

# Nick Bollettieri Tennis Academy Frequently Asked Questions (FAQ)

## Summer & Weekly Camps

### What should I bring?

Racquets (Balance and customize racquets in pro shop)  
Water Jug  
Hat  
Sunscreen  
Court towel  
Notebook & pen  
Extra pair of shoelaces  
1 pair of socks  
1 pair of shorts with pockets  
2 extra T-shirts  
Jump rope  
Additional over grips  
Band Aids/Tape  
Warm-up  
Sunglasses  
Running Shoes

### What is the typical daily training schedule? (sample schedule, subject to vary)

<b>Activity</b>	<b>Time</b>
<b>BREAKFAST</b>	<b>6:00-8:30 A.M.</b>
<b>IPI</b>	<b>9:00-10:00 A.M.</b>
<b>TENNIS</b>	<b>10:00A.M-12:30</b>
<b>LUNCH</b>	<b>12:30-1:30P.M.</b>
<b>MENTAL CONDITIONING STRATEGY ZONE</b>	<b>3:00-4:00P.M.</b>
<b>MATCHPLAY</b>	<b>4:00-6:00 P.M.</b>
<b>DINNER</b>	<b>6:00-7:00 P.M.</b>
<b>NIGHT ACTIVITIES</b>	<b>6:30-9:30 P.M.</b>
<b>REPORT TO ASSIGNED ROOMS</b>	<b>10:00P.M.</b>
<b>LIGHTS OUT</b>	<b>10:00P.M.</b>

**What experience and ability level is needed to attend the Nick Bollettieri Tennis Academy?**

We take athletes of all abilities and experience levels at the Nick Bollettieri Tennis Academy. Our coaches are experienced in training the pros and beginners learning the game for the first time. We create a positive and constructive learning environment for every participant, regardless of ability or experience, and strive to make each player better than they could get anywhere else in the world.

**Do you provide housing?**

All of our programs can be either boarding (meals included) or non-boarding (lunch included).

**When are your camp dates?**

We are open 52 weeks a year, with program offerings Monday –Saturday.

**Who are your instructors?**

All coaches have been certified with the Bollettieri System and most have a certification with the USPTA. Our coaches have developed and trained the top players in the world, to read about each of them individually please check out our staff page.

**Do you play matches ?**

We play matches daily in the afternoon and the morning consist of technique, footwork and drilling. Matches are watched by the groups head coach as well as are associate coaches. Strategy and feedback are give during and after the matches.

**Do you provide evaluations?**

Yes, each student will receive a technical video evaluation of their strokes. It is available online for the student, parent and coach to view at any time.

**What is the player-to-coach ratio?**

The player to coach ratio is 4:1.

**What ages participate in the weekly Programs?**

During the full time year (September – May) you must be 10 years of age or older, During the summer (June-August) minimum age is 8 years old.

**Are there other activities for students to do after tennis?**

Yes, there are scheduled activities for students to partake in such as the movie, mall and local them parks. Activities vary weekly.

**What is the weather like?**

May through October are the warmest months with temperatures ranging from 85-95 degrees. The temperatures begin to cool and range from 65-85 during the winter and spring.

# Nick Bollettieri Tennis Academy

## Frequently Asked Questions (FAQ)

### Full Time Program

What is a typical daily training schedule?

Activity	Time
<b>BREAKFAST</b>	<b>6:00-6:30 A.M.</b>
<b>WARM UP</b>	<b>6:30-7:00A.M.</b>
<b>TENNIS</b>	<b>7:00-10:00</b>
<b>IPI</b>	<b>10:00-11:00A.M.</b>
<b>LUNCH</b>	<b>11:30A.M.-1:00PM</b>

**Do you provide housing?**

All of our programs can be either boarding (meals included) or non-boarding (lunch included).

**When does the Full Time Program Run?**

The full time program begins late August when school starts and runs through the first week of June when school ends.

**Do you play matches during the week?**

Yes each day the students will split three hours of training. They will do an hour and a half of drilling and an hours and a half of match play.

**Do you provide evaluations?**

Yes, each student receives a technical video analysis twice per semester Coaches are also in constant communication with parents and/or guardians

**What is the player-to-coach ratio?**

The on court ration is 4:1 and groups will be no larger than 8 students.

**What ages participate in the Full Time Program?**

The minimum age for full time program is 8 years of age

**Will the Nick Bollettieri Tennis Academy give me the opportunity to play at the college level?**

The Nick Bollettieri Tennis Academy has several options in helping with College Placement. We have two coordinators that will work directly with the students in finding the best school for that individuals

**Do you travel to tournaments?**

We have a schedule of tournaments that we travel to every year. Each student determines with his/her coach which ones they would most benefit from.