



The 4 Star News

April 2010

Welcome to our April issue. We have been busy preparing to host you at camp this summer. Please call us if you have any questions or just need help assessing the best program fit for your child.

[View camp brochures...](#)

Tennis Camps Featuring College Coaches

We are excited about our great line-up of college coaches working with our tennis camp participants this summer. Whether you choose the Junior Tennis Camp or High School Players Camp at Stony Brook University, Long Island, NY or the Tennis and Sports Camps at University of Virginia, Charlottesville, VA, you'll be working with some excellent coaches.

- Gary Glassman (Stony Brook University Head Tennis Coach)
- Justin Drzal (Stony Brook University Assistant Tennis Coach)
- Tim Riskie (Allegheny College Assistant Tennis Coach)
- Peter Miller (Stonehill College Head Men's Tennis Coach)
- Troy Porco (University of Virginia Assistant Women's Coach)



[Learn more...](#)

SAT Fast Track

Are you looking for a final tune-up for the SAT exam in the fall? Are you trying to squeeze out those last few points to maximize your score? Have you already scored fairly well on your pretests but know you can do better? We are offering a **1-week SAT Prep course** this summer for just that purpose. The perfect choice for those who have either already taken a prep course earlier in the year or have been participating in a self-study program and would like to squeeze out those last few points to maximize their score. SAT Fast Track includes a pre-test, post-test and 16 hours of instruction and is offered only twice during the summer - 6/27 to 7/2 and 8/1 to 8/6. And, as you've come to expect from 4 Star, the afternoons offer up several fun options so it's not just all work.

[Register now...](#)

News You Can Use

Apps for your iPhone.

- **Tennis** instructional application, Tennis Tickler, is available for the iPhone. It visually reinforces correct tennis technique in a highly interactive manner. You can break down your shot components using video animation, you can adjust the playback speed, move frame by frame, and also zoom in to study it in detail. See it at TennisTickler.com.
- **Golf** instructional application, V1 Golf, helps you improve your golf game with features such as drawing tools, tour player models, video drills and more. Check it out at V1Golf.com.

Homework Productivity Issues and Solutions.

- **Lack of organization.** Make sure your student has a specific space to use for doing homework - distraction free and well-lit. Older students may benefit from a wall-mounted dry erase board or calendar to track due dates and upcoming events.
- **Lack of fun.** Incorporate school work topics, class projects into the discussion topics during meals or family time. For example, current events can be tied to History lessons, Science topics can be revisited through at-home experiments. The internet has a lot of downloadable games, word searches, cross words for specific courses as well.
- **Cell phone/computer.** Remove these time-wasters from the learning environment. Limit time on video game stations and cell phones to a certain amount of time per school night. Place a ban on texting to friends or checking Facebook messages during "business" hours.
- **Poor time management.** Spend a little time before the homework begins to discuss with your student what the priorities are, how much time to allow etc. Help older students develop a schedule for each quarter. Encourage participation in on-campus, as well as off-campus extracurricular activities. Studies have shown that consistent participation teaches teamwork, social skills and time management. Students involved in sports and other activities usually have a higher G.P.A. This would also be a good time for you to spend with your student exploring their interests and natural skills.

In 4 Star's Spotlight

Chase Rohan, back for his 6th summer with 4 Star! Chase was a camper in our Academic Enrichment program who after aging out of camp moved seamlessly into a camp counselor position. The past 2 summers, Chase has been a Resident Advisor assisting students with their academic courses and leading any and all comers to the basketball court. Finishing his junior year at Florida Institute of Technology, Chase is majoring in Engineering and at camp in FUN.



About 4 Star Camps

Check us out! We have a radio spot running on WRQX MIX 107.3 FM in the Washington, DC area and we are in Long Island Tennis Magazine for those of you in New York.

Since 1975 we have been dedicated to:

- **Exceptional instruction**
- **Commitment to safety**
- **Decades of experience**
- **Industry leadership**



We are family owned and operated and are committed solely to providing exceptional summer athletic and academic camps.