

# 2025 DFC SUMMER TENNIS PROGRAMS

The DFC Summer Tennis Program is dedicated to improving the fundamental tennis skills, point play, and enjoyment of tennis for kids ages 6+ who are beginner to intermediate players. By creating a positive and FUN learning environment, we strive to empower young players with the appreciation and skill to continue tennis as a lifetime activity.

In addition to our regular Tennis Camp, for select weeks during the summer, we will offer a Competitors Tennis Camp. Below is a brief description of each camp:

- **Tennis Camp**

- Ages 6-13
- Camp days will consist of tennis instruction, drills, and games as well as other activities including: pool time, lawn games, water activities, indoor games, etc.

- **Competitors Tennis Camp**

- Ideal age is 10 and up - Admission to this camp must be approved by Tennis Director and players must meet the below skill requirements.
  - Participants should have competitive match play experience and the ability to hit consistent ground strokes, volleys, and serves.

If you have any questions about the camps or are interested in the Competitors Tennis Camp, please contact Matt Nicholson ([matthew.nicholson@duke.edu](mailto:matthew.nicholson@duke.edu)).

# PARENT HANDBOOK

## CourtReserve Pre-Registration

- Parents/Guardians may begin the camp pre-registration process at any time, regardless of membership status.
  - **IMPORTANT: When editing your CourtReserve profile, DO NOT check the "unsubscribe from my Club/Organization's Emails/Alerts/Newsletters" box. We use CourtReserve for camp announcements and by checking this box you will not receive important camp information.**
  - Parents CourtReserve profile - will have all the required, pertinent information like emergency contacts, approved pick-ups, and insurance information for their camper.
  - A camper's individual information (allergies, restrictions, and immunization history) is also required and will go on the campers profile. This information needs to be added to the camper's CourtReserve profile found in the primary parent's Member Portal. More information on this can be found in the Camper Safety section of the Handbook. -
  - Non-Member families need to create a CourtReserve account. Requests can be made [here](#). In order to ensure a smooth registration process, requests should be made PRIOR to nonmember campers' registration on February 26. Processing time for a non-member account request will take 2-business days.

## Registration for camps

- Campers must meet the age requirements (or skill level) for each camp as listed on previous page.
- Registration for DFC members begins on **Wednesday, January 29th**.
- Registration for non-DFC members begins on **Wednesday, February 26**.
- Registration will be through **CourtReserve**. An online registration form must be completed as well as a non-refundable 50% deposit. The full camp cost must be paid by June 1.

## Cancellations, Transfers, and Refunds

- All Tennis Camp cancellations and transfers must be made through email with the DFC Tennis Director.
- Cancellations made prior to June 1 will receive 50% of their camp tuition back. No refunds or credits will be given for cancellations on or after June 1.
- Transfer requests are subject to availability. All transfers are subject to a \$25 transfer fee in addition to the price difference if transferring between a 4-day week and a 5-day week and summer to tennis camp.

## Pricing

<b>2025 Summer Tennis Program Fees</b>			
	<b>Early Bird: January 29 - February 25</b>	<b>Registration on or after February 26</b>	
	<b>DFC Members</b>		<b>Non-Members</b>
Tennis Camp	\$290	\$315	\$340
**Four-Day Camp	\$232	\$252	\$272
Competitor Tennis Camp	\$345	\$345	\$370
**Four-Day Camp	\$276	\$276	\$296

### Additional Add-Ons

- Weekly bagged lunch - \$40/week or \$10/day (\$32 for 4 day week)
- \*PM Extended Camp (4:00- 5:30pm) - \$75/week (\$60 for 4 day week)
- \*Swim lessons - \$50/week

\* these add-ons are only for Tennis Camp

### Morning Check-in

Campers will be checked in by camp staff at the knoll beside hard court 7 or by camp staff located in the upper loop of the parking lot. This alternative provides a curbside drop-off so you do not have to park. Checking in campers after the 8:00-9:00am window should be done at the DFC main office.

### Afternoon Check-out

A parent/guardian or authorized individual whose name has been provided in the Camper Information on CourtReserve are the only people who will be able to sign out a camper. A photo ID is required to pick up a camper. Afternoon check-out is at the picnic shelter utilizing the gravel path between 3:00-4:00pm. Signing your child out at any other time must be communicated in advance with the Tennis Director.

### Extended Camp Hours

Check-out later than 4:00 (until as late as 5:30) is available as an add-on. Campers will be able to participate in supervised individual or group activities. Extended Camp is not offered by the day; you must enroll for the entire week.



