

NAME: \_\_\_\_\_ GROUP #: \_\_\_\_\_ ROOM #: \_\_\_\_\_

**Tournament Camp**

Groups 1- 12

<u>Day/Time</u>	<u>Location</u>	<u>Activity</u>
<u>Monday</u>		
5:00-5:50	Brown Ct. #3	Introduction, skit, tennis aerobics and stretching
5:50-6:50	Swanson Center	Volleys and approach volleys
6:50-7:50	Ct. #	Groundstrokes
8:00-9:00	Norelius Lounge	TLC talk, refreshments, and entertainment
9:00-9:30	Section Lounge	Section meeting (everyone upstairs)
10:15	Lights out	
<u>Tuesday</u>		
6:30-7:00	Near 2nd floor elevator	Wake up and towel exchange
7:00-7:30	Campus Center	Breakfast
7:45-7:55	Aasen Class Room	Morning reflections
8:00-8:30	Brown Ct. #3	Clinic, aerobics, stretching, and pictures
8:30-9:15	Swanson Center	Blocks and shortened backswing returns
9:15-10:00	Ct. #	Serves
10:00-10:50	Aasen Class Room	Sportsmanship
10:50-11:40	Ct. #	Point play
11:40-12:30	Campus Center	Lunch
12:30-1:15	Swanson Center	Station drills (optional)
1:20-2:00	Swanson Center	Doubles strategy
2:00-2:40	Ct. #	Returns
2:40-3:25	Swanson Center	Videotaping and mental training
3:25-4:10	Ct. #	Approach shots
4:15-5:30	Brown, HS, Vet, Swanson and Gibbs Courts	Gustie 5's
5:30-6:00	Campus Center	Dinner
6:00-7:30	Lund Center Pool	Free time, swimming, sauna, and whirlpool (optional) (Times vary. Check hours by the Pro Shop)
6:30-7:25	Swanson Courts	Station drills and GVS (optional)
8:00-9:00	The Dive	Dance
9:00-9:30	Norelius Lounge	Camp songs with Neal
9:30-9:45	Norelius Dorm	Informal activities
9:45	Everyone upstairs	
10:30	Lights out	
<u>Wednesday</u>		
6:30-7:00	Near 2nd floor elevator	Wake up and towel exchange
7:00-7:30	Campus Center	Breakfast
7:45-7:55	Aasen Class Room	Morning reflections
8:00-8:30	Brown Ct. #3	Clinic, skit, aerobics, and stretching
8:30-9:15	Swanson Center	Angle volleys
9:15-10:00	Ct. #	Overheads and lobs
10:00-10:50	Aasen Class Room	Lifestyle analysis
10:50-11:40	Ct. #	Point play
11:40-12:30	Campus Center	Lunch
12:30-1:15	Swanson Center	Station drills (optional)
1:20-1:55	Swanson Center	Singles strategy

**Pick up your  
free t-shirt and  
water bottle in  
the pro-shop!**

1:55-2:30 Ct. # Singles patterns

**Tournament Camp** Groups 1-12

Date/Time Location Activity

Wednesday (cont.)

2:30-3:20	Swanson Center	Video analysis and mental training
3:20-4:10	Ct. #	Point play
4:15-5:30	Brown, HS, Vet, Swanson and Gibbs Courts	Gustie 5's
5:30-6:00	Campus Center	Dinner
6:00-7:30	Lund Center Pool	Free time, swimming, sauna, and whirlpool (optional) (Times vary. Check hours by the Pro Shop)
6:30-7:30	Swanson Courts	Station drills and GVS (optional)
8:15-9:15	Norelius Lounge	Variety show
9:15-9:45	Norelius Dorm	Informal activities
9:45	Everyone upstairs	
10:30	Lights out	

Thursday

6:30-7:00	Near 2nd floor elevator	Wake up and towel exchange
7:00-7:30	Campus Center	Breakfast
7:45-7:55	Aasen Class Room	Morning reflections
8:00-8:30	Brown Ct. #3	Clinic, skits, aerobics, and stretching
8:30-9:15	Swanson Center	To be determined
9:15-10:00	Ct. #	Strategy review and/or combination drills
10:00-10:50	Aasen Classroom	Mental training and camp evaluations
10:50-11:40	Swanson Center	Station drills and GVS
11:40-12:25	Campus Center	Lunch
12:30-1:40	The Dive	Awards ceremony and final program
1:45-2:15	Norelius Dorm	Camp check out

\*\*Please leave your mattress pads, blankets, and pillows on your bed. Put wet towels, sheets, and pillowcases on the floor. Clean all garbage off the floor. Shut your windows. Return your key to the front desk. Thank you for your assistance!