



# WINDRIDGE TIMES

*Dear Windridge Families & Friends,*

*Here in Vermont, Spring is in the air! It snowed a few inches last week, and the diehards (including Nifer) were still giddy about getting in the last ski runs of the season. The grass is greening up, however, and the golf course is already busy at the Northfield Country Club up the road from Windridge. As of today we are 41 days away from the opening day of our first session, and we couldn't be more excited. We are all enthusiastic about getting back to camp, and feeling the energy that all of our campers bring to Windridge!*

*Last year we lost a significant amount of international campers who weren't able to travel to the United States. Prior to 2020, our international diversity was a defining characteristic for Windridge and a big part of the experience, so we are ecstatic to see some international campers returning this year and new ones enrolling every day. As of now, we have campers enrolled from Canada, Italy, the Bahamas, Brazil, Czech Republic, Sweden, Luxembourg, Belgium, Spain, England, Switzerland, France, and more.*



*Westboro Tennis Surfaces will begin rebuilding most of our red clay courts this month, and we are pleased to announce that a new irrigation system has been installed on our 8 Har-Tru tennis courts. The tennis courts will be looking like new by the end of the month, and we are looking forward to having them full of campers!*

*While we know our prior definition of normalcy isn't something we are going to suddenly return to, if at all, we are enthusiastic about how close to normal we were able to make last summer for our campers. We are all working hard to ensure that this summer will be as close to a normal camp experience as possible for all of us. We have updated our Communicable Disease and COVID-19 Policy. Please review it on our website or by [clicking here](#).*

*For the next five weeks, Nifer and Misha will be answering the phones from their offices, while Norbert and Ramsey are in Roxbury with our maintenance staff preparing our facility for another great summer. This is our 55th summer, and we're hoping it's our best yet!*

## **RAMSEY & NIFER**





# Opening Day Procedures

With opening day of the first session only 6 weeks away, we would like to remind you of our current plans. **Please note this is subject to change as we are constantly striving to keep our entire camp community safe. Should anything change from the below procedures, you will get an email with Covid Update in the subject.** We know it is not ideal and we hope to one day return to our normal opening day festivities, but due to the continuation of Covid we feel best to remain vigilant once again this summer. Here are our plans:

- **All unvaccinated campers will need to have a negative COVID PCR test 72 hours before travel and quarantine between the time the test is taken and arrival at camp. (Sorry but a rapid test will not be acceptable.)** Please consult your area clinics, pharmacies, or hospitals to be sure you can get a PCR test in a timely manner. We will need proof that the test was negative before campers will be allowed to enter the camp.
- Once at camp, all unvaccinated campers will have their temperature taken and receive a rapid test. Once they are clear they will be allowed to enter the camp and join their cabin/pod group. If the rapid test comes back positive there will be two options:
  - a) Parents can take their child back home to be retested and checked out by their doctor.
  - b) If the first option is not possible, we will retest the camper with a PCR test. This test takes 24-48 hours for results. While we wait for the results, the camper will be quarantined at the health center with staff supervision and have their own activity schedule. We will stay in close contact with the parents throughout the process.
- Vaccinated campers will not need to test prior to arrival at camp or upon drop-off.
- When you arrive at camp you be greeted by our staff. We will direct you where to go depending on whether your child is vaccinated or not. Unfortunately, we will not be able to allow parents to go up to the cabins or walk around camp in order to limit potential exposure and create a safe bubble for our staff and campers.



# Opening Day Procedures

**Once you are parked, there will be three areas to visit:**

**1) Luggage Drop Off:** Here you will drop off your child's luggage. Please make sure you label all luggage pieces clearly.

**2) Registration:** This is where you will check your camper in, find out which cabin he or she is in, and turn in any outstanding forms. They will then meet their counselor who will take them to the health center for regular health screenings before heading to their cabin. Their counselor will walk them up to their cabin to meet their cabin mates and help them unpack and get settled in. We will have lots of activities planned for them as they await the arrival of their cabin mates.

**3) Health Center:** One of the nurses will be here for you to turn in any missing medical forms and any medications your camper may have. You will also have a chance to talk to the nurse about any medical issues or concerns.

Items from the pro-shop will also be available for purchase on opening day. All of our directors will be available all morning to answer any questions you may have. We are looking forward to a healthy and safe summer for all.

Please contact us with any questions regarding our opening day procedures.





# MANAGEMENT TEAM NEWS

Our staff will be a mix of new and returning faces, perhaps the most familiar being Norbert Auger's. We are so happy and thankful that he will be back as our Executive Director for his 17th summer.



We are also grateful that Misha Monticciolo is returning for her 9th summer as our Associate Director. She works hard (often behind the scenes) to help keep camp running smoothly for all.



Always up for a good cup of coffee while providing vigilant care and endless jokes, our Nurse, Dave Caterino, is returning for his 7th summer.



We are very fortunate to have the dynamic duo returning: our Riding Director, Sue McNeil, back for her 15th summer, and her Assistant Riding Director, Sofia Quinzanos, in her 2nd summer.



