

## PROGRAM HIGHLIGHTS

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- Individual teaching in all sessions
- Scientific approach
- Age related program
- Two session per day
- 6 hrs daily program
- Daily tennis, running, swimming and strengthening sessions
- Nutrition advice
- Clay court tennis sessions
- Housing with coach Nandor

## DAILY PROGRAM

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- 6:00AM Wake up
- 6:15AM Breakfast
- 7:00-10:00AM Morning practice
- 10:30-Noon Home work
- Noon-1PM Lunch
- 1:00-3:00PM Tennis
- 3:00-4:00PM Running, Swimming
- 4:00-5:00PM Strength Training
- 6:30-7:00PM Dinner
- 7:00-9:30PM Free time
- 10:00PM Lights out

## COACH NANDOR VERES SR CAREER HIGHLIGHTS

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3 times National Champion  
National Coach for Hungary and Norway  
Former Director of the National Tennis  
Center for Gifted Athletes in Hungary  
Federation Coach for Norway  
Official Federation Cup Coach for Hungary  
Official Coach on the Olympics  
Official WTA Coach  
Coached Professionals on all Grand Slams  
Official Coach on the European, Scandina-  
vian Team and individual Junior Champi-  
onships  
Club Owner and Director in Hungary,  
Norway, Spain, and USA

**Nandor Veres Tennis**  
[www.nandorverestennis.com](http://www.nandorverestennis.com)

### Programs

The President Country Club  
[www.presidentcc.com](http://www.presidentcc.com)

JCC at the greater Palm Beaches  
[www.jcconline.com](http://www.jcconline.com)

## NANDOR VERES TENNIS

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# HIGH PERFORMANCE TENNIS CAMPS FOR FOCUS GROUPS IN PALM BEACH



Specifically designed to  
support the High Performance  
Tennis Program!

Phone: 561 350 7040

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# NANDOR VERES TENNIS

## A SPECIAL OFFER TO HIGH PERFORMANCE JUNIORS IN CONJUNCTION WITH RMTC.

For the first time, Coach Nandor Sr. is offering a special program for the members of the high performance tennis team directed by Coach Kendall Chitambar of the Rocky Mountain Tennis Center.

The camps will be held in Palm Beach, Florida, and are limited to a maximum of 4 players per group.

The program is specially designed to assist and support the special needs of those juniors who are participating in the RMTC annual development program.

Coach Nandor Sr. will play *one on one* with each player in each session during the 5 days of the camps.

Players accepted to participate in four camps per semester will be rewarded getting the fourth camp for free of charge.

## CAMPS DATES

Camp 1	Thanksgiving wk1	November 20-24
Camp 2	Thanksgiving wk2	November 24-28
Camp 3	Holiday camp	Dec. 27 - 31
Camp 4	New Year's camp	January 31-Jan. 4
Camp 5	President Day's camp,	February 24-28

More dates may be available from April-Aug., 2011. Stay tuned!

## WORK LIKE A PROFESSIONAL

Tennis is a complex sport which demands mental, physical, and technical abilities to the extreme.

It takes planning, scientific knowledge, time, and dedication from all parties involved, including the Player, the Family, and the Coach to develop these abilities

The goal of these camps is to experience the special, intensive life style of professional players who follow this path.

Coach Nandor Sr. will create a similar working environment to programs of the top European juniors.

## TRAINING CAMP PROGRAM WITH NANDOR SR.

Players will experience small, focus group practices directed by Coach Nandor Sr. of the highest intensity each morning.

Players will compete against each other in match play sessions each afternoon.

Playing one on one with Coach Nandor, one of the top international coaches, is something special. Each player gets the benefit of working one on one with Coach Nandor Sr. every day!

## STRENGTHENING WITH COACH NANDOR JR.

The experience of conditioning with Coach Nandor Jr. is something to behold.

Hard work and a loads of fun guaranteed.

## Nandor Veres Tennis Camps

Sign up for:	Date	Price
<input type="checkbox"/> Thanks giving Camp week 1	Nov.20-24	\$1400
<input type="checkbox"/> Thanks giving Camp week 2	Nov. 24-28	\$1400
<input type="checkbox"/> Christmas Camp	Dec.27-31	\$1400
<input type="checkbox"/> New Year Camp	Dec.31-Jan 4	\$1400
<input type="checkbox"/> 2011 February (California)	Feb. 24-28	\$1400
<b>Total:</b>		_____
<input type="checkbox"/> <b>4 camps special price</b>		<b>Total: \$4000</b>

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### Method of Payment

- Check  
 Visa  
 MasterCard  
 American Express

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

### Camp location

The President Country Club  
 2300 Presidential Way  
 West Palm Beach, FL 33401

### Contact Information

Coach Nandor SR 561 350 7040  
 E-mail: [coachnandor@nandorverestennis.com](mailto:coachnandor@nandorverestennis.com)  
[www.nandorverestennis.com](http://www.nandorverestennis.com)