
S&S 2025 MARCH CAMP



Monday-Friday, March 3-7, 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: footwork and fundamentals focusing on transitions and stability.

Tuesday: footwork and fundamentals focusing on changing directions and positioning.

Wednesday: focus on 3rd ball and 5th ball. Opening sequences starting with serve.

Thursday: focus on receive. Starting most drills with active receive, flip, short push, and opening on long serves.

Friday: focus on match situations. Structuring the game according to your system.

Prices

\$50/session

\$90/day

\$425/whole camp