



**Parks
Make
Life
Better!**



Doug Koch, Instructor

Pickleball Camp

May 21st - 25th Mon-Fri 9am-Noon

Skill Building



Strategy

Teamwork



Games



Mini-Tournaments

La Sierra CC - Johnson Gymnasium
Resident fee: \$150
Non-Resident: \$155
www.carmichaelpark.com
sports@carmichaelpark.com
916-483-7826



PICKLEBALL CAMP with Doug Koch

Registration Form: May 21 – May 25, 2018

Carmichael Recreation and Park District
5325 Engle Rd, Suite 100 Carmichael, CA 95608
Phone: 483-7826 Fax: 485-0805
www.carmichaelpark.com

FIRST NAME: _____ LAST NAME: _____
ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
PRIMARY PHONE: _____ SECONDARY PHONE: _____
E-MAIL ADDRESS: _____

Carmichael Recreation and Park District

AGREEMENT, WAIVER AND RELEASE – Must be 18 years or older to participate

In consideration for being permitted by the above district to participate in the activities above, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activities. This release is intended to discharge in advance the above districts (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activities, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that the activities involve elements of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activities.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY OWN FREE WILL.

Print Name: _____

Signature: _____ Date: _____

Fee:

\$150 per person (Resident)

\$155 per person (Non-Resident)

Payment

VISA: _____ MASTERCARD: _____ Check # _____ Cash _____

Credit Card Payments:

Acct. #: _____ Exp. Date: _____ Sec. Code: _____

Card Holder's Name: _____ Signature: _____

Address (street, city, zip code) if different than above: _____

Office Use Only

Office Receipt Number: _____

Tentative Schedule Carmichael Pickleball Camp May 21-25

Monday May 21 9am-Noon:

Lesson 1: Dinks – Improve lateral movement and Dink stroke to increase consistency & lower recovery time

Game: Singles Kitchenball Mini-Tournament - Compete to be the “Dink Queen” or “Dink King”

Lesson 2: Volleys - Improve accuracy, lower recovery time, & control the pace of the ball (Banger Defense)

Game: Volley “Around The World” – Can you go “Around The World” in 9 shots?

Tuesday May 22 9am-Noon:

Lesson 3: Drives & Drops – Improve your consistency for the all important 3rd shot

Game: Drops In A Row Contest

Lesson 4: Transition Shots - controlled volleys & half-volleys to transition from “No-Man’s Land” to net

Game: Transition Doubles Mini-Tournament

Wednesday May 23 9am-Noon:

Lesson 5: Serves – Start the rally right, increase speed, depth, & accuracy

Lesson 6: Returns – Where to place return depending on opponent positions

Lesson 7: Groundstrokes – Improve depth & accuracy of Forehand & Backhand Down The Line & Crosscourt

Game: Diagonal Stay-back Singles Mini-Tournament

Thursday May 24 9am-Noon:

Lesson 8: Lobs - How to get it over their heads and land near baseline, disguising lobs, & when to use

Lesson 9: Overheads – How to get back fast, hit hard, & place for winners

Game: Lob/Overhead Diagonal Singles Mini-Tournament

Lesson 10: Attacking From The Kitchenline

Game: Aggressive Kitchenball

Friday May 25 9am-Noon:

Lesson 11: Doubles Communication & Teamwork – Moving together, Calling Balls, Poaching Signals

Game: Doubles Kitchenball Mini-Tournament

Game: Doubles Mini-Tournament