## Camp Schedules

DFC Summer Tennis Program hours and schedules vary between camps and can adjust day to day. Here is an example of what a typical day at each camp will look like:

- **Tennis Camp**

- 8:00- 9:00 am Arrival and check in
- 9:00 - 11:45 am Tennis activities (snack and breaks)
- 12:00 - 1:00 pm Pool time
- 1:00 - 1:30 pm Lunch
- 1:30 - 3:00 pm Tennis activities, lawn/water games, indoor games
- 3:00 - 4:00 pm Pick up and check out

- **Competitors Tennis Camp**

- 9:00 - 11:45 am Tennis – drills and games
- 12:00 - 1:15 pm Pool/own time/lunch
- 1:15 - 3:30 pm Tennis – match play and games

## Tennis Staff

The DFC Tennis Camps are administered by professional staff members of the Duke Faculty Club. The counselors and other staff members are highly motivated individuals who have previous experience with tennis and working with children. The camp staff are trained in CPR/AED and First Aid and attend a pre-camp training which includes information on effective communication tools, age appropriate activities, disciplinary expectations, conflict resolution, motivational techniques, children with special needs, and on-site emergency procedures. Ongoing staff training occurs throughout the summer to reinforce the skills taught at training. To ensure quality programming and increase child safety, we maintain a low child to staff ratio.

## Camp Newsletter

A week specific newsletter will be emailed the week before that camp session. The week specific newsletter will contain information about any special events and other important information.



## Camp T-shirt

All campers will receive one camp T-shirt which will be distributed during their first session at camp.

## What Campers Should Bring to Camp

Campers should come to camp dressed for a full day of fun, tennis, games, and pool time. To ensure your child's items return home with them, please label items with your camper's name. Every day campers should bring:

- Play clothes and closed-toed or athletic shoes
- Tennis racket (or rackets will be provided if they do not have one)
- Sunscreen, bathing suit, and towel
- A hat and sunglasses are strongly recommended
- Bagged lunch (unless enrolled in the lunch option)
- TWO snacks (one morning and one afternoon snack) - Full water bottle

## What Campers Should NOT Bring to Camp

Campers' backpacks, lunches, and personal belongings are stored at the picnic tables. The DFC is not responsible for any items lost, stolen, or damaged at camp. We ask that you not allow your child to bring anything of value to camp including:

- Cell phones, tablets, handheld video games, or Kindles
- Trading card collections
- Water guns and other toys from home
- Books

## Snacks

DFC Tennis Camps will NOT provide AM or PM snacks for campers. We have made this decision to accommodate food allergies and parental preferences. Occasionally, there will be special treats provided such as Kona Ice, watermelon, ice cream, icee pops.

## Optional Add-Ons

**Weekly/Daily Lunch Options** - Parents will have the option to pre-order lunches for Monday through Friday as add-ons to camp registration. All bagged lunches will have the following options:

- Choice of sandwich (ham/turkey and cheese or sunbutter and jelly)
- Choice of snacks and fruit (chips, banana, fruit cup, crackers, etc.)
- Choice of drink (bottle water, juice, chocolate milk, or Gatorade)

Registration information will be sent out the week before camp via the week specific Camp Newsletter. Price is: \$40/week (\$32 for 4 day week) or \$10/day.


## **Swim Lessons**

For tennis campers wishing to participate - group swim lessons will be offered for kids between the ages of 6-8 as a camp add-on (additional \$50/week). Swim lessons are held for 30 minutes during the tennis camp free swim time and facilitated by the DFC swim instructors. There will be four lessons in a session (Monday-Thursday). Friday will be a make-up day for the days camp could not make it to the pool (e.g. inclement weather). No refunds or credits will be provided for missed lessons. These swim lessons are designed for campers who already have some swim experience, but are looking to improve basic strokes and increase their comfort level and positive experiences in the water in the group dynamic. These lessons are NOT for individuals who have no prior swim experience OR swimmers looking to master strokes.

## **Camper Safety**

**Required Medical Information & Waivers** - Duke University requires all campers to submit health information prior to attending camp. Parents/Guardians should fill out this information on the Camper's CourtReserve profile. In addition, Parents/Guardians need to sign the Camp Waiver and Consent to Care form when registering for camp.

· Note - Parents/Guardians will be prompted to sign the waiver when registering for camp. CourtReserve will prompt a waiver signature on the person registering the child (Parent/Guardian), as well as, all children who are AGE ELIGIBLE for the program, whether or not they are all attending camp.



**Required Parent Information** - Parents/Guardians are required to include AT LEAST one local emergency contact other than themselves. The DFC will contact this person in the event of an emergency should both parents be unreachable. In addition to Emergency Contacts, parents/guardians should add any person authorized to pick up their child(ren) from DFC Camp. All Emergency Contacts and Authorized Pick Ups should be made on the parent's CourtReserve profile.

