

Spin & Smash May 2024 Camp
July 22-26, 2024, with Chance Friend

Monday, July 22

Session 1: 10am – 12:30pm

During this first session players will focus on footwork and fundamentals, focusing on transitions and stability.

Private coaching with Chance available from 2:30 – 4:30pm

Session 2: 5pm – 7:30pm

During this second session players will continue to focus on footwork and fundamentals, focusing on transitions and stability.

Private coaching with Chance from 8pm – 10pm



Tuesday, July 23

Session 3: 10am – 12:30pm

This third session will focus on transitional footwork and fundamental strokes, focusing on changing directions and positioning.

Private coaching with Chance available from 2:30 – 4:30pm

Session 4: 5pm – 7:30pm

This fourth session will continue the focus on transitional footwork and fundamental strokes, focusing on changing directions and positioning.

Private coaching with Chance from 8pm – 10pm



Wednesday, July 24

Session 5: 10am – 12:30pm

Focus on 3rd and 5th ball. Opening sequences start with the serve.



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9525 OH-161
Plain City, Ohio 43064
www.spinandsmash.com
(614) 937-1626

Session 6: 5pm – 7:30pm

Focus on 3rd and 5th ball. Opening sequences start with the serve.

Private coaching with Chance from 8pm – 10pm

Thursday, July 25

Session 7: 10:00am - 12:30pm

Focus on receive, starting most drills with active receive, flip, short push, and opening on long serves.

Private coaching with Chance available from 2:30 to 4:30pm

Session 8: 5 - 7:30pm

Focus on receive, starting most drills with active receive, flip, short push, and opening on long serves.

Private coaching with Chance from 8pm – 10pm

Friday, July 26

Private coaching with Chance from 9 - 10am.

Session 9: 10:00am - 12:30pm

Focus on match situations. Structuring the game according to your system.

Session 10: 1:30 - 4pm

Focus on match situations. Structuring the game according to your system.



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Costs:

\$50/session

\$90/day

\$400/entire camp

Private coaching: \$70/hr.



Use the Whole Camp option if you plan to attend all sessions.

Note:

- **Availability is limited to 14 players during each session.**
- **Lodging is available in Dublin and Marysville, Ohio. There are a number of food options available within 2 - 5 miles of the center.**
- **Open play is available during breaks in the schedule.**



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