



OUR MISSION:

Our mission at Wings Tennis Camp is to provide an opportunity for girls of all skill levels to excel in a structured, challenging, and fun environment. Players will be encouraged to develop skills that are specific to tennis, but can translate to other sports, and life. Players will work together under the guidance of experienced coaches and players to participate in a learning environment.

At Wings Tennis Camp we aim to:

- ◆ Teach fundamental skills that are critical to the learning process
- ◆ Challenge individuals to enhance existing skills
- ◆ Enforce the value of teamwork and sportsmanship
- ◆ Present the tools necessary for success both on and off the field

ABOUT THE CAMP:

What's supplied

- ◆ Insurance
- ◆ Certified nurse
- ◆ Camp T-shirt
- ◆ Camp activities
- ◆ Water
- ◆ Speed/Agility training

What to bring

- ◆ Tennis Racquet
- ◆ Visor/Hat
- ◆ Tennis sneakers

Typical Camp Day

8:00 - 9:00	Warm-up exercises and games; fitness training
9:00 - 9:45	Small group instruction at various stations
9:45 - 10:15	Small group games
10:15 - 10:30	Snack/Water; Motivational Presentations
10:30 - 10:45	Age appropriate strategy of the game
10:45 - 11:15	Individual skill
11:15 - 11:45	Matches
11:45 - 12:00	Cumulative Review/Wrap-up

Former AHA Tennis players will be on staff.

REGISTRATION FORM:

Name _____

DOB _____ AGE _____

ADDRESS _____

PHONE # _____

SCHOOL _____

GRADE ENTERING _____

T-SHIRT SIZE _____

EMERGENCY CONTACT _____

PHONE _____

EMAIL _____

WINGS TENNIS CAMP DATES:

Grades 6-12 Camp

July 15th thru 19st
8:00 am - 12:00 pm
(\$250)

*Make checks payable to:
Meaghan Williams
Attn: Athletic Department
315 Hillside Avenue
Demarest, NJ 07627

As a parent/legal guardian of _____, I hereby give my full consent and approval for my child to participate in the Wings Tennis Camp at the Academy of the Holy Angels. I understand that good physical condition, freedom from injury are prerequisites to participate in this athletic activity. I certify that I have no knowledge of any physical impairment that would affect my daughter's participation in the camp program. In addition to giving my full consent for my daughter's participation, I do hereby waive release, and hold harmless any camp facility, coach, supervisor by my daughter in the normal course of participation and activities incidental thereto, whether a result or negligence or any other carelessness.

Parent Signature _____

COACHES:

MEAGHAN WILLIAMS



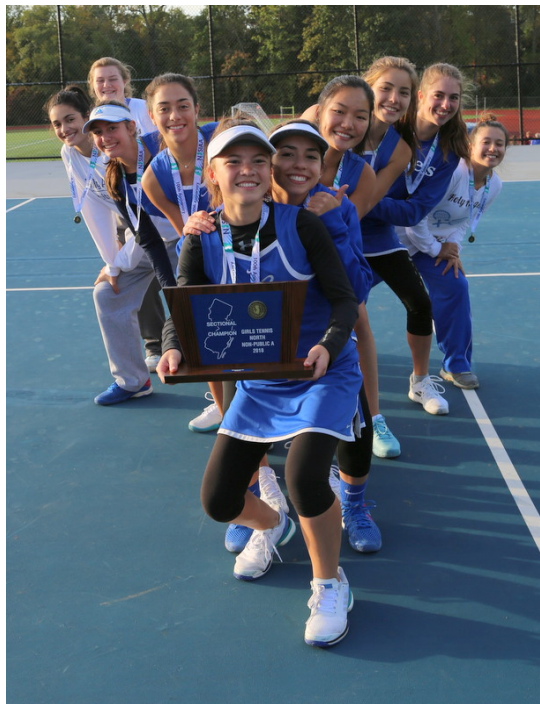
Meaghan Williams, (parent: Fiona, Class of '18 and Abigail, Class of '18) took over as the head coach of the Academy of the Holy Angels Varsity Tennis team on March 21, 2019.

A Ramsey, New Jersey native, Williams is the eldest of 7 college athletes, Williams was a standout at Ramsey High School (Class of '83) before going on to play at Georgetown University (Class of '87). In her four years at Georgetown (1983-1987), Williams helped lead the Hoyas Women's Tennis program transition from Division II to Division I while serving as captain her senior year. Williams was also awarded the team's Most Outstanding Player Award her senior year.

Williams graduated Georgetown University in 1987 with a Bachelor's Degree in Nursing. Williams is the mother of three former Holy Angels and Bergen Catholic tennis players: Fiona Williams, (Class of '15, Notre Dame '19) an Angels standout who finished her Junior season as a 2nd Team All State, doubles player along with Eliza Haynes, Abigail Williams, (Class of '18, Saint Joseph's '22) a three-year Varsity member, and Morgan Williams, (Bergen Catholic, Class of '13, Mount St. Mary's '18) current Mount Aloysius College (PA) Assistant Men's Basketball Coach.

Camp Location

Academy of the Holy Angels
315 Hillside Avenue
Demarest, NJ



For information about our other sports camps, visit:

www.holyangels.org/athletics

Questions? E-mail us at:

mwilliams@holyangels.org

Write to us at:

Wings Tennis Camp
315 Hillside Avenue
Demarest, NJ 07627



A Tennis Camp for Girls

July 15th – 19th

2019

Grades 6-12

(8:00 am-12:00 pm)



Held at:

Academy of the Holy Angels

315 Hillside Avenue
Demarest, NJ 07627