



# A PLUS HIGH PERFORMANCE

## Tournament & Challenger Summer Camp

June 15 – August 21, 2026

Flint Hill Upper School | Final Week: George Mason University

### PROGRAM OVERVIEW & TRAINING MODEL

A Plus has a long-standing reputation for developing high-level players from competitive junior tennis through the collegiate level. What makes us unique is our focus on developing “your” game. We believe that players will be most successful with a playing style that suits their physical ability, mental characteristics and personality. Program Director Vinh Do along with other coaches will be providing personal attention to technical, physical, strategic and mental training to help players compete in tournament play. The High Performance program is designed to prepare a player for tournament play. It is required that each player is participating or preparing for tournament play. We will designate certain tournaments for coaching and offer flexible attendance based on tournament schedule. Physical preparation & development will be prioritized with proper warm up & cool downs, our training will also include injury prevention, power, strength, and sport specific speed training programmed by our Fitness Director and Exercise physiologist Jakob Nielsen.

### PROGRAMS

Challenger Program: Tactical development and structured drills. Minimum Universal Tennis Rating System (UTR) of at least 1.2 or Director Approval.

Tournament Program: Heavy emphasis on fitness and match play. Minimum reliable Universal Tennis Rating System (UTR) of at least 2.4.

### SCHEDULE

Weekdays 8:30 AM – 1:00 PM | Times may vary depending on weather conditions or local alerts.  
June 15 – August 21 | Flint Hill Upper School (Final Week at GMU)

**Daily**  
\$140

**Weekly**  
\$560

**Unlimited**  
\$3,200

A PLUS TENNIS SUMMER PROGRAM CLIENT REGISTRATION

Student's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Program Selection (please circle): Tournament | Challenger  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Parent's Cell: \_\_\_\_\_ Parent's Email: \_\_\_\_\_

EMERGENCY CONTACT INFO

Name: \_\_\_\_\_  
Phone Number(s): \_\_\_\_\_  
Signature of Parent / Guardian: \_\_\_\_\_  
Health Insurance Company: \_\_\_\_\_  
Policy #: \_\_\_\_\_  
Payment: CHECK \_\_\_ CASH \_\_\_ CC \_\_\_ AMOUNT \_\_\_\_\_

As a condition of the enrollment of a student in A Plus Tennis LLC (APT) Junior Lesson Program & Camps, the respective parent, parents and/or legal guardian of the student does hereby, on behalf of such student, assume the risk inherent in the participation of such activities and has disclosed any and all inherent handicaps or disabilities that such student may have. The respective parent, parents, and/or legal guardian does hereby acknowledge that APT shall not be liable for any damages arising from personal injuries or damages sustained by their student in, on, or about the premises of APT, Flint Hill High School, Robinson High School, George Mason University or any other site being utilized by A Plus Tennis. The respective parent, parents, and/or legal guardian assumes full responsibility for any injuries or damages that might arise from the participation by the respective student and does hereby and forever release and discharge APT, owners, employees, and agents from any and all claims, demands, damages, rights or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out the student's use and participation in the activities of the APT Junior Lesson Program & Camps. In the case of withdrawal, a fee of \$200 will be assessed. All classes must be used within the current enrolled session, credits or make up do not carry over to future sessions. There will be no refunds for missed camp days.

Parent/Legal Guardians name (print) \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_