

Dear Windridge Families,

We are so excited about camp this summer, and our excitement continues to build as we get closer and closer. It has been too long since we have seen you all. We want you to know that we currently still have spots left in all of our sessions. Some families have been waiting to apply to see how things will be different at camp this summer. We want to assure you that we are doing everything we can to make camp as normal as possible. There are still two months before camp, and as more people are getting vaccinated, the likelihood of this normalcy is promising. Vermont has already said they plan to have everything open by July 4th, and we are hoping even earlier.



We know that getting to camp is still a struggle for our international campers. As borders start to open and travel restrictions loosen, know that we will do everything we can to get your child(ren) enrolled at camp. Please give us a call... even if it is at the last minute.

We have been getting a lot of calls about this summer and how we plan to operate with COVID. What about testing? What about quarantining? What is the opening day going to look like? Our complete plan is on our website but let's highlight some of the major areas. Please understand, these are the plans as if we opened camp today. As conditions improve, and the state loosens up, we will also loosen up.

- 1) All parents must get their camp child(ren) tested within 72 hours of arrival at Windridge, and self-quarantine from the time they are tested until they arrive at camp.
 - a) Evidence of a negative PCR test taken will be required.
 - b) If they test positive, parents should keep them home and follow the advice of their doctors until they are safe to come to camp.
 - c) We know that some campers will be flying to camp. Just make sure you wear your mask, practice social distancing and wash your hands often. There is no need to



arrange your travel plans to test and quarantine after flying. You can test at home before flying, quarantine until your flight, and then travel directly to camp.

- d) If traveling on our bus, wear your mask, practice social distancing, and wash your hands often.
 - e) A pre-arrival test is not needed if the camper has proof that they are fully vaccinated or has recovered from COVID-19 in the past 90 days.
- 2) When dropping children off, parents will not be allowed to walk into camp this year.
- a) We want to create the safest bubble we can at camp.
 - b) Our staff will have already been tested and quarantined.
 - c) We will have already cleaned and made camp ready for the campers.
- 3) When you arrive at camp you will be greeted by our staff.
- a) All campers will be given a rapid antigen test as soon as they arrive. Parents will then have to wait the allotted time for the test to be read (about 20 min). There will be snacks, water, and restrooms available while you wait.
 - b) Campers will be given the normal health screening.
 - c) Parents will be handing in all missing forms and any medications/vitamins that their children need.
 - d) Parents will have the opportunity to talk with the directors.
- 4) Once your child's health check is complete and the rapid test is negative, parents will say goodbye to their child(ren).
- a) Their luggage will be collected and dropped off at their cabin.
 - b) 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.
- 5) 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 is the "gold standard" but 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.
- 6) Daily screening of campers and staff will take place once each camp day for symptoms of COVID-19.



We know this is not our typical opening day, and for new families and campers, please know that opening day is a much warmer, and welcoming day for the parents and families. Given the

guidelines from the state, we know that this option is our safest one this year. We will continue to update you as we get more information from the state.

We will be posting many cabin pictures in your CampInTouch accounts once all the campers have arrived.

Other reminders:

- Please start filling in your forms found in your CampInTouch accounts.
- We will be scheduling a unique arrival time for all parents that indicate on their travel form that they will be dropping off their child(ren) at camp.
- Tuition is due May 1st.

If you haven't enrolled yet... now is the time! We know it will be an amazing summer.

Warmly,
The Windridge Crew

WINDRIDGE ANNOUNCES ADAM PFEIFER AS SOCCER DIRECTOR

After an extensive search, Windridge is pleased to announce the hiring of Adam Pfeifer as Soccer Director. Adam is currently the Men's Soccer Coach at Norwich University, the nation's oldest private military college, in Northfield, VT.

Adam has an impressive background as both a player and coach. Playing for Newton South High School in Newton, Ma., Adam earned All-American honors as a senior. He was voted the Gatorade Massachusetts Player of the Year in 1999. Adam played collegiately at Boston College, where he finished in the top 20 on the school's all-time points list. While at BC Pfeifer was a four-year starter, leading the Eagles to two Big East Tournament

titles and three NCAA Tournament appearances. He led the team in assists as a freshman and as a senior, and also led the team in goals and points as a sophomore.

