

Dear Parents:

Thank you for registering for our tennis camp 2016 season.  
I am very excited about the improvements ahead.  
Please review this list of "what to bring and what not to bring"

Thank you!!!

**What to bring:**

1. Tennis racquet: (if you do not have one..... we will give you a demo so we can then order you one customized to your child. If you bring a racquet that is not good for your child.... we will contact you so you can authorize us to get one or we can give you the specs that your child needs.)
2. Water thermos with ice.... I prefer the ones that are insulated
3. Lunch bag.... I prefer the ones that have a zipper or igloo type \*more below
4. Cap or visor or headband..... I prefer cap
5. Towel and bathing suit.
6. extra pair of underwear, socks, and t-shirt in case of you need it.

**What not to bring:**

1. Gum
2. Radios, Mp3, I-pod's, (you can check in your phones if necessary)
3. Gatorade with coloring or any other drink that has sugar!!!
4. Dark clothes or anything made out of polyester
5. Balls
6. Computer games
7. Cards
8. Books or magazines
9. Spray sunscreen..... ends up in other players eyes!!
10. Wrist watch, any other watches, bracelets, etc...
11. \$\$ cash

### **What to bring in your LUNCH BAG**

1. Healthy food..... a good sandwich.... (be careful with meats which can go bad)
2. I prefer if you have bite size fruits and veggies in ziplock bags
3. 100% juice
4. Salty crackers or potato chips

### **What not to bring in your LUNCH BAG**

1. Pre made Lunchables
2. Food that needs to be heated before eating
3. Cookies or candy of any kind
4. Chocolates
5. Sodas
6. Any drink that has sugar or coloring
7. \$\$\$ for vending machines

### **What we will provide:**

1. Sunscreen..... bring your own if you do not like Banana boat spf50..  
I prefer cream vs spray.
2. ICE water to refill your thermos... and ICE
3. Ozarka spring water for our "power drink" .... power drinks contain organic fruits and vitamin C and coconut water.  
(please reply to this e-mail if your child is allergic to anything that you know.)
4. First Aid
5. One free T-shirt per camper..... more available for purchase in our web shop.
6. Tickets for exchanging them with prizes
7. Trophies to winner and runner-up of each tournaments
8. Access to my phone in case you need to make a call.

### **What to acquire:**

Please go to the Apple App store and acquire our App named:  
"Tennis Technique" Juan Bracho

In this App, I show all my students the technique of all 81 shots of the game of tennis. A great companion to the learning process that your player is about to engage. The App is currently at a discounted price of \$9.99

the link is :

<https://itunes.apple.com/us/app/tennis-technique/id881604943?mt=8&uo=4>

**Optional:**

1. phone.... (but you will have to check it in with me and pick up at end of camp.
2. sun glasses
3. Your own rubiks cube
4. Your own chess set
5. Your own sunscreen.
6. house keys, car keys, or any other key... should be kept in a secure zipper inside your bag

**Last but not least**

We are proud that this is our 20th continuous year of tennis camp here in Bellaire rec. center tennis courts. We have a great relationship with the City of Bellaire.... and between us, the rec.center staff, the lifeguards and the library, fire and police dept. we are all dedicated to give your child the best tennis summer experience possible here in this city.

We take pride to feel that this is not a baby sitting camp.... everyone that comes to camp is because they want to learn to play a tennis match and/or improve their game. Feel free to give me any feedback that you may want to share.

Thank you for all your efforts with your children.

All the best,

Juan Bracho,  
U.S.P.T.A. head coach

PS: GIVE BACK?

Please post our summer camp flyer on your social media..... very much appreciated... Thank you!!

SUMMER CAMP 2016