

Sonoma

SUMMER BOARDING CAMP INFORMATION PACKET

Introduction

Renowned junior tennis expert Richard Tompkins directs the Tompkins Summer boarding camp alongside his staff of internationally diverse, high performance coaches. Richard's wife Sandy is responsible for the academy's strength and conditioning program.

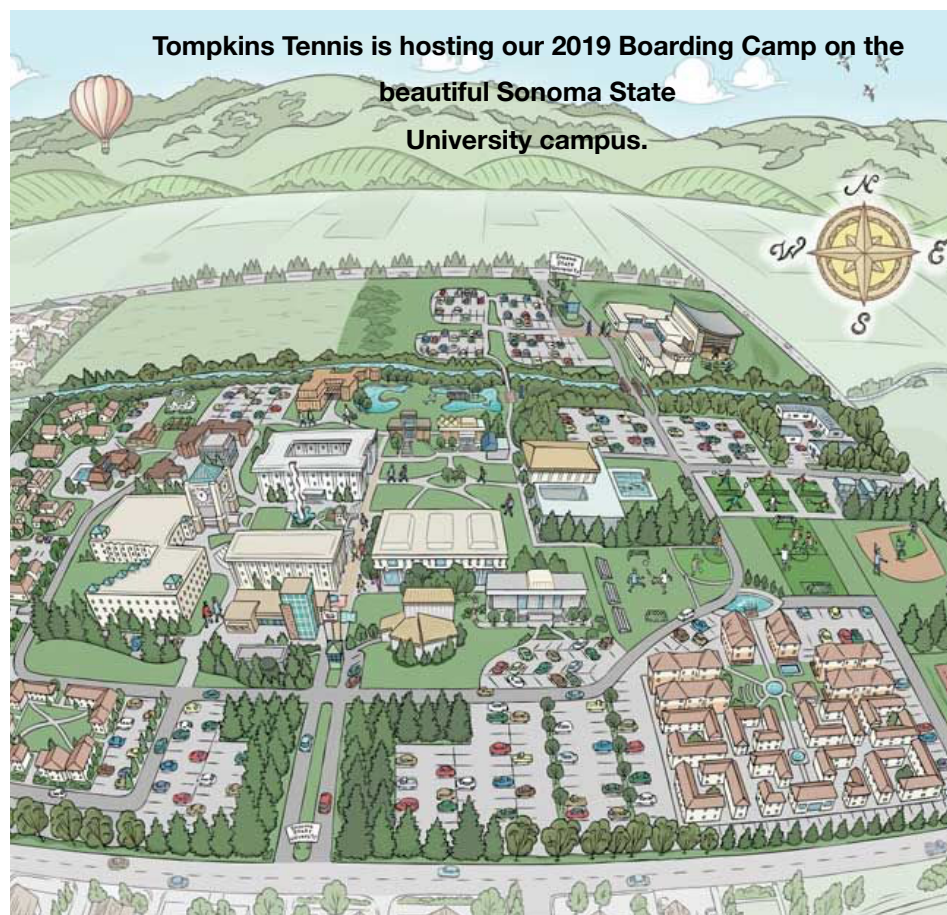
The high performance training students experience in our year - round Fremont, Livermore, Monterey, and San Ramon locations, continues in beautiful Sonoma Valley this year. Held at the Rohnert Park campus of Sonoma State University, campers will participate in more than five hours of daily tennis and fitness training throughout the camp. Following check-in on Sunday,

campers start their tennis training immediately with the serve being videotaped at 2:30p.m. and fitness at the track to follow at 4:00p.m. During the week, campers will cover drilling, stroke technique, in addition to movement and agility throughout the mornings with afternoons focused on singles and doubles play, tactics, and point situations.

All juniors are grouped into courts by ability from beginners to top-national level players. We also continue the weekly tradition of the highly competitive "Tompkins Cup" team competition which always provides a memorable experience for the campers.

Following intense daily training, juniors will enjoy a fun camping experience with activities such as the

Frisbee-golf competition, movie nights, volleyball, horseshoes, and hikes. Regardless of skill level, this camp is focused on bringing each player closer to reaching their full tennis potential!



Tompkins Tennis is hosting our 2019 Boarding Camp on the beautiful Sonoma State University campus.