After his playing career, Adam served as an Associate Head Coach at Northeastern for eight seasons. He then served as an Assistant Coach at Middlebury for two years under the legendary Head Coach Dave Saward. Adam has just completed his sixth successful season as Norwich's Head Coach. He is married and lives in Waterbury, Vt., with his wife, Kate, and their two daughters. Kate is in her seventh year as the Head Field Hockey Coach at the University of Vermont.



FIRST AND SECOND SERVE BY RAMSEY HOEHN

When we're talking about your serve, we're speaking about arguably the most important shot in the sport of tennis. Holding serve is critical, and will give you a huge boost in terms of playing other shots with confidence.

One of the best measuring sticks I can think of is serve percentage. How many first serves do you make out of ten? How many second serve's do you make out of ten? Typically, between 65% and 75% is a solid first-serve range, and 90%+ is where you want to be with your second serve range.

I often see players below their first serve range going for a bit too much power. And I usually find that success in achieving your first serve range is found when players serve at about 80% power. This is your true 100% power, and will do two important things for you. First, it will serve as a good place to build your serve. Secondly, it will benefit your second serve.



Too many players who are serving at 100% power on their first serve and only making a low percentage of first serves often have little to no second serve. A good second serve should be viewed as a similar version of your first serve, just hit with more spin to give you more percentage, and slightly less power.

Make sure to use your legs, and get to the finish with your follow-through. Accelerate your racket, don't decelerate. A consistent toss is a must, and remember to use your shoulder like a lever for your toss arm. Toss arm up, explode up to the ball with your legs, keep your head up, and swing up! Up, up, up, up, and in.

See you on the courts this summer!

Best,
Ramsey

STAY CONNECTED ALL YEAR LONG!

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www.facebook.com/WindridgeAtTeelaWooket

Follow us on Instagram

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



WELCOME BACK - ROSCOE MOONIEYAN - ASSISTANT TENNIS DIRECTOR

Returning to Windridge as Assistant Tennis Director is Roscoe Moonieyan. Originally from East London, South Africa, Roscoe first came to the states to work with Windridge as a tennis counselor in the summer of 2007. His skills were quickly noticed, and he moved up the ranks into a head tennis counselor the following summer.



Roscoe worked at Teela-Wooket for five summers, mostly during his college playing days where he was a standout at Union College in Kentucky. Roscoe graduated from Union as a dual-sport athlete (tennis & soccer) in 2009. His tennis-playing career included several accolades, including Academic All Conference Team twice, and All-AAC Team, before getting his collegiate coaching start with his alma mater for the next two seasons.

Roscoe recently finished his 8th season as the Union College Head Coach of both the men's and women's teams. Under his leadership, both teams have garnered tremendous success in the NAIA division.

Roscoe will bring a wealth of experience and knowledge to Windridge, and will be a huge asset to our tennis program, and the development of our junior players.

STRONG TEAM WITH RIDING DIRECTOR SUE MCNEIL & ASSOCIATE DIRECTOR MARY GRAHAM

Susan grew up on the eastern coast of Connecticut where horses were an integral part of her life in the areas of riding, judging, training, caring for, and breeding. Susan graduated from the University of Connecticut with a B.S. in Animal Science and while in college, played on the polo team, was a member of the collegiate horse judging team as well as serving as coach for the team in her senior year. After college Susan spent a great deal of time at High Hopes Therapeutic Riding Center where she gained additional knowledge about working with children and horses.



In 1997 Susan moved to Vermont and continued her involvement with the equine industry by serving as the Vermont Horse Council secretary and president as well as breeding and showing Morgan horses. She was also employed by the University of Vermont Extension Service as the central region 4-H educator in which time she worked with over 300 youth between the ages of 8 and 18 as well as many adult leaders assisting with the implementation of youth programs.



Susan has spent her entire adult life working with horses and children so working at Windridge during the summer is a perfect fit. She has been with us since 2007 and takes great pride in our equine program.

Joining her this summer as Associate Director is Mary Graham. This will be Mary's third summer with us. She has been working with horses most of her life and continues to work in equine programs back home in Ireland. Mary can't wait for summer and to be back in the riding program with all the campers and their favorite horses.

