

### Awards/Tournaments

A graded tournament schedule provides each student with many hours of keen competition and serves as a constant source of evaluation for the coaching staff.

As an incentive towards a higher level of performance, the Bolster Tennis Camp operates a daily and weekly awards system which rewards individual effort and commitment regardless of the players playing standard.

### Accommodation at Kilkenny College

College dormitories will be used to house all students and meals will be served in the college cafeteria. Meals are planned to provide extra nutrition demanded by the intensive instructional programme. Bed linen will be provided. Asthmatics are advised to provide their own pillows etc. A local physician is always on call and the County Hospital is nearby.

### What you need for camp

- ◆ 2/3 pairs shorts/skirts
- ◆ 2/3 changes-regular wear
- ◆ Pocket money
- ◆ Swimming Togs for showers
- ◆ 2 pairs of tennis shoes (if possible)
- ◆ 5+ tennis shirts (white not essential)
- ◆ Bring sun block/shirts with collars to protect against sun
- ◆ Bolster Tennis Camp T-Shirts will be on sale from the Camp Office.
- ◆ 1 tracksuit/warm up suit
- ◆ Plenty of socks (sports)
- ◆ 2 racquets (if possible)
- ◆ Plastic water bottle

### APPLICATION FORM

Male ☐ Female ☐

Student's Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Age \_\_\_\_\_

Parents' Name \_\_\_\_\_

*Please tick the appropriate box*

My Playing Standard is:

Beginner ☐ Improver ☐ Intermediate ☐ Advanced ☐

I will be:

Boarding ☐ Day (incl. meals) ☐ Day (not incl. meals) ☐

I enclose € \_\_\_\_\_

### Course Fee

BOARDING STUDENTS – €385 per week

Room and board, recreation and use of all camp facilities.

LOCAL AREA STUDENTS – €225 per week

Tennis lessons, recreation and use of all camp facilities.

Meals optional – €85

### Registration

Places will be confirmed when Application Form and non-refundable Deposit of €100 have been received.

Please detach the Application Form and send to:-

**THE BOLSTER TENNIS CAMP, BLEACH ROAD, KILKENNY.**

Telephone: (056) 7765143 / 087-2667014 / 085-7205899



Official Racquet of the Bolster Tennis Camp



Beside  
Kilkenny College

Contact us at:  
Tel: 056-7760500

IRELAND'S  
LARGEST  
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Tel/Fax: 01-8024740 Mobile: 087-2581015  
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Official Ball of the Bolster Tennis Camp

Distributed in Ireland by:



Mobile: 086 2527 410

# Bolster

## TENNIS CAMP

# 2012



Head Coaches Declan Bray, Billy Bolster and Brian Doyle



Camp Staff

### Ireland's Leading RESIDENTIAL & DAY CAMP

JUNE 24th - JUNE 29th  
KILKENNY COLLEGE

Camp Tel. No. 056 7765143 / 087 2667014

Email: billybolster2@hotmail.com

OPEN TO BOYS & GIRLS 8-18 YEARS



## The Bolster Tennis Programme

We cater for players of all ages and ability levels – BEGINNER to ADVANCED. No need to worry about your playing standard. Regardless of your child's ability, we guarantee that we will train his/her

- ◆ Ball judgement
- ◆ Decision-making (tactical skill)
- ◆ Technical skills of receiving and hitting
- ◆ Ability to judge the effectiveness of his/her action.

### How we train the competitive player

We will help your child to:

- ◆ Develop the attributes of a champion
- ◆ Develop the necessary physical and psychological qualities
- ◆ Become a smart singles and doubles player



### Assessment & Evaluation

All pupils will be assessed on Sunday evening and will be assigned to specific groups for Monday coaching. Some movement of pupils between groups may be necessary during the first few days of camp. The age and ability of the students will be considered before he or she is assigned to a group. Video recording equipment will be used to facilitate evaluation of each individual and the programme will be adapted on an ongoing basis to cater for the needs of pupils of every standard of play.

