
S&S 2025 JANUARY CAMP



Monday-Friday, January 13-17, 2025

Sessions 10am-12:30pm, 5pm-7:30pm Monday – Thursday

Friday 10am-12:30pm, 1:30pm – 4pm

Private coaching with Chance Friend available between sessions.

Sign up at the front desk or on www.Omnipong.com

[Monday, Jan 13](#): footwork and fundamentals focusing on transitions and stability.

[Tuesday, Jan 14](#): footwork and fundamentals focusing on changing directions and positioning.

[Wednesday, Jan 15](#): focus on 3rd ball and 5th ball. Opening sequences starting with serve.

[Thursday, Jan 16](#): focus on receive. Starting most drills with active receive, flip, short push, and opening on long serves.

[Friday, January 17](#): focus on match situations. Structuring the game according to your system.

Prices

\$50/session

\$90/day

\$425/whole camp