



Windridge Times

THE WINDRIDGE TENNIS & SPORTS CAMP NEWSLETTER



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News From Camp

Winter in Vermont is touch and go. We got our first substantial snowfall of the year a few weeks ago, but it melted. Our family had a nice Thanksgiving with friends and family, and we are awaiting the next big snowstorm. After reflecting back on the incredible summer we had in 2022, we are shifting our focus towards next summer, and working to make it one of the best yet!

Having one of the strongest turnouts of campers was one of many highlights of last summer. Campers arrived from all over the country and the world. We were thrilled to see so many familiar faces and excited about all our new campers. Our courts, amphitheater, and fields were full, and we reveled in the normalcy of it all - it felt like Windridge again!

Other highlights included:

- Having our eight Har-Tru tennis courts back in action. After a new irrigation system was installed, and the courts were rebuilt, they played as well as they ever have.
- Ten new, one-by, suspension mountain bikes. We are excited about the possibilities for mountain biking at Windridge.
- A new cross-country riding trail for our horseback riding majors. Our riders enjoyed the opportunity to jump over logs through our woods and fields on our newly revamped cross country course.
- A new ping pong table for our recreation area, otherwise known as the Windridge Green.
- Nine blueberry bushes that our “hardcore” campers planted as part of their community service.

If you are considering having your child with us at Windridge this summer, plan on enrolling your child before it's too late. As our enrollment continues to grow, we are approaching our goal of a full camp with 150 campers per session. Last summer we had a total of 405 campers and all of our horseback riding sessions were full. We are appreciative of your support, and our numbers for next summer continue to climb.

We are thinking of you all, and hope everyone is having a wonderful school year. Please send us updates on notable doings, achievements, and honors. We would love to hear from you all, and wish you a happy and healthy holiday season.

Ramsey and Nifer

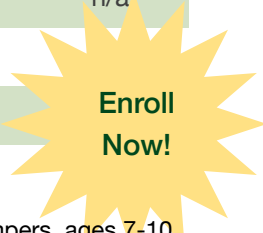


“Our kids had the absolute best time and can't wait for next summer!!! Thank you and to your amazing staff for taking such great care of them.”



2023 Dates & Rates

Session	Dates	Days	Cost	Riding
Session 1	Wednesday, June 21 - Thursday, July 6	16	\$4720	\$880
Session 2	Saturday, July 8 - Friday, July 28	21	\$6195	\$1155
Session 3	Sunday, July 30 - Monday, August 14	16	\$4720	\$880
Rookie Session 1	Wednesday, June 21 - Friday, June 30	10	\$2950	n/a
Rookie Session 2	Saturday, July 8 - Monday, July 17	10	\$2950	n/a
Rookie Session 3	Sunday, July 30 - Tuesday, August 8	10	\$2950	n/a
CIT Session 1	Wednesday, June 21 - Thursday, July 6	16	\$2360	
CIT Session 2	Saturday, July 8 - Friday, July 28	21	\$3098	
CIT Session 3	Sunday, July 30 - Monday, August 14	16	\$2360	



- Rookie Sessions are for first time campers, ages 7-10
- CIT Sessions are for 16 year old, or rising juniors
- Stay two sessions, receive a \$500 discount

Staff Updates



We are incredibly excited to announce that **Elizabeth Bremner** has joined our full time management team. Elizabeth has been a Windridge camper, tennis counselor, and most recently, our Head of Girl's Camp. Elizabeth has a long history with us and many deep relationships with staff and campers. She is adored by all, and we are lucky to have her leadership and love for Windridge at camp. Elizabeth will be integral in helping us to hire staff in the off season, as well overseeing cabin life while camp is in session.

Jen Stickney has joined the Windridge Team as our Office Manager. Jen and her family live near camp where she has been running Stickney Farms, hosting and managing events there with her husband. She has an impressive musical background, both as a performer and voice teacher (we have high hopes for her MTV Night contributions), and her daughter, Ruby, is looking forward to being a camper! Look for enrollment emails and updates about the coming summer from Jen, and join us all in giving her a warm welcome.



CIT Program

Our Counselor-In-Training, CIT, program is for our 16 year-old campers. Half of a CIT's day is spent as a camper and the other half learning how to be a counselor. The CITs have mentors both in their specific program area, and in their cabin. They have one major per day in their program, where they assist a counselor coaching in an activity or sport, and they live in a cabin with a counselor and younger campers. CIT's also have a period each day to meet as a group and work on specific leadership skills.