2021 COUNSELOR-IN-TRAINING PROGRAM

It's not too late to join us this summer in our fabulous CIT program! We extended our deadlines due to Covid, and if you have been thinking about it at all and have any questions please reach out to us right away. The CITs are provided with an excellent opportunity to gain leadership experience, learn how to take initiative, how to be a great role model for our younger campers, and many more skills that will be useful for future careers. The program is a combination of training (either on the courts, field, or riding ring) alongside an experienced staff member as well as living in a cabin with younger campers to be a leader there. Daily meetings are held with the group where a variety of topics are explored in fun but meaningful ways. Some of these topics include Decision Making, Conflict Resolution, Dealing with Bullying, Collaboration and Teamwork, Planning and Organization, and Reflection and Improvement.



A direct quote from one of our past CITs, Charlotte McKensie: "The CIT/JC Program was an amazing experience that allowed me to discover my own strengths as a leader, while fine-tuning the areas in which I wanted to improve. These two years have helped me grow into the type of person I once looked up to when I was a camper. I learned so much about myself and became twice as confident, and the best part is, I had such a fun time doing it. I highly recommend this program to anyone considering it. I would never be the counselor I am today without it."

If you have any questions regarding the CIT or JC program for this upcoming summer please contact Misha Monticciolo (misha@windridgecamps.com.)

IT'S NOT TOO LATE FOR THE SUMMER OF YOUR LIFE!

2021 Windridge Dates and Rates

Session	Dates	Days	Cost	Riding
Session 1	Wednesday, June 23 - Thursday, July 8 (ages 8-15)	16	\$4,160	\$720
Session 2	Saturday, July 10 - Friday, July 30 (ages 8-15)	21	\$5,460	\$945
Session 3	Sunday, August 1 - Monday, August 16 (ages 8-15)	16	\$4,160	\$720
Two Sessions Stay any two sessions and receive a \$500 discount				
S1 Rookies	Wednesday, June 23 - Friday, July 2 (ages 7-10)	10	\$2,600	\$450
S2 Rookies	Saturday, July 10 - Monday, July 19 (ages 7-10)	10	\$2,600	\$450
S3 Rookies	Sunday, August 1 - Tuesday, August 10 (ages 7-10)	10	\$2,600	\$450

WINDRIDGE ADULT CAMPS

The Windridge Adult Camps are back in business after a two-year hiatus! Started in 1970, these Adult Camps have had a strong following over the years. There are quite a few couples who have attended ten or more times, and two couples who have attended a record 41 times. In fact, two of the rooms at the Inn at Teela-Wooket are named in honor of the Pastel and Mackey families.

This summer the Adult Camps have a new twist. Instead of just offering tennis instruction; golf is now included as well. Last May Ted purchased the nearby Northfield Country Club (located 3 miles from camp), and now golf has become incorporated as a major sport at Windridge.

Adult students may choose between an all-tennis or all-golf schedule; or they may choose to balance their time between the two sports.

The daily schedule looks like this:

8:00-9:00	Breakfast
9:30-12:00	Tennis/golf instruction
12:30-2:00	Lunch and rest
2:30-5:00	Tennis/golf instruction
6:00-7:00	Social Hour
7:00	Dinner



The Windridge Tennis & Golf Camps are under the direction of Ted & Nanny Hoehn.

Ted has been a high-ranking New England and National player most of his life. He has played in the U.S. Open five times; he's a five-time U.S. Senior Doubles Champion and World Senior Doubles Champion in 1996. He also has a long history as a successful coach. Nanny is a talented all-around athlete who has played in countless tennis and golf tournaments around the country. Together they will play hosts to a memorable and rewarding four days of fun in the Green Mountains of Vermont. The rest of the staff will include a mixture of college coaches, teaching pros, and college players from around the world. The camp will maintain a ratio of one instructor for every four students.

There are three Adult Camps for the coming summer: July 15-18; August 5-8; and August 26-29. Each session runs for four days. The camp's all start at noon on Wednesday and end at noon on Sunday. The cost of the camp is \$1500 per person, all-inclusive. For further information, please call Ted Hoehn at 802-238-8379, or email him at ted@windridgecamps.com.