### Tennis Programme

The camp will use 12 artificial grass courts each day for tournaments and instruction. This wonderful tennis facility is located in the grounds of Kilkenny College which boasts a fine campus for boarding and day students, on the outskirts of Kilkenny. The number of courts available at our centre ensures that Billy sees every camper each day.

### Group/Private/Semi-Private Instruction

The Camp is based on the group teaching method where up to four students may be effectively co-ordinated on a court at one time. Throughout the week, the programme will provide for smaller groups with two students on court per instructor. At this time, individual attention can be given to areas that require special help.

### Special Features

- ◆ Professional Instruction
- ◆ Daily evaluation/analysis
- ◆ Daily/weekly awards
- ◆ Video analysis
- ◆ Take home written analysis

### Billy Bolster – Camp Director

Tennis Ireland Performance Coach with over 30 years coaching experience. B.S.Ed. Degree in Physical Education.

Captain of numerous Irish tennis teams at major international events including European Junior Championships events. Coach to Davis Cup and Federation Cup players also coach to numerous national champions.

Billy is a Tennis Ireland Tutor/Assessor, former international athlete, Irish record holder and currently plays International Veterans Tennis for Ireland.



### Tennis Camp — A pathway to Higher Performance

The following are some of Billy's players who have won Irish titles: Andrea Maughan, Tramore, National Champion U12, U14, U16, currently on scholarship at University of Utah; Tommy Murphy, Carlow (currently on scholarship at Berkeley University USA), National Indoor Champion U16, Irish Open Champion 2006 and 2008 National Indoor Champion; Hannah May Morrissey, Tipperary, U14 Irish Open Champion 2006; Sinead Lohan, Tramore, current National Indoor & Outdoor Champion; Bill Murray, Waterford, Current National Indoor & Outdoor Champion U12; Eoin McGovern, Kilkenny, National Matchplay Champion 2007, Finalist Fitzwilliam 2008 & National Indoor Champion 2009, National Champion U14 Fitzwilliam 2010. Morgan Lohan (Tramore) U12 National Champion Fitzwilliam 2010.

### Location – Camp Facilities (beside Newpark Hotel)

Kilkenny College is recognised as being one of the finest boarding schools in Ireland with excellent student accommodation and state of the art education and sporting facilities.



*Excellent Accommodation / Tennis Facilities at Kilkenny College*

Camp facilities include Indoor Tennis, 14 Outdoor All-weather (artificial grass) Tennis Courts, Indoor and Outdoor Basketball/Volleyball Courts, 3 All-weather Hockey Pitches and numerous other playing pitches.

### The Coaching Staff

This year's staff will be headed up by **Brian Doyle** and **Declan Bray**, both

nationally recognised coaches and veterans at the Bolster Tennis Camp. Camp administration and supervision is in the capable hands of **Suzanne & Louise Bolster** (pictured across), both school teachers and veterans of Tennis Camp.



### Good Tennis – Good Times

While quality instruction is the hall mark of the Bolster Tennis Camp, recreation is also an important part of camp life. Planned evening activities guarantee that each student feels a part of our tennis family. Camp staff are always on hand to assist with organisation, etc. Movies, sports evenings and discos are some of the recreational activities planned for this summer.

### A Typical Day for Campers

Rise at 8.00a.m.

Stretch/Warm-up/Jog at 8.15a.m.

Breakfast at 8.45a.m.

Group instruction from 9.30-11.30a.m.

Special sessions (Private/Semi-Private Instruction) 11.30-12.15

Lunch from 12.30-1.30p.m.

Group instruction from 2p.m.-3p.m.

Singles/Doubles play from 3p.m.-4.15p.m.

Dinner from 5p.m.-6p.m./Showers.

Special sessions and singles play from 7.00-7.30p.m.

Camp meetings and daily evaluation 7.45p.m.

Video films/Recreation 8.00-9.30p.m.

Coffee, etc. 9.30p.m.

Bed 10.00p.m.

Lights out 11.00p.m.

**Note:** The schedule given is typical but not 'iron clad'. It may be varied at the discretion of the coaching staff in order to most effectively serve the needs of the group in attendance.

