

## 2021/SUMMER WORKOUT SESSIONS

Please check the week(s) that you wish to attend

Dates Jr. Sessions	Younger Group	Intermediate/ Advanced Performance
June 14-18		
June 21-25		
June 28-July 2		
July 5-9		
July 12-16		
July 19-23		
July 26-30		
Aug. 2-6		
Aug. 9-13		

Player's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Email: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Cell: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

### Daily Activities

9:00- 9:20 Shadow Swings /Dynamic Warm Up

10:20 - 11:10 Group Stroke Instruction /  
Fundamentals Drills / Breakdown drills

Point Play, Footwork, Cool down

11:30 - 12:30 Lunch Break/Rest (Bring Your Own)

12:30 - 1:15 Serving /Returning Drills Games

1:15--1:30 Fundamental review /  
Mental Toughness Training .

1:15 - 2:30 Up /Down Games, Match Play, Singles,  
Doubles, Strategy Play

2:45-3:00 (Footwork & Fitness in shade)  
/Stretch/Cool Down

I recognize and acknowledge that there are certain risks of physical injury and or illness to participants in these programs - I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor/child/ward or I may sustain as a result of participation. I agree to waive and relinquish all claims against Delray staff, coaches and employees. I do hereby fully release and forever discharge Delray Tennis Junior programs from any and all claims of injuries, illness, damage, or loss connected with, or in any way associated with these programs/activities. **We take the COVID-19 seriously. We will practice and encourage these routines during SUMMER WORKOUTS. Please do not bring your child if they have any symptoms of sickness, colds, coughs, sore throat. We want everyone to stay healthy.**

- Maintain good social distance (about 6 feet).
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Routinely clean and disinfect frequently touched surfaces.

Tennis Junior Programming will demand more instruction and young people listening and following safety guidelines while practicing common sense. I have read and understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.

Parent Signature: \_\_\_\_\_

JR. PROGRAM schedule / hours may be revised later in the summer.