

PROGRAM
DREISAM TENNIS ACADEMY
for camps in Albena in seson 2015

Camp - Easter 2015

Childrens 8 to 10 years, participating in competitions of orange and green court / level /

Date: 06.04 - 12.04. 2015 .

Age : 6-8 years / orange level /
9-10 years / green level /

Program:

The program includes five days four hours of training and two days of participation in an international tournament:

Prices:

Group of four people, distributed according to sport and technical skills and experience.

Price 220 euros - per person

Prices in leva are in official rate of BNB for the day.

Daily schedule:

From Monday to Friday:

Morning - two hours tennis

After lunch: 1.5 hours tennis + 0.5 hours conditioning training .

Saturday - Sunday (11.04-12.04.2015): Participation in an international tournament. Analysis of participation

For more information and reservations:

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Camp – 1

Children up to 10 years, participating in competitions of "Orange" and "Green" level .

Date: 27.04 - 03.05.2015

Age : 6-8 years / orange level /
9-10 years / green level /

Program :

The program includes five days four hours of training and two days of participation in organized competition.

Prices :

Group of four - **220 euros per person**

Daily schedule:

From Monday to Friday:

Morning - two hours tennis

After lunch: 1.5 hours tennis + 0.5 hours conditioning training.

Saturday - Sunday: Participation in the competition. Analysis of participation.

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Camp – 2

Date: 31.05 - 07.06 2015

Age: Juniors, Men and Women

Program :

The program includes six days of training four hours and one day two hours.

Groups are formed by age, sport - technical skills and experience of the competitors.

Possible adoption of pre-training, self-formed and separated groups of up to four players.

Prices :

Individual camp – **528 euros per pers**

Group by two persons – 418 euros per pers

Group by three persons – 308 euros per pers

Group of four persons – 242 euros per pers

Prices in leva are in official rate of BNB for the day.

Daily schedule:

Sunday: / May 31 /

12:00 to 14:00 pm - Arrival and accommodation.

16.00 hours – Play test . Formation of the groups.

Monday - Saturday: / June 1 -6 June /

Morning - two hours tennis

After lunch: 1.5 hours tennis + 0.5 hours conditioning training.

Sunday / June 7 /

1. Training - two hours

2. Departure

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Camp – 3

Date: 7.06 – 14. 06.2015.

Age: Juniors, Men and Women

Program :

The program includes six days of training four hours and one day two hours.

Groups are formed by age, sport - technical skills experience of the competitors.

Possible adoption of pre-training, self-formed and separated groups of up to four players.

Prices :

Individual camp – 528 euro

Group by two persons – 418 euros per pers

Group by three persons – 308 euros per pers

Group of four persons – 242 euros per pers

Prices in leva are in official rate of BNB for the day.

Daily schedule:

Sunday / June 7 /

12:00 to 14:00 pm - Arrival and accommodation.

16.00 hours – Play test . Formation of the groups.

Monday - Saturday: / June 8 -13 June /

Morning - two hours tennis

After lunch: 1.5 hours tennis + 0.5 hours conditioning training.

Sunday: / June 14 /

1. Training - two hours

2. Departure

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Camp – 4 :

Children up to 10 years, participating in competitions of "Orange" and "Green" level .

Date: 17-23.08. 2015 година

Age : 6-8 years / orange level /
9-10 years / green level /

Program:

The program includes five days four hours of training and two days of participation in an international tournament:

Prices :

Group of four persons - 220 euros per pers.

Daily schedule:

Monday to Friday / 17-21 .08 /

Morning - two hours tennis

After lunch: 1.5 hours tennis + 0.5 hours conditioning training .

Saturday - Sunday: /22-23.08/ - Participation in an international tournament. Analysis of participation.

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Camp - 5 :

Age – Women

Date: 21-25 September 2015

Participants: Women and girls

Program:

The program includes five days four hours of training and preparation for participation in the competition:

Prices:

Group by two - 396 euros per pers

Group by three persons - 308 euros per pers

Group of four persons - 242 euros per pers

Daily schedule:

Monday to Friday / 21-25 .09.2015 /:

Morning: two hours tennis

After lunch: two hours tennis +1 hour conditioning training -
by registered individual program.

Saturday - Sunday: / 26-27.09.2015 / - Participation in the
competition. Analysis.

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