

Permission Form

I understand that my child will receive instruction in the basic principles of Tennis and will spend significant time performing various drills and techniques under the supervision of experienced instructors. With this form, I give consent for my child to Participate. I recognize that participation in recreational and instructional activities, even when well supervised and managed, pose a risk of physical injury. I agree to assume such a risk on behalf of my child.

Parent/Guardian Name (Please Print)

Parent/Guardian Name (Please Sign)

Release of Liability

I, the undersigned, hereby agree to indemnify and hold Homewood-Flossmoor High School free from liability for any medical and/or accident expenses which my minor child may incur during involvement in the Girls Tennis Camp held at Homewood-Flossmoor High School. I hereby certify that my child is provided coverage via personal health and accident insurance, which is sufficient to cover any and all of the expenses, noted above, which might occur.

Parent/Guardian Name (Please Print)

Parent/Guardian Name (Please Sign)

CAMP COACHES

The Homewood-Flossmoor Tennis Camp staff is comprised of the current Viking coaching staff. The staff is dedicated to providing each camper an educational experience in a focused tennis environment.

Michael Sacks — Coach Sacks has been a tennis coach at Homewood-Flossmoor High School for 7 years. He has coached at both the Freshmen/Sophomore and Varsity level. He has coached both the Boys and Girls Tennis Teams to top 20 finishes at the IHSA State Tournament.

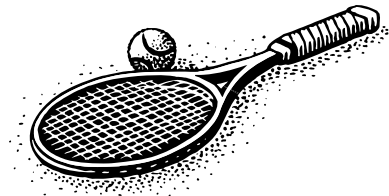
Coach: Michael Sacks
Phone: 708-335-5721
Email: msacks@hfhighschool.org

HOMWOOD-FLOSSMOOR HIGH SCHOOL
999 KEDZIE AVE.
FLOSSMOOR, IL 60422-2299

HOMWOOD-FLOSSMOOR
HIGH SCHOOL



GIRLS TENNIS



Summer 2009

CAMP GOALS

Session A:

The goals are to acquaint players with expectations of the Girls' high school tennis team and to prepare for the upcoming season. The session will include run-throughs of typical practices: warm-ups, singles court drills, doubles court drills, team drills, strategy drills, conditioning, and cool-down.

Session B:

The goals are to continue expectations of and preparations for the upcoming season while working on doubles techniques and strategies. Emphasis will be placed on court positioning, service techniques, return strategy, positioning strategies (eg. I-formation, 2-back, etc.), and volley work.

CAMP NECESSITIES

All participants are expected to bring a racquet, appropriate athletic attire (including the ability to hold a tennis ball in a pocket), athletic shoes, and plenty of water.

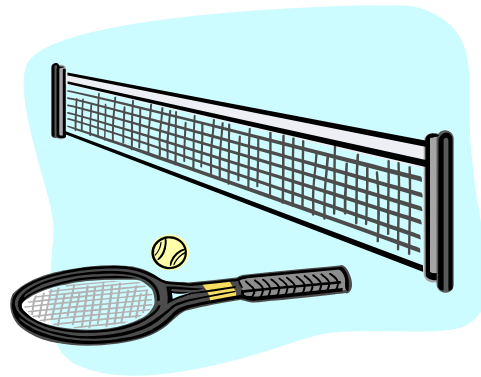
CAMP DATES

Session A

Participants: 9th — 12th grades
 (Minimum: 8 , Maximum: 24)
 Dates: July 20, 21, 22, 23
 Time: 2pm — 4pm
 Location: South Tennis Courts
 Price: \$40.00

Session B

Participants: 9th — 12th grades
 (Minimum: 8 , Maximum: 24)
 Dates: July 27, 28, 29, 30
 Time: 10am — 12pm
 Location: South Tennis Courts
 Price: \$40.00



Tennis Registration

Sign up for:	Session	Price
<input type="checkbox"/> Grades 9th — 12th Girls	A	\$40.00
<input type="checkbox"/> Grades 9th — 12th Girls	B	\$40.00

Total: _____

Method of Payment

- Cash
- Check Payable to HFHS

Athlete's Name

Address

Home Phone

Cell Phone

Parent's/Guardian's Name

Work Phone

Cell Phone

T-Shirt Size Only 1 T-Shirt per camper per the summer

- | | |
|---------------------------------|------------------------------------|
| <input type="checkbox"/> Small | <input type="checkbox"/> X-Large |
| <input type="checkbox"/> Medium | <input type="checkbox"/> XX-Large |
| <input type="checkbox"/> Large | <input type="checkbox"/> XXX-Large |

After completing both sides, place the registration form and payment in an envelope addressed to Coach Sacks and drop it off at the H-F Athletic Office.