We are highly selective in choosing applicants for the program because these mature teens will be working (alongside their mentors) with the younger campers. Elizabeth recently sent out a letter detailing the application process and necessary requirements for those looking to apply. [For more information about our CIT program, please click here](#) or [email Elizabeth by clicking here](#).

We are excited that some of you have already been in touch and look forward to seeing the growth of each and every CIT throughout the summer!



JC Program



Our JC program is by invitation only for those who successfully completed the Counselor-In-Training program but also show great promise as potential full staff members. JC's work alongside full counselors as their mentors gaining responsibility all around camp. This position gives our 17 year olds lifelong skills that easily transfer to the working world beyond camp days. Leadership, team work, time management, program development, communication skills to name just a few of these.

Most of our JCs become our best counselors! An invitation to apply for this opportunity will go out soon, so keep an eye out for it if you completed the CIT program this summer.

Ramsey's Tennis Tip



THE VOLLEY: TO SWING OR NOT TO SWING?

As tennis continues to evolve, we're seeing players are having success with shots and techniques that haven't always been highly regarded. I'm talking about tweeners, underhand serves, and swinging volleys, to name a few. What I would give to be able to slide on a hard court as if I were playing on clay! There is no denying fans love witnessing these incredible shots. Nick Kyriakos had Arthur Ashe stadium buzzing this year at the US Open. The Australian, who's known for his flash, shot making, and controversial behavior from time to time brings a flair to the game that resonates with fans.

The swinging volley isn't new. We've been talking about swinging volleys in tennis for as long as I've been alive! As in, "don't swing at your volleys!" But many players, including Venus and Serena Williams, are responsible for making this shot something you may want to add to your repertoire. So let's discuss the swinging volley, versus don't swing at your volley, and clear up any confusion about the difference.

The swinging volley can be a very dangerous weapon. For the most success with this shot, you'll typically see a player hit and execute it as they come in from the baseline behind a big, booming ground stroke. The swinging volley is hit with topspin, which requires a topspin grip (eastern, semi-western, western). If it's done, well, this shot often finishes the point with an outright winner, or an easy put away volley closer to the net if the reply happens to come back on your side of the net. Hitting this same type of ball with a traditional volley, using a continental grip, can still be effective, but it will not be as easy to win the point.

When a player is at the net, they need to be ready to hit a volley. Being closer to the net reduces reaction time, because they are closer to their opponent hitting the incoming ball. As players improve and get older, the incoming ball is approaching faster and faster. Hitting a compact volley in front of the body using a continental grip is a necessary shot to have. Preparation, and readiness with your feet is essential to having success in this situation.

"The boys came home so incredibly happy. They had an absolute blast! They said the kids, staff, food, activities... all amazing. Can't ask for more."



The swinging volley gives players another shot, but it does not replace the traditional volley. Practicing both shots and training your brain to pick the right one is the key to success. Understanding when to hit a defensive, neutral, or attacking volley, and having a solid grasp on court position will help you make a better decision as to which is the best volley to hit.

Enjoy the way tennis is evolving. There are always new ways to learn, and add new tricks from the game's best players. But don't discount the tried and true secrets that have allowed yesterday's best players to have great success with shots and techniques that have stood the test of time.

WINDRIDGE WORD SEARCH

P	Y	F	F	E	H	C	L	O	T	B	P	H	B
N	K	B	L	L	A	B	Y	E	L	L	O	V	E
E	I	E	A	P	I	C	K	L	E	B	A	L	L
C	U	B	B	Y	S	I	N	N	E	T	U	C	L
G	N	I	D	I	R	A	R	C	H	E	R	Y	A
N	O	I	T	C	E	F	N	I	G	C	A	K	C
C	R	D	E	C	A	U	K	A	R	T	S	C	R
O	B	A	I	M	R	M	L	E	H	I	A	S	O
O	E	L	E	R	U	F	M	G	R	R	M	B	S
K	R	Y	E	I	U	M	I	N	N	O	A	I	S
O	T	E	G	O	U	N	A	I	R	U	L	K	E
U	D	O	M	S	V	M	V	E	L	H	D	I	G
T	L	A	N	T	U	A	S	O	N	K	E	N	S
F	C	G	M	H	L	L	B	T	B	G	B	G	M

DEERRUN

LACROSSE

VOLLEYBALL

ARCHERY

CARNIVAL

LOVE

GOLF

INFECTION

TOLCHEFF

TENNIS

SUMMER

MTVNIGHT

COOKOUT

SMORES

HUMANRISK

BEDLAM

CAMOUFLAGE

NORBERT

CUBBY

BIKING

PICKLEBALL

RIDING