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2019 Sonoma State Boarding Camp

Sunday, June 16 - Friday, June 21, 2019

(510) 573-4025

www.tompkinssport.com

Check-in
Sunday at
1:00-2:00pm
Check-out
Friday at
1:30pm



Parents:

What to do around Sonoma Valley:

- Wineries and wine tours
- Annabel State Park
- Charles M. Schulz Museum and Research Center
- Gourmet food and drink options
- Quarryhill Botanical Gardens
- Spa
- Golf
- Bike and Segway tours
- Hot air ballooning
- Sonoma Raceway
- Sonoma Canopy Tours

Sonoma, CA

Sonoma State University Campus

1801 E. Cotati Ave,
Rohnert Park, CA 94928

At the Sonoma State University main gate, mention to the attendant that you are here for Tompkins Tennis and you are looking for the Zinfandel dormitories. The dorm is located on the west side of the campus. Signs for Tompkins Tennis check-in will be present.



How to get there

From SF Bay Area

1. Head onto Highway 101 North to Rohnert Park Expressway exit
2. Turn Right onto Rohnert Park Expressway and follow to its end at Petaluma Hill Road
3. Right on Petaluma Hill Road to the stoplight at East Cotati Avenue.
4. Right on East Cotati Avenue to Main Entrance of the campus on your right.
5. The information booth/security gate is at the end of the drive

Weather

The weather in Sonoma Valley is expected to be warm and sunny. Dress accordingly for practice (shorts, short sleeves, and a hat). At night, it will still be warm but pack a light jacket!



Rules & Regulations

General Responsibilities

- All campers must attend all scheduled practices and activities unless restricted from injury.
- Female campers are not allowed in male camper's dormitories and vice versa.
- There is absolutely no damaging of any Sonoma University facilities.
- No one is allowed to go off campus unless chaperoned by a member of the Tompkins Tennis staff.
- Camper's person or property may be subject to search upon request by a staff member should the need arise for the safety and protection of those attending the camp.
- When leaving the camp, dormitories and campus facilities must be left in the same condition it was in upon arrival.
- Camper's are responsible for their dormitory keys, if lost, a fee will be incurred.
 - If lost, a \$75 fee will be incurred and due at check-out.
- Possession of any of the following items are strictly prohibited and will result in immediate dismissal from the boarding camp.
 - Alcohol/tobacco products.
 - Any type of weapons
 - Illegal drugs
 - Fireworks/flammable materials or items.

Tompkins 3 Strikes Policy

Strike One
Warning

Strike Two
Phone call home
to Parent/Guardian

Strike One
Dismissal from
summer camp.
Parents need to
come and pick
child up.

The following breaches of discipline are grounds for strikes and potential dismissal from Sonoma

1. Fighting
2. Any activity that is inherently dangerous to self or others.
3. Stealing
4. Outright defiance
5. Intentionally destroying property
6. Unauthorized leaving of dormitories (sneaking out)
7. Other unacceptable behavior or actions at the discretion of the staff members of Tompkins Tennis.

Optional Items

Electronics that are
allowed

- cell phone + charger
- camera
- iPod/iPad
- speakers

Note

All other electronic items are
NOT allowed at the Pebble
Beach Boarding Camps.

Laundry

Washers, dryers, and
detergent will be available on
site in the dormitories if you
choose or want to do
laundry.

Provided

- Blanket
- Sheets
- Pillow
- Towel

Black Box Rule

After breakfast is served, all
forms of electronics (phones
and iPod touches) will be
dropped off at the Activities
Director's room to be put into
the black box. Electronics will
be returned and available for
use after the scheduled night-
time activity. Collection of
electronics will resume the
following morning. Failure to
comply (i.e. hiding your phone
or refusing to drop off your
electronic device) will result in
disciplinary action. Our aim to
give you the best training and
boarding camp experience!