Other notable returners to our Management team include Roscoe Moonieyan, returning for his fourth year, to run the tennis program. He will have help from Clint O'Neil, back after a long hiatus, for his fourth year. Liz Delp, who ran a highly successful Electives program last summer is back to do it again.

Of course you'll still see our owner and Windridge Founder, Ted Hoehn, and his wife Nanny out and about this summer. Their tennis skills are as sharp as ever and they continue to win medals. Just this month they took the Bronze medal at the World Senior Championship in the 80+ Mixed Doubles Division! Amazing!





# MEET OUR HEAD COUNSELORS



## BOYS CAMP: SAM BONIFACE

We are thrilled to have Sam back at Windridge to head up our Boys Camp. Sam comes to us from the UK where he works as a P.E. teacher. He will bring a ton of management skills to our sometimes crazy boys camp! He also has been a counselor previously, so he will provide great help to the current staff as he's "been there, done that." In his own words, "Having first been at Windridge in 2019, I'm glad I can finally return this summer. I can't wait to meet new faces while also seeing some old ones too. See you all soon."

### **fun facts:**

**Elizabeth is scared of cows!**

**Sam moved to live in Spain when he was 8 years old!**



## GIRLS CAMP: ELIZABETH BREMNER

Elizabeth has been with Windridge for multiple years and our girls head counselor for 2 years prior to Covid. When the borders shut and she couldn't make it last year we were all heartbroken. Elizabeth comes to us with a wealth of experience leading staff and campers throughout the summer. She is truly loved by all and works hard to get to know every single camper and staff member. We are so fortunate to have her back again this summer.

In her own words, "I am looking forward to camp and being able to travel to the US for a summer of fun!"



# CAMP IS FILLING! REGISTER NOW

Our enrollment is strong and we are so happy to hear that all of you are pleased with the experience we are providing at Windridge. We do still have some availability. If you have not yet enrolled your camper, now is the time to do so!

## 2022 DATES & RATES

Regular Session	Dates	Days	Cost	Riding
Session 1:	Wednesday, June 22 - Thursday, July 7	16	\$4,480	\$802
Session 2:	Saturday, July 9 - Friday, July 29	21	\$5,880	\$1,037
Session 3:	Sunday, July 31 - Monday, August 15	16	\$4,480	\$802

Stay any two sessions and receive a \$500 discount

Rookie Camps (first time campers ages 7-10)	Dates	Days	Cost
S1 Rookie Camp:	Wednesday, June 22 - Friday, July 1	10	\$2,800
S2 Rookie Camp:	Saturday, July 9 - Monday, July 18	10	\$2,800
S3 Rookie Camp:	Sunday, July 31 - Tuesday, August 9	10	\$2,800

**CLICK HERE TO ENROLL:**

**[WWW.WINDRIDGECAMPS.COM](http://WWW.WINDRIDGECAMPS.COM)**





# RAMSEY'S TENNIS TIP

## Your serve number

Throughout my coaching career, I have used the serve number process with my athletes. After positioning the server at the baseline, and a solid warmup, I have my player hit ten first serves. These serves are meant to be just like the first serves they would use in a match. Their serve number is the number they landed in the service box. For example, if five of the ten serves land in, five is their serve number.

I encourage my students to aim for a 65-75% success rate for first serves. For second serves, I like them to be between 90-100%.



Typically, most players come to me with a first serve percentage that is too low. So we dial the power back a bit, maybe taking 10-20% of the pace off the ball. One critical piece in this process is maintaining a full follow-through when we are taking pace off of any stroke. On the serve, the follow through is in the left pocket for righties and right pocket for lefties.

Oftentimes, by shaving pace off of their serve, players are able to find the percentages needed to be successful. And there is more! The same technique will have a huge impact on your second serve. How? Shave an additional 5-10% pace off the amended first serve. This can often be achieved by adding more spin, by hitting less of the ball. Now we are using the same mechanics to confidently hit with MORE pace on the second serve than ever before.

Find your serve number and adjust it accordingly, so you are hitting approximately 70% of those serves in. Do not forget to accelerate your racket and follow through. And then, build. The more you practice this, the more confidence and success you will gain in your serve.





# ELECTIVES FUN!

We might be known for tennis, soccer, riding, and golf... but we have fun in electives too!



**Pickleball**



**Arts & Crafts**



**Swim**



**Mountain Biking**



**Ropes Course**



**Archery**



**Lacrosse**



**Hard Core**



**Improv**



An aerial photograph of a camp facility. In the center, there is a red tennis court with several people playing. To the right of the tennis court is a large, rectangular, grey-roofed building, likely a gymnasium or multi-purpose hall. The facility is surrounded by lush green trees and grass. A road and a stream are visible on the left side of the image.

**LET THE  
COUNTDOWN  
BEGIN...**

**41 DAYS TO GO**

---

Stay Connected all year round!



[www.facebook.com/WindridgeAtTeelaWooket](https://www.facebook.com/WindridgeAtTeelaWooket)



[@windridgecamps](https://www.instagram.com/@windridgecamps)