

Polar Bear Elite Camp Itinerary

Day 1

1:00-2:00pm Arrival/Unpack
2:00-2:15pm Walk to the courts/Introduction/Dynamic Warm-up
2:15-4:45pm Singles Principles/Strategies/Drills/Point Play
4:45-5:00pm Walk back to dorm/change before dinner/night session
5:00-6:00pm Dinner then walk back to courts
6:00-8:00pm All singles match-play [2 rotations of 55 minutes]
8:00-8:15pm Walk back and shower
8:15-8:45pm Head into town
9:00-10:00pm Roundtable discussion
10:30pm Lights Out

Day 2

7:30-8:30am Breakfast
8:30-8:45am Walk to courts/Dynamic Warm-up
8:45-11:15am Doubles Principles/Strategies/Drills/Point Play
11:15-11:30am Walk to Lunch
11:30-12:30pm Lunch
12:30-1:30pm Down-time
1:30-2:30pm Campus Tour
2:30-2:45pm Walk to courts
2:45-5:15pm Singles/Doubles Match-Play
5:30-6:30pm Dinner
6:30-6:45pm Walk back to dorm/shower
7:00-8:30pm Roundtable discussion
8:30-10:00pm Down-time
10:30pm Lights Out

Day 3

7:30-8:30am Breakfast
8:30-8:45am Walk to courts/Dynamic Warm-up
8:45-11:30am Match Play
12:00pm Parents arrive at dorm for Pick-up