

Registration

Registration is now open online
at www.bolstertenniscamp.com

Places will be confirmed once non-refundable deposit
of €100 has been paid online.

Balance paid at registration on Sunday 22nd June by cash or cheque.
Please make cheques payable to Billy Bolster.

Course fee

BOARDING STUDENTS - €610 per week

€580 for second and subsequent siblings
Room and board, recreation & use of all camp
facilities.

DAY STUDENTS - €400 per week

€370 for second and subsequent siblings
Tennis lessons, meals, recreation and use of all
camp facilities.

Day campers are welcome from 9am - 9pm but pick-up
time can be anytime after formal coaching ends at 5.30pm.

Please note that no smartphones or devices are permitted at
camp. You can view our acceptable use of electronics policy and
our covid-19 procedures policy on our website.



TESTIMONIALS

*The Bolster Tennis Camp was the highlight of
many summers for my three brothers and I. We
enjoyed top class coaching in a friendly, safe and
most professional environment. Happy memories
shared at family gatherings.*

*We would like to sincerely thank you and all your
team for what was an incredible tennis camp.
What an amazing role each and everyone played.
We would like to pass on our genuine gratitude
and utmost praise to all involved.*



Afternoon match play at Bolster Tennis Camp

PLAY Babolat
Official Racquet of the Bolster Tennis Camp

2025

BOLSTER TENNIS CAMP



IRELAND'S
LEADING
RESIDENTIAL
& DAY CAMP

 [bolstertenniscamp](https://www.instagram.com/bolstertenniscamp)
22nd - 27th June 2025

AT KILKENNY COLLEGE



Camp directors Maria Bolster, Billy Bolster and Declan Bray



Excellent Accommodation and All new Tennis Facilities at Kilkenny College

Suzanne (General/accommodation enquiries): 085 720 5899
Billy (Tennis enquiries): 087 266 7014
bolstertenniscamp@gmail.com
www.bolstertenniscamp.com
OPEN TO BOYS & GIRLS 7-17 YEARS

The Bolster Tennis Programme

We cater for players of all ages and ability levels – BEGINNER to ADVANCED. No need to worry about your playing standard. Regardless of your child's ability, we guarantee that we will train and improve his/her:

- Ball judgement
- Decision-making (tactical skill)
- Technical skills of receiving and hitting
- Ability to judge the effectiveness of his/her action.

How we train the competitive player

We will help your child to:

- Develop the attributes of a champion
- Develop the necessary physical and psychological qualities
- Become a smarter singles and doubles player

Assessment & Evaluation

All pupils will be assessed on Sunday evening and will be assigned to specific groups for Monday coaching. Some movement of pupils between groups may be necessary during the first few days of camp. The age and ability of the students will be considered before he or she is assigned to a group.

Tennis Programme

The camp programme incorporates three modules: technical, fitness and modified tennis skills development on the camp's artificial grass courts and fitness facilities. This wonderful tennis facility is located in the grounds of Kilkenny College which boasts a fine campus for boarding and day students, on the outskirts of Kilkenny. The number of courts available at our centre ensures that Billy sees every camper each day.

Group/Private/Semi-Private Instruction

The Camp is based on the group teaching method where up to four students may be effectively co-ordinated on a court at one time. Throughout the week, the programme will provide for smaller groups with two students on court per instructor. At this time, individual attention can be given to areas that require special help.

Special Features

- Professional Instruction
- Daily evaluation/analysis
- Daily/weekly awards
- Take home written analysis

CAMP DIRECTORS

Billy Bolster

Tennis Ireland level 4 Performance Coach with over 40 years coaching experience. B.S.Ed. Degree in Physical Education. Captain of numerous Irish tennis teams at major international events including European Junior Championships events. Coach to Davis Cup and Federation Cup players and numerous national champions. Billy is a Tennis Ireland Tutor/ Assessor, Leinster Academy Coach, former international athlete Irish record holder for 1000m and has played International Veterans Tennis for Ireland.



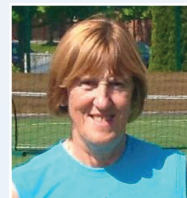
Declan Bray

Declan is a level 4 Tennis Ireland performance coach with 39 years coaching experience at all levels of the game. Declan also holds a Masters in applied sports coaching from UL and has been a tutor and course developer with both Tennis Ireland and the Irish Sports Council. He has worked as a performance director and development officer for munster and traveled with teams and players at both national and international level. He has also captained numerous provincial and international teams during his career.



Maria Bolster

Maria Bolster is a level 3 ITF/Tennis Ireland coach with over 40 years of coaching experience spanning across the USA, Spain and Ireland. She is a former Irish number one ranked player, Federation cup team member and played varsity tennis in the USA where she completed a B.S. Ed. degree in Physical Education. Maria is also co-founder of the Bolster Tennis Camp.



Tennis Camp - A pathway to Higher Performance

The following are some of Billy's players who have won Irish titles: Sinead Lohan, (Tramore) playing for Univ of Miami top ranked player in American collegiate system (NCAA) multiple Irish champion and twice ITF tour winner; Niall Murphy (Tramore) winner, European Tour Category 1 event Bologna, Italy 2003, Andrea Maughan, Tramore, National Champion U12, U14, U16; Tommy Murphy, Carlow (won tennis scholarship to Berkley University USA), National Indoor Champion U16, Irish Open Champion 2006 and 2008 National Indoor Champion; Hannah May Morrissey, Tipperary, U14 Irish Open Champion 2006; Bill Murray, Waterford, National Indoor & Outdoor Champion U12; Eoin McGovern, Kilkenny, National Matchplay Champion 2007, Finalist Fitzwilliam 2008 & National Indoor Champion 2009, National Champion U14 Fitzwilliam 2010. Morgan Lohan (Tramore) National Champion Fitzwilliam U12/U14. Rory Hogan, Irish number 1 U16 2018'

Location – Camp Facilities (beside Newpark Hotel)

Kilkenny College is recognised as being one of the finest boarding schools in Ireland with excellent student accommodation and state of the art education and sporting facilities. Camp facilities include newly surfaced all-weather (artificial grass) tennis courts, indoor and outdoor basketball/volleyball courts, all-weather hockey pitches and numerous other playing pitches.

Good Tennis – Good Times

While quality instruction is the hall mark of the Bolster Tennis Camp, recreation is also an important part of camp life. Planned evening activities guarantee that each student feels a part of our tennis family. Camp staff are always on hand to assist with organisation, etc. Movies and sports evenings are some of the recreational activities planned for this summer.

Awards/Tournaments

A graded tournament schedule provides each student with many hours of keen competition and serves as a constant source of evaluation for the coaching staff. As an incentive towards a higher level of performance, the Bolster Tennis Camp operates a daily and weekly awards system which rewards individual effort and commitment regardless of the players playing standard.

Accommodation at Kilkenny College

College dormitories will be used to house all students and meals will be served in the college cafeteria. Meals are planned to provide extra nutrition demanded by the intensive instructional programme. Bed linen will be provided. Dietary requirements are catered for once we are informed in advance. A local physician is always on call and the County Hospital is nearby.

What you need for camp

- 3/4 pairs of shorts/skirts
- Pocket money (in coins if possible)
- Swimming togs for showers
- 2 pairs of tennis shoes (if possible)
- 5+ tennis shirts (white not essential)
- Pair of flip flops/sandals for free time
- Baseball hat, shirts with collars and plenty of sunblock to protect against the sun
- Rain jacket
- Plenty of sports socks
- 2 racquets (if possible)
- Reusable water bottle
- Towels
- Coded lock (not key) if campers wish to store valuables
- Please note that due to allergies, any nut products (spreads, cereal bars, chocolate containing nuts etc) are not permitted at camp.
- Any medications should be clearly labelled with your child's name and handed in at registration to be stored safely in the camp office where necessary. Please provide details under medical information when completing registration.
- Bolster Tennis Camp hats and t-shirts will be available for purchase from the camp office.

A Typical Day for Campers

Rise	8.00am
Stretch/Warm-up/Jog	8.15am
Breakfast	8.30am
Day campers arrive	9.00am
Group instruction	9.00-12.30pm
Lunch	12.30 - 1.30pm
Group instruction/match play/ doubles clinic.....	1.45 - 5.30pm
Dinner	5.30pm
Camp meeting and daily prize giving	6.30pm
Evening sessions	7.00 - 9.00pm
The latter may be individual or small groups working with a coach. Doubles and free play also available. For those wishing to take a break from tennis other sports activities or a film will be available.	
Showers	9.00 - 9.30pm
Bed.....	10.00pm

Note: The schedule given is typical but not 'iron clad'. It may be varied at the discretion of the coaching staff in order to most effectively serve the needs of the group in attendance.

