

## Open to all with an interest in Sports and Competition!!!

The all day Country Club Sports Camp for 7-13 year olds who want to learn more about and enjoy the many benefits of sports.

Our goal is to help Generation M (Media), to reduce or eliminate "S.A.D.D." or Sports & Activity Deficit Disorder by engaging them in activities and sports outdoors as much as possible. These activities will broaden their ability to appreciate sports, socialize better and enjoy the many benefits of team sports and games without the use of electronic media. The spacious clubhouse at the West Winds village of Lake Linganore serves as camp headquarters. Frank Weaver and Ted Meyer will direct all activities.

### Sports (rain or shine!)

We have unique facilities which allow us the opportunity to keep the kids active no matter what the weather throws at us!

**Tennis:** we will provide professional instruction twice a week, plus additional opportunities to practice and compete.

**Fitness:** our staff exercise physiologist will lead our campers in group fitness classes twice a week. Kids will learn the benefits of stretching and the many facets of strength building and conditioning.

**Team Field Games:** like Soccer, Capture The Flag; Tug Of War; European Dodge Ball; Basketball; Flag Football.; Kick-Ball; Volleyball...just to name a few.

**Swimming:** campers will enjoy the benefits of a first-class pool three to four days a week, depending on other activities.

**Golf:** campers will receive golf instruction and practice on the putting green and driving range.

**In all of our activities,** care will be taken to ensure the safety and fun for all involved. Our counselors will make adjustments to ensure that all campers find activities challenging and rewarding!

## 2012 West Winds Country Club Sports Camp "Sports Round Out Our Kids!!"; For 7-13 year olds



### About Our Staff

**Your children will be inspired by professionals...not just babysitters!!** The West Winds C.C. Sports Camp will be supervised by **Ted Meyer**. Ted brings over 30 years of teaching experience to the tennis court. Additionally, only counselors that share Ted's passion for sports and the ability to share that passion with our campers will have the privilege of working with your kids!! And...Tennis and Fitness will have *certified* Professionals running each program!!

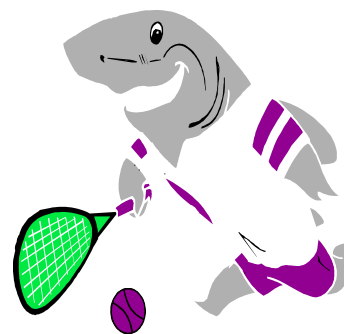
Coming back for his second year, our Head Counselor is Frank Weaver. Frank is a high school PE teacher in Montgomery County. He has coached tennis, hockey, soccer, golf and basketball over the past 25 years.

### Mentally Stimulating!! & Outdoors!!

**Daily Themes:** Each day at camp will feature a theme for each camper to exemplify. Some of those themes will be: Sportsmanship; Cooperation; Loyalty; Imagination; & Teamwork. Our counselors direct activities to help the kids understand these concepts and give them numerous opportunities to put them into practical use.

### Typical Day At WW Country Club Sports Camp

- 8:00am Campers arrive
- 9:00am Tennis/Soccer Instruction & Drills
- 10:45am Refreshments
- 11:05am Tennis & Soccer games
- Noon Lunch & relaxation
- 1pm Golf Instruction
- 2:15pm Additional field games & Tennis
- 3:15pm Pool time
- 4pm Gather personal items & pick up of campers.
- 4-5pm Extended day (see rates)



*My family and I wish to thank you for a great summer! Kaitlynn and Megan enjoyed your summer camp very much and loved their introduction to tennis. All the counselors did a great job and really made us feel like our girls were well taken care of and in good hands for the summer. We will plan on having them attend your camp again next year.*

*Chris & Mary C.*

### Quick Facts

**Ages:** 7-13 years old.

**Sessions:** We offer weekly programming. Special pricing can be arranged for siblings.

**Daily Times:** 8:00am to 4pm (extended day available from 4-5pm. Cost: \$8 per day).

**Days:** Monday thru Friday, each session is one week in length (except week #2).

**Levels:** No prior sports experience needed! Only an interest in participation needed!!

**Drop-Off:** Drop-off for campers will be at the West Winds Tennis & Fitness Center clubhouse. Campers may be dropped off as early as 7:30am, if pre-arranged.

**Pick-Up:** Normal pick-up is at 4pm. Extended care can be arranged for pick-ups by 5pm. Camper must be signed out by a parent unless otherwise instructed in writing by a parent.

*"My husband and I wanted to tell you how much we love sending Grace to West Winds for summer camp. It gives us great peace of mind knowing she is safe and enjoying herself (especially since we both work full-time). Grace just completed her 3rd summer at West Winds and she plans on returning!"*

*Brenda & Kenny B.*

**West Winds Tennis & Fitness Center  
11411 Gas House Pike, New Market, MD  
21774**

**Phone: 301-865-2701, Fax: 301-865-2703 &**

**www.westwindstennis.com**

# 2012 West Winds Country Club Sports Camp

## Registration Form\*

Camper's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Camper's Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: \_\_\_\_ (check one) Male \_\_\_\_ Female \_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Tel: (\_\_\_\_) \_\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_\_

Work Tel: (\_\_\_\_) \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency Contact if No Parent is Available: \_\_\_\_\_

Tel(s): \_\_\_\_\_ or \_\_\_\_\_

Special Medical Conditions or Medicines: \_\_\_\_\_

Swimming Level (please check): Beginner \_\_\_\_ Intermediate \_\_\_\_ Advanced \_\_\_\_

T-shirt Size (adult sizes): XS \_\_\_\_ ; S \_\_\_\_ ; M \_\_\_\_ ; L \_\_\_\_ ; XI \_\_\_\_

\*Sign up by June 1 to guarantee a camp t-shirt. Due to paperwork requirements, all other registration deadlines are the Wednesday before each Session.

For multiple campers, please photocopy this page and submit one Registration Form for each camper.

### Camp Dates

### (Please Circle Camp Week(s) Attending)

|              |                                      |  |
|--------------|--------------------------------------|--|
| Camp Week #1 | 6/25—6/29/2012                       |  |
| Camp Week #2 | 7/2—7/6/2012 (Shortened week, \$184) |  |
| Camp Week #3 | 7/9—7/13/2012                        |  |
| Camp Week #4 | 7/16—7/20/2012                       |  |
| Camp Week #5 | 7/23—7/27/2012                       | *First week of tuition due at registration.  |
| Camp Week #6 | 7/30—8/3/2012                        | If signing up for more than one week, must   |
| Camp Week #7 | 8/6—8/10/2012                        | pay \$25 deposit per additional week to hold |
| Camp Week #8 | 8/13—8/17/2012                       | spot. Deposits are non-refundable.           |

Cost per session: \$229\* Commit to 3 or more full week sessions: \$199\* per session!!

Please enroll my child in a total of \_\_\_\_\_ session(s) for a total sum of \$ \_\_\_\_\_

\*Non-LLA members need to add \$20 pool guest fee per camp week. LLA members must bring their photo ID to each day of camp.

Write dates here requiring Extended Hour (4-5pm): \_\_\_\_\_

## “Sports Round Out Our Kids!”

### West Winds' Camp Waiver

As the parent or legal guardian of this child, I authorize participation in all activities of this program.

I assume all risks and hazards incidental to such participation both during an activity and en-route, and do hereby release and waive all claims against the West Winds Tennis & Fitness Center, it's staff, volunteers and participants.

I also grant permission for emergency first aid to be given to my child in case of injury.

West Winds Tennis & Fitness Center retains the right to use photographs, testimonials and videotape of my son or daughter in publicity materials.

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



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