
S&S NOVEMBER CAMP



Monday-Friday, November 11-15, 2024

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

November 11: footwork and fundamentals focusing on transitions and stability.

November 12: footwork and fundamentals focusing on changing directions and positioning.

November 13: focus on 3rd ball and 5th ball. Opening sequences starting with serve.

November 14: focus on receive. Starting most drills with active receive, flip, short push, and opening on long serves.

November 15: focus on match situations. Structuring the game according to your system.

Prices

\$50/session

\$90/day

\$425/whole camp