



**2008**



***HIGH PERFORMANCE  
SUMMER TRAINING CAMPS  
WITH NANDOR VERES***

 **MILLENNIUM  
HARVEST HOUSE TENNIS**

We are delighted to announce that *Nandor Veres*, one of the top coaches in the game is coming to Harvest House to work with our players, juniors & adults through his amazing High Performance Workshops.

Here are just a few highlights of his incredible coaching career:  
Coached some of the top ATP & WTA pros and juniors in the world  
2004 Olympic Coach, Hungary  
2003, 2004 Federation Cup Coach, Hungary  
Former National Coach of Hungary and Norway  
WTA Certified Coach

*For more information about this unbelievable coach, go to [http://ittinc.org/About\\_Coach.html](http://ittinc.org/About_Coach.html).*

**HIGH PERFORMANCE SUMMER TRAINING CAMPS**  
**WITH NANDOR VERES & KENDALL CHITAMBAR**

I am very excited to invite you to take part in one of these special opportunities to train with myself and one of the world's best coaches, Nandor Veres, right here in Boulder, Colorado. Participation in these specialty camps is limited to offer the highest level of individual attention, and I strongly encourage seizing this chance to give your tennis development an amazing boost. These camps will focus on the following ideas:

1. **Instructional** – Throughout the weekend, we address the technique of each of the “core” shots as well as different groups of shots and hitting styles. We look at all aspects of the game but focus on Mechanics, Positioning and Footwork.
2. **Tactics** – Learning how to hit a ball is one thing, but knowing what to do with it in the middle of a point is another. Each session we focus on a different tactical set that gives our players a concrete vision and idea on how to create points during each game and match.
3. **Fitness** – Each day our players will experience age & level specific fitness sessions. The morning session will focus on quickness, tennis specific movement, and coordination while the afternoon session focuses on age-related core exercises. We will also place a heavy emphasis on proper stretching and flexibility.
4. **Mental Training** – The focus will be on improving concentration under duress and stress management during match play, whether it be in USTA tournaments or high school settings. Nandor’s insights on this area are unbelievable!
5. **Goal Setting & Management** – Nandor assists all players to set reachable short-term, intermediate-range, and long-term goals dealing with all levels of performance.

All of these areas will be approached from Nandor’s unique European and scientifically based perspective.

**JUNIOR SCHEDULE (MON.-FRI.) & ADULT WEEKEND SCHEDULE:**

8:00-10:00AM	ONCOURT TRAINING (CONSISTENCY, TECHNICAL CORRECTION, FOOTWORK) } GROUP 1
10:00AM-NOON	ONCOURT TRAINING (CONSISTENCY, TECHNICAL CORRECTION, FOOTWORK) } GROUP 2
1:00-3:00PM	ONCOURT TRAINING (PERCENTAGE TENNIS & TACTICAL EXERCISES) } GROUP 3
3:00-5:00PM	ONCOURT TRAINING (PERCENTAGE TENNIS & TACTICAL EXERCISES) } GROUP 2
5:00PM-6:30PM	ADULT SESSIONS (MONDAY-FRIDAY)
6:30PM-8:00PM	ADULT SESSIONS (MONDAY-FRIDAY)

\*TIMES MAY VARY. WEEKEND ADULT SESSIONS WILL FOLLOW THE ABOVE SCHEDULE.\*

<u>TRAINING CAMP DATES:</u>	<u>FEES:</u>	<u>REGISTRATION DEADLINE:</u>	<u>50% DEPOSIT DEADLINE:</u>
JULY 18-20 (FRI.-SUN.)	\$350	JULY 7, 2008	JULY 10, 2008
JULY 21-25 (MON.-FRI.)	\$660	JULY 7, 2008	JULY 10, 2008
JULY 26-27 (SAT.-SUN. ONLY)	\$264	JULY 7, 2008	JULY 10, 2008
MARCH 22-28, 2009****	\$999	DECEMBER 18, 2008	JANUARY 7, 2009

\*PRICES DO NOT INCLUDE MEALS, LODGING OR AIRFARE.

\*\*THE 50% DEPOSIT IS NON-REFUNDABLE AND MUST BE RECEIVED BY THE ABOVE DEADLINE TO ENSURE PARTICIPATION. REMAINDER IS DUE ON FIRST DAY OF TRAINING CAMP.

\*\*\*WE RECOMMEND THAT A DESIGNATED PARENT CHAPERONES THEIR CHILD DURING THE CAMPS.

\*\*\*\*THE MARCH 22-28 CAMP WILL BE HELD IN DELRAY BEACH, FLORIDA!

**TRAVEL AND HOTEL RECOMMENDATIONS:**

ALL PLAYERS TRAVELING IN FROM OUTSIDE OF BOULDER ARE RECOMMENDED TO STAY ON SITE AT THE MILLENNIUM HOTEL.

PLEASE CONTACT ME DIRECTLY FOR MORE INFORMATION : KDC924@MSN.COM 720-304-0070

HOPE TO SEE YOU ON THE COURTS!

BEST WISHES,  
KENDALL

