

Tennis Breakthrough Summer Camp Daily Timetable 2019

突破自我網球夏令營時間表 2019

- 7:00AM - 7:30AM - Breakfast
- 7:30AM - 10:00AM - Tennis drilling (area of focus varies by day/week)
- 10:00AM - 11:00AM - Physical Conditioning
- 11:00AM - 12:00PM - Performance concentration
- 12:00PM - 1:00PM - Lunch/Rest
- 1:00PM - 3:00PM - Match play (competition against players of similar ability)
- 3:00PM - 4:00PM - Mission room (match strategy), Mental Conditioning, Nutrition or Equipment talk
- 4:00PM - 5:00PM - Rest
- 5:00PM - 7:00PM - Dinner
- 7:00PM - 10:00PM - Chaperoned on-campus or off-campus activities (movies/trivia/pool parties)
- 10:00PM - Sleep

額外訓練：



力量訓練 (11-18歲) (每天+1小時)

重點：

- 強度十足，訓練忍耐力
- 跳躍力
- 力量建立訓練
- 糾正動作

費用: HKD\$3600/一星期



速度訓練 (11-18歲) (每天+1小時)

重點：

- 線性加速
- 最大速度度
- 側向動作
- 多方位動作和靈活性

費用: HKD\$3600/一星期



心理和視力調節 (11-18歲) (每天+1小時)

重點：

- 集中
- 控制
- 信心
- 冷靜
- 一致
- 決定
- 準備

費用: HKD\$3600/一星期



營養教育 (11-18歲) (每天+1小時)

重點：

- 平日餐單
- 賽前餐單
- 恢復餐單
- 進食時間
- 水的重要

費用: HKD\$3600/一星期



領導力培訓 (11-18歲) (每天+1小時)

重點：

- 建立團隊
- 語言及非語言溝通
- 身份
- 建立關係
- 啟發及激勵自己及他人

費用: HKD\$3600/一星期



ESL教育 (8-18歲) (每星期+5小時)

英語學習

我們明白要成功通過不同英語考試所需的辛勤付出和精神。學生每星期可以在5小時的英語課程中為他們的考試做準備。

費用: HKD\$3600/一星期



SAT / ACT教育 (14-18歲) (每星期+5小時)

升學準備

準備參加SAT考試的學生不用擔心！我們提供課程為他們準備考試材料，並傳授技巧，幫助他們學習。

費用: HKD\$3600/一星期



Strength & Power Training (Ages 11-18) (+1 hour per day)

Areas of Focus

- Explosive resistance
- Jumping and plyometrics
- Efficient power development
- Correct motor patterns

Price: HKD\$3600/week



Speed Training (Ages 11-18) (+1 hour per day)

Areas of Focus

- Linear acceleration
- Maximum velocity
- Lateral movement
- Multi-directional movement and agility

Price: HKD\$3600/week



Mental & Vision Conditioning (Ages 11-18) (+1 hour per day)

Areas of Focus

- Concentration
- Control
- Confidence
- Composure
- Consistency
- Decision making
- Preparation

Price: HKD\$3600/week



Nutrition Education (Ages 11-18) (+1 hour per day)

Areas of Focus

- The performance plate
- Pre-competition fueling
- Recovery
- Fueling timelines
- Hydration

Price: HKD\$3600/week



Leadership Training (Ages 11-18) (+1 hour per day)

Areas of Focus

- Team building
- Verbal and non-verbal communication
- Identity
- Developing relationships
- Inspiring and empowering yourself and others

Price: HKD\$3600/week



ESL Education Class (Ages 8-18) (+5 hours per week)

English Language Learning

We understand the hard work and dedication needed to pass different English tests. Athletes can prepare for their tests with 5 hours of English classes during each week of camp.

Price: HKD\$3600/week



SAT/ACT Education Class (Ages 14-18) (+5 hours per week)

College Testing Preparation

For athletes getting ready to take the SAT college entrance exam, we offer classes to prepare them for the test material and offer techniques to help them take it with confidence.

Price: HKD\$3600/week



Activities 活動

On-campus activities 校內活動

The hub of activity in the evenings revolves around the residence halls and newly designed campus center. Social activities include: swimming; movies; and a recreation room (with video games, football, ping-pong and pool table's). Campers can participate in trivia night, social mixers and more.

學生可於晚上時分在宿舍大樓和新設計的校園中心內進行各種娛樂活動。社交活動包括：游泳，看電影和於娛樂室內玩電子遊戲，桌上足球，乒乓球和桌球。

Activities 活動

Off-campus activities 校外活動

You also have the opportunity to have off-campus fun through scheduled and chaperoned day trips to destinations like local beaches, amusement parks, water parks, museums and sporting events. You can view off-campus excursions, and we will help you book the tickets.

學生還可以利用一日到校外遊玩，到當地的海灘，遊樂園，水上樂園，博物館和體育賽事等地方享受校外活動。你可以先查看校外活動(往下查看)，然後我們會幫助你預訂門票。

Sample Excursions

短途旅程



**Walt Disney
World**
迪士尼樂園

Students can get all in Walt Disney World. Adventures, classic stories and exhilarating thrills. Spectacular fireworks, parades, shows and music. Theme parks, water parks and other magical destinations.

學生可以在迪士尼世界度過充實有趣的一天。冒險，經典故事和刺激的過山車。壯觀的煙花表演，遊行，表演和音樂。主題式樂園，水上公園和其他夢幻的樂園。



**Universal
Studios**
環球影城

Students can visit a bank run by goblins, play midway games with their favorite animated characters, ride on Harry Potter and Transformers themed rides. Watch death-defying stunts perform, dancing dinosaurs and characters on parades.

學生可以參觀一個由哈利波特中的妖精經營的銀行，與他們最喜愛的動畫角色一起玩遊戲，乘坐哈利波特和變形金剛主題遊樂設施。觀看死亡特技表演，在遊行中出現的跳舞恐龍和人物。



Busch Gardens
布希公園

Students can explore Florida's favorite coasters and thrill rides and one of the largest, most highly accredited zoo facilities in the US and also enjoy live shows from world-class performers.

學生們可以探索佛羅里達州最受歡迎的過山車和刺激的遊樂設施，以及美國最大，非常受認可的動物園設施之一，還可以欣賞世界級表演者的現場表演。