

# Seminole High Performance Tennis Camps

## WHAT TO BRING TO CAMP

1. **Twin Size sheets, blanket, pillow for the beds in the dorm**
2. Water Jug with name on it
3. Swimsuit and Towel (Ziploc bag)
4. Alarm Clock
5. Sun block: it is important to make sure the sun block is sweat and water proof
6. Hat/Visor
7. Sunglasses
8. Toiletries + bath towels
9. Laundry Bag
10. Tennis attire for 5 days, the most important thing is to ensure the clothing is cool and breathable for warm-weather, pack a set of warm clothes for the evenings or in case of poor weather. This should include sweat pants, a long-sleeved shirt and a light coat. Campers should also have pajamas, a pair of jeans and sandals.
11. Tennis shoes
12. Racquets
13. Extra strings
14. Towels for the dorm room
15. Water/Gatorade or Gatorade Powder
16. Night light

Additionally, it is important to remember to pack any prescription medication or supplements your child may need while at camp. These things should be bagged and marked with your child's name and left with a camp counselor or director who is familiar with the required frequency and dosage.

In order to administer certain medications, camps may require a doctor's note or health records.

## WHAT NOT TO BRING

1. **Cash:** Cash is easily lost or stolen at camp, most likely, your child will not have any need for money during camp, as lodging and meals are included in the initial price of the tennis camp. If you have an older child who wants to take cash to the camp, send a small amount (\$20 to \$30 should be adequate)

**We offer on the day of the check-in a camp bank option:** From \$20 to \$30 to re-string their racquets. \$20 if they have their own string or \$30 buying the string.

2. **Electronics:** Camp is a time to focus on tennis skills, recreating and building new friendships.

Attending our summer tennis camps is an exciting experience for young athletes; we look forward to providing your child with a memorable opportunity that will enhance their tennis skills.

