

Academy Summer Camp – 2023

1- *Dates*

Week 1: May 30-June 3	
Week 2: June 6-9	<i>San Angelo Summer Slam UTR (June 10-11)</i>
Week 3: June 13-16	
Week 4: June 20-23	<i>Abilene UTR (June 24-25)</i>
Week 5: June 27-30	
Week 6: July 5-7	short week
Week 7: July 11-14	<i>San Angelo Level 6 (July 15-16)</i>
Week 8: July 18-21	<i>Abilene UTR (July 22-23)</i>
Week 9: July 25-28	
Week 10: Aug 1-4	

Players

Academy is designed for tournament-level players including middle school, high school, and juniors who are competitive tournament players. We strive to keep the **player to pro ratio at a 6 to 1** to maximize the success of the player. These different groups will interact during the summer camp at some stations including fitness but will be separated for other drills, match play, etc. Acceptance into the camp is based on pro approval.

Structure

The summer camp structure is scheduled around workstations that will allow our players to develop in a complete and structured way. Each day begins with a dynamic warm-up and each week will be defined around a particular theme, and each of the workstations will progress around that theme during the week. The themes will be progressive throughout the summer.

Workstations

Player to Pro ratio 6 to 1

- Technical

The technical workstation will focus on fundamentals or advanced techniques that are important in the theme covered that week. This station will keep the players/pro ratio low.

- Strategy

This station will focus on the weekly theme from a match perspective. This will help the player develop his tactical sense, and also make the right choices during play. This will involve mainly playing situations relative to the theme (ex: the player is pushed off the court by the pro's feed, starting the point with a geographical disadvantage: he must respond 90 % of the time by a cross-court lob, and 10% of the time by a counter-attacking shot).

- Conditioning/Fitness

This station will help develop the juniors as athletes. We will utilize our top-of-the-line fitness center and integrate functional training which incorporates flexibility, speed agility, quickness, power, and explosive training all in a safe environment. Some days fitness will be light and other days more intense.

Daily Schedule

1:00 - 1:15: Dynamic Warm-Up
1:15 – 2:45: Workstations (Technical, Strategy)
2:45 – 3:00: Rest
3:00 – 3:45 Coached play, Theme play, Games
3:45-4:00 Conditioning
*schedule to vary.

Cost and absence policies

Cost: \$146/Tennis/Golf Member/week, \$166/social/non-member/week
The daily cost is \$45 for members and \$50 for non-members
If your child signs up for 5 weeks, the next one is on us. Keep up the great work!

Absence policy:

To keep tennis well structured we are asking you to sign up by Friday before the week you want to attend. If a junior is signed up for a week of camp and does not show up for camp one or more days, full payment for that week will be due. However, to allow for some flexibility, if the Bentwood Tennis Staff is informed previously of his/her absence, a make-up day will be permitted later in the summer if possible, to be scheduled by the staff. Please let the staff know as early as possible when you will be attending and of any changes in your schedule to better structure our camp and staff. Please contact Jason Hufford w/ absences.

Match Requirements/Team Matches

The Academy players are required to play matches both during and outside of Academy every week. Each child will have the opportunity to play with peers that are above, below, and at their level. Some matches will be assigned by pros and some are the child's responsibility to set up.

Suggested Tournaments

Several tournaments are listed at the top next to the camp sessions. Feel free to look online for USTA-sanctioned tournaments at <https://playtennis.usta.com/tournaments> or UTR tournaments at www.myutr.com. Registration is online only. Be sure and check deadlines!

Summer Safety

Players must wear a hat while participating in all drills, matches & practice sessions. Sunscreen and a towel should be with each player. Players should make smart food choices before camp. Remember to drink plenty of fluids (water, Gatorade, etc.) *before* and *after* camp. You can never hydrate enough!

Professional Staff

Valentina Gonzalez Penha

Valentina Gonzalez is from Colombia (she goes by Val) and recently graduated from her masters degree in Coaching in May 2023 from ASU. She played 5 years of college tennis at Angelo State University where was a collegiate Tennis Association DII All-American 2019-2022 in singles and doubles, conference player of the year 2019, Collegiate Tennis Association Player to watch 2018-2019. Val was #1 in Colombia for eight years in a row where she represented Colombia five times and in the World Cup. Val excelled not only on the court but off the court as a honor roll student-athlete in 2020-2023. Val was a Graduate Assistant coach for the ASU women's tennis team at ASU 2022-2023 and she helped the team make history by reaching the Conference final for the first time and the first round of ITA Regionals. She recently got married to Jordan Penha from San Angelo. She enjoys coaching and sharing her knowledge with people.

Mieke Van Deventer

Currently finishing her sophomore year on the Angelo State University' women's tennis team, Meike will be coaching with Bentwood this summer. Mieke stands tall at 5'10" and is from Johannesburg, South Africa. She'll bring great spirit to the courts, not to mention a great game!

Allie Rike

Allie Rike, a San Angelo native, played tennis at Central High School and North Central Texas College. During her time at NCTC, Allie was an Academic All-American, a member of the two-time NJCAA Region V Championship team, and a two-time National qualifying team. She boasts a #7 ITA National Ranking in Doubles and Top 50 in Singles. Allie just competed in the US Open Amateur Pickleball Championships in Naples, FL. USPTA certified

Jason Hufford jason.hufford@gmail.com

Jason grew up in El Paso, TX, and began playing tennis at the age of 11. He was a Top 40 Junior in the southwest. He has been coaching for 20+ years. Jason's coaching career began in his hometown of El Paso. He coached at Lubbock Country Club, and Barton Creek Country Club in Austin. While in Austin, Jason worked extensively with Set to Serve, a non-profit tennis organization, working with the Boys & Girls Club and other organizations, utilizing tennis as a vehicle to develop life skills in our underprivileged youth. Jason moved to San Angelo in 2011 and began teaching at Bentwood Country Club. USPTA certified

Courtney Nagel

Courtney grew up in the Bentwood Tennis Program under the instruction of Kevin Collins. She was a top 5 ranked junior in Texas and nationally ranked throughout her junior career. Courtney played college tennis at the University of New Mexico where she had one of the top 10 winning percentages in school history, was an Academic All-American, and was the NCAA Woman of the Year representing New Mexico in 2001. USPTA certified

Kevin Collins

Kevin is a member of Bentwood Country Club's inaugural junior tennis program that began in 1978. Kevin played collegiate tennis at Odessa Jr. College and Texas Tech University and competed on the ATP pro tour in 1987. Kevin has been USPTA Certified for over 30 years, has coached over 25 State Champions, and produced 60+ college-bound scholarship tennis players that represented 36 different colleges. Kevin was the volunteer assistant coach for Angelo State University Women's tennis team and Texas State in the past. Kevin is currently the USTA Texas President and was awarded the 2020 USTPA Industry Excellence Award in Texas.

San Angelo USTA Tournaments search:
<https://playtennis.usta.com/Competitions/sapa/Tournaments>

San Angelo Central High School UTR - June 10 & 11 www.myutr.com

San Angelo Level 6- JULY 15-16 DEADLINE: July 9 @ 4:59pm!

Divisions Boys & Girls 12s-18s: Singles & DOUBLES

10&Under Orange & Green Ball Junior Circuit

San Angelo Sept 23-24 Level 6

Divisions Boys & Girls 12s-18s:

10&Under Orange & Green Ball

Summer Academy Online Sign up:

[Click to sign up](#)

Scan QR Code To Sign Up on your Phone



Please contact Jason Hufford for any questions or for assistance with signing up for Summer

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