



TENNIS & LIFE CAMPS

GUSTAVUS ADOLPHUS COLLEGE

*“One of the top
tennis camps in the
United States”*

-Tennis Magazine

OUR MISSION

Transforming tennis and life
through the Three Crowns

- Positive Attitude
- Full Effort
- Good SportsmanshipSM

TLC provides a unique learning experience through our Three CrownsSM training techniques. We teach concentration and relaxation techniques, confidence-building strategies, match strategies for beginners to advanced players, and mechanics you can count on when the match gets tight. What we apply on the court can be applied to every area of your life.

We do all this through first-rate instruction, humor, reflection, music, and interactions with campers on and off the court. Our instructors will not just teach you tennis and leave you once they walk off the court. They will dine with you, counsel junior campers, carry your luggage, be in a variety show act with your child, play GVS with you, and be there for you because they believe in you as a player and a person.

LET LOVE SERVE:

Steve Wilkinson's Legacy

45 years ago, TLC co-founder Steve Wilkinson believed there was a better way for superior tennis and sportsmanship to go hand-in-hand using the Three CrownsSM. This philosophy was thanks to two people in his life: Karen Gibbs and Arthur Ashe. Karen, a 19-year-old tennis champion, lost her battle to cancer but won the hearts of everyone she met by never giving up, keeping a positive attitude through brutal chemo regimens, and treating her opponents with the utmost respect, win or lose. Steve's friend, Arthur Ashe, encountered racism and prejudice but did not give in or respond in kind. Instead, he upheld the highest standards of sportsmanship while championing human rights throughout his storied career. Steve practiced these Three Crowns until his own passing in January 2015. We seek to continue that legacy in our campers and staff.

2021 Summer Camps | Our 45th Year

TENNIS & LIFE CAMPS

THE TLC THREE CROWNSSM PHILOSOPHY

Positive Attitude: Things can and will go wrong in tennis and in life. A positive attitude is not about being “happy,” but choosing the next action that will move you forward.

Full Effort: No one can make you give up. Not your coach, your parent, your boss, your opponent, or your teammate. Only you can. You have the choice to continue giving your all, regardless of circumstances.

Good Sportsmanship: Every single act of sportsmanship on and off the court can be summed up in one sentence: Treat others the way you/they want to be treated. It is always a choice and always an action.

At TLC, we teach effective techniques to focus on what is in our control on and off the court, and how to let go of what is not.

SERENITY, COURAGE, WISDOM

TLC focuses on identifying the things we can control and applying them on and off the court (The Three Crowns). Key to this is having the serenity to accept what we cannot change (winning, playing well, other people's behavior and choices, illness, life's unforeseen challenges), and having the courage to change what we can (our own actions as we face life's and tennis' challenges). Wisdom comes by knowing the difference between the two.

OUR COMMITMENT

Tennis & Life Camps reflect the mission of Gustavus Adolphus College, which welcomes people from diverse backgrounds who respect and affirm the dignity of all.

RESULTS

With our 4:1 student to instructor ratio, many state champions and countless state tournament participants have emerged from TLC with this philosophy, as have internationally ranked juniors and NCAA champions. They emerge not only as better players, but, we hope, better people.

We hone your strokes, strategy, and mental toughness by teaching a radical approach to winning more matches: take the focus off winning.



2021 CAMPS AND TENTATIVE DATES

Junior camps (ages 11-18)

Beginners (1.5) through advanced (5.5) players are divided according to age and ability. Campers focus on mechanics, strategy, and mental training.

- June 7-10
- June 14-17
- June 21-24
- June 28-July 1
- July 19-22
- July 26-29
- August 2-5

Adult camps (ages 18 and up)

Beginners through advanced players will experience point play, competitive opportunities between groups, and live ball strategy while still receiving plenty of stroke mechanic instruction in drills. Training adjusted to your present playing and conditioning level.

- June 10-13
- June 17-20

Diversity, Equity, and Inclusion Tennis camp (Invitation Only)

Based on the Winter Retreat Camp model TLC has been running since 2012, this is for groups of four incoming grade 7-9 junior campers, and one adult chaperone per group. Scholarships available for groups and/or individuals. Besides our regular TLC drills and fun activities, our off court sessions focus on how we can use the Three Crowns to become aware of and address inequitable systems of race, gender, religion, sexual orientation, and economics in the world.

- July 22-25

Tournament Players camp (ages 11-18)

Advanced players (4.0 to 5.5) who participate in USTA tournaments or rank at the top of their high school teams; players experience sustained drills, match play, strategy, and mental training.

- July 12-15

Family camps (ages 7 and up)

Beginners (1.5) through advanced (5.5) attend with other family members. Can be multi-generational. Campers are divided into groups according to age and ability. Non-tennis players may accompany their families and attend off-court sessions together. We also incorporate 10-and-under tennis drills!

- June 24-27
- July 8-11
- July 15-18
- July 29-August 1

All camps are \$625