

PICKLEBALL GAMES

Youth Instructional Sports and Performance Training

Week 1 **June 3 - 7**

Players will be coached through several fundamental pickleball skills including, serving, ground strokes, dinking and scoring. Each player will receive quality instructions by coaches and take part in fun tournament type games. Pickleball is a FUN sport that combines elements of badminton, ping-pong, and tennis. It is a quick, fast-paced, competitive game that is easy to learn. The best part is that Country Life Kids Camp has invested in a NEW pickleball area with backstops and has resurfaced their basketball court to be a multi-sport court, so the play never ends.

Week 9 **Aug 5 - 9** **NEW**

For the second week of pickleball, players will continue the development of individual offensive skills of attack and defensive skills to effectively cover the entire court. Additionally, there will be an emphasis on doubles play that establishes moving in unison with their partner to successfully defend the court through positioning and communication. The week will end with campers participating in a two day "Winner(s) Take All" doubles tournament.



What gives our Instructional Sports Camps for Pickleball the competitive edge?

Top Coaching Character and Sport Leadership Development

We offer an exceptional coaching character and sport leadership development program a University of Akron Sport Science and Wellness Instructor and college coach. Our program offers a sport psychology influenced toolkit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve, and succeed in an individual or team environment while working to achieve higher performance levels.

Top Skilled and Invested Coaches

We are honored to announce that our head coach, Tina Bildstein, has played in pickleball tournaments throughout the country and understands the strategy of the game. Our coaches/instructors have earned awards such as the All-American award, teachers and coaches of the year awards, academic and athletic honors, champion levels of achievement and more. They have a positive coaching philosophy that ties sport skills to life.

NEW Boot Camp Fitness Program

The Boot Camp Fitness Program is a program offered to those children who participate in *four* or more weeklong training sessions throughout the entire summer. This program provides them with the necessary knowledge to proactively measure their fitness levels for a lifetime. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals.