-4:00pm <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>	Virtual Tennis Training Module 8 1:30pm-4:00pm <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>	Virtual Tennis Training Module 10 1:30pm-4:00pm <small>*Complete assignments at own pace *Submit Calls to Action on CoachNow Space!</small>		
1:45pm							
2:00pm							
2:15pm							
2:30pm							
2:45pm							
3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm							
			Virtual Camp Group Call 9:00pm-9:30pm			No group call, but Friday Feedback would follow!	

IMGA Tennis Camp Director: Julio Zavala (941) 807-9356 or julio.zavala@img.com