**Emergencies** - In the case of an emergency or accident involving your child, you, or if necessary, your emergency contact will be notified immediately by a DFC staff member. All members or the camp staff are certified in CPR/AED and First Aid.

**Medications** - You must submit authorization from a licensed health care provider (ie, a prescription) for all medications camp participant will bring to camp. All medications must be brought to the camp in their original packaging, and must be checked in with camp staff on arrival day to be securely stored. Participants may (and are encouraged to) keep with them urgent-need medications such as inhalers, epinephrine, insulin, and glucagon devices.

**Illness** - Campers must be fever free for 24 hours and show no signs of communicable disease to attend DFC Summer Tennis Programs. If your child develops symptoms while at camp, you will be immediately called to pick them up. Campers will remain in a designated cool, quiet area with a DFC staff member until they are picked up. Refunds, partial refunds, credits, and/or proration will not be made for campers who miss camp due to illness.

**Sun Protection** - To help beat the heat, DFC Summer Tennis Programs have built in sunscreen times, frequent water breaks, indoor and shaded activities, and daily pool time (sometimes 2x a day). In addition, we recommend taking the following preventative measures at home:

- Applying sunscreen before coming to camp. We will reapply before pool time.
- Have your camper drink water in the evening to rehydrate and in the morning before coming to camp.
- Send a hat and/or rash guard with your camper to help keep the sun off their face and body.



## **Inclement Weather**

On days of inclement weather, there will be a modification of schedule/activities. If it is raining, we will move indoors. If courts are wet, but rain is light or has stopped, we will look to get back outdoors for activities. Some examples of activities during inclement weather:

- Tennis Campers will have the option to participate in various indoor activities such as crafts, board games, or indoor group games. When rain stops, we will get outdoors for activities such as - lawn games, a nature hike, or a walk to Duke Athletic Facilities.
- Competitor Tennis Campers will go inside during rain. During this time, we will work on stroke development, strategy, and tennis IQ to improve their on-court development as well as play fun, competitive, indoor games. When rain stops, we will get outdoors to work on fitness, footwork, and other off-court drills to improve their game.

## **Pool Time**

Tennis Campers will have pool time every day. Competitors Tennis Campers will have the option to swim or play games (card games, board games, etc.) by the pool.

The DFC main pool has three sections: a shallow end with a maximum depth of 2 feet 9 inches, a middle section with depths ranging from 3 feet to 5 feet, and a deep end with a maximum depth of 12 feet. The middle section has a slide and the deep end has 2 diving boards.

Swim test - Campers must pass a swim test to access the 3-5 foot section of the pool, the slide, and the diving boards. Once campers pass the swim test, they do not have to retest during the summer. Campers who do not pass the swim test can retest every Monday at which they are at camp. Swim tests will ONLY be conducted on the first day of camp for the week. The swim test is as follows:

- Jump into the middle section of the pool.
- Swim the length (25 meters) of the pool.
- Campers must swim confidently, without stopping or touching the bottom. Swimming must be done on their stomach. Discretion as to whether a camper passes a swim test is with the Tennis Director, Pool Manager, and lifeguards.





## DFC Summer Tennis Program Schedule

Tennis Camp will run for 10 weeks with Competitors Camp on select weeks. See below for the full schedule of what will be offered each week and special camp weeks:

### **Week \*1: June 16-20 Kona Ice!**

- No camp on Thursday, June 19 in observance of Juneteenth
- Kona Ice will be onsite for all campers!
  - Tennis Camp, Competitors Camp

### **Week 2: June 23-27**

- Tennis Camp, Competitors Camp

### **Week \*3: June 30-July 3 – Tennis and Pickleball!**

- Tennis Camp only - daily on court time will be split between tennis and pickleball
  - Tennis Camp

### **Week 4: July 7- 11 Wimbledon Week and water inflatable**

- This week we will wear our Wimbledon whites, eat strawberries and cream, and play some lawn tennis! This is a huge hit, you don't want to miss it! (for all campers)

### **Week 5: July 14-18 Tennis**

- Tennis Camp, Competitors Camp

### **Week 6: July 21-25 - Pizza Day on Friday and water inflatable.**

- Pizza will be provided for all campers on Friday!
  - Tennis Camp

### **Week 7: July 28-August 1 – Tennis and Pickleball**

- Tennis Camp only - daily on court time will be split between tennis and pickleball
  - Tennis Camp

### **Week 8: August 4-8**

- Tennis Camp

### **Week 9: August 11-15**

- Tennis Camp

### **Week 10: August 18-22 – Tennis (Registrations open May 1st)**

- Tennis Camp only

\* Week 1 and Week 3 are 4 day camp weeks due to holidays (Juneteenth and July 4)