Packing List

General List

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> toothbrush | <input type="checkbox"/> hairbrush |
| <input type="checkbox"/> toothpaste | <input type="checkbox"/> hair-ties/clips |
| <input type="checkbox"/> face wash | <input type="checkbox"/> contacts/glasses |
| <input type="checkbox"/> shampoo | <input type="checkbox"/> face towel |
| <input type="checkbox"/> conditioner | <input type="checkbox"/> extra towel (if extras are needed. |
| <input type="checkbox"/> sunblock | One body towel is provided per |
| <input type="checkbox"/> lotion | camper.) |
| <input type="checkbox"/> deodorant | |
-

- | | |
|--|--|
| <input type="checkbox"/> underwear and/or sports bras (6+) | |
| <input type="checkbox"/> shirts (6+) | <input type="checkbox"/> flip-flops |
| <input type="checkbox"/> socks (6+) | <input type="checkbox"/> swimsuit/board shorts |
| <input type="checkbox"/> shorts (6+) | |
-

- | | |
|--|---|
| <input type="checkbox"/> warm-up pants | <input type="checkbox"/> running shoes (if desired) |
| <input type="checkbox"/> warm-up jacket | <input type="checkbox"/> casual clothes (jeans) |
| <input type="checkbox"/> laundry bag (for dirty clothes) | |
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- | | |
|---|---|
| <input type="checkbox"/> tennis bag/backpack | <input type="checkbox"/> hats/visors |
| <input type="checkbox"/> tennis racquets (2+) | <input type="checkbox"/> tennis shoes |
| <input type="checkbox"/> tennis towel | <input type="checkbox"/> tennis journal + writing utensil |
| <input type="checkbox"/> water bottle/Nalgene | |
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- | | |
|---|--|
| <input type="checkbox"/> money (for the Snack Shack) | |
| <input type="checkbox"/> extra blankets or pillows (if desired or needed) | |

Sample Schedule

	SUN	MON	TUE	WED	THU	FRI
7:00AM		Wake-up + Breakfast	Wake-up + Breakfast	Wake-up + Breakfast	Wake-up + Breakfast	Wake-up + Breakfast
8:00						
9:00		8:30-12:00 Tennis Practice	8:30-12:00 Tennis Practice	8:30-12:00 Tennis Practice	8:30-12:00 Tennis Practice	8:30-12:00 Tennis Practice
10:00						
11:00						
12:00PM		Lunch	Lunch	Lunch	Lunch	Lunch
1:00	1:00-2:00 Check-in					Awards Ceremony
2:00						Check-out
3:00	2:30-4:30 Serving and Fitness	1:30-5:00 Match Play	1:30-5:00 Match Play	1:30-5:00 Match Play	1:30-5:00 Match Play	
4:00						
5:00	Free Time					
6:00	Dinner	Dinner	Dinner	Dinner	Dinner	
7:00						
8:00	7:30 Campers Introduction Bonfire	Movie	Frisbee Golf	Activity TBD	Dance Competition	
9:00						
10:00						



43255 Mission Blvd, Suite 101, Fremont, CA 94539
(510)573-4025 | sandy@tompkinssport.com

Parental Consent

Name of Child: _____ Date: _____

The parent and child acknowledge that they are responsible for any injuries or damages that may be incurred while they are participating in Tompkins Tennis programs. The parent and child agree that they will follow rules and instruction at all times given by Tompkins Tennis staff.

Acknowledgment of Understanding: The undersigned Participant and Parent(s) or Guardian(s) have read this assumption of risk and fully understand its terms. The undersigned Participant and Parent(s) or Guardian(s) acknowledge freely and voluntarily sign the agreement and intend their signatures to signify a complete assumption of the inherent risk of participating in or observing tennis and other fitness related activities, to the greatest extent allowed by law in the State of California. In signing this assumption of risk as Parent or Guardian, I acknowledge that I am consenting to the Participant's participation in a Tompkins Tennis program; and acknowledge that Participant and Parent or Guardian expressly assume all inherent risks of the activity.

Child's Signature: _____ Parent Signature: _____

Medical Release

I certify that, to the best of my knowledge and belief, _____ (name of child) is in good physical condition and has no condition which would affect his/her ability to perform these fitness activities. In case of injury, I hereby give Tompkins Tennis and its' staff permission to act on my behalf in seeking medical treatment from any licensed physician, hospital or clinic for my child in the event that such treatment is deemed necessary. I give permission to those administering medical treatment to do so using methods deemed necessary. I absolve Tompkins Tennis and its staff from all liability while acting on my behalf in this regard.

Parent/Guardian Signature: _____ Date: _____

Contact Phone Number(s): _____

Emergency contact information if parent not available

Name: _____ Relationship: _____ Contact # _____

Additional comments regarding medical history, allergies, penicillin, or other drug reactions which may be needed in rendering treatment:

Parent/Guardian Insurance Company

Information: _____

Doctor's Name: _____ Phone Number: _____