

Kumba Tennis Academy

6th of July – 11th of July, 2015



KUTA's annual tennis camp

Last July the official launch of the Kumba Tennis Academy began with a youth camp taking place during the second week of July, 2015. The goal of the camp was to introduce tennis to local youth and teach about healthcare and nutrition. The camp was free of any cost and all materials were provided.

Every day the camp started at 09.00 a.m. sharp, with a prayer to thank god for the opportunity to play tennis. Followed by a stretching warm-up and one hour of tennis activities the children were ready for a break. During this time the staff provided clean water along with fresh fruits and biscuits to keep the children going. Afterwards it was time to learn about hygiene, malaria and nutrition, important topics for anyone living in Cameroon. Once the health session was complete, it was time for a few closing tennis activities. As the camp day came to an end we were grateful to god, and tired but satisfied we went home to rest for the next day's camp activities.

With the end of the camp there was an opportunity for the children to sign up for lessons with coach Kelvin for a small fee. The money raised will cover the costs for Kelvin to play in tournaments and continue providing future camps.



All the children and coaches



The team, Layne, Bram, Kelvin, Carly and Sam

The team

Kelvin, Sam, Carly, Layne and Bram

KUTA

Tennis lessons

After starting the day with a prayer and a warming-up by Coach Kelvin we went to business. Kelvin taught the children about the tennis game, how to hold a racket, how to move, how to behave on the courts and how to enjoy the sport.



Games

In between the tennis activities there were lots of games played to keep our bodies in shape. Games included tag, rope skipping, relay races and juggling.



Healthcare and nutrition

To do sports you need to be in good health, so everyday "aunty Layne" instructed us in one of these topics: hygiene, malaria and nutrition. We learned to wash our hands well, eat healthy foods and how to reduce the risk of getting malaria. During the lessons the camp staff passed around fresh fruits, biscuits and clean water.



Everybody is a winner!

At the end of the last day Kumba's tennis chief came to our courts to give a speech and witness the ending ceremony. During the ceremony everyone received a participation medal and their own shirts and shorts. We ended the camp with a prayer and a song led by Coach Kelvin.

Special Thanks

I hereby want to thank our sponsors from Holland who made the idea of the Kumba Tennis Academy a reality by donating equipment or funds to cover the cost. I also want to thank all the members of the team and the children who participated during the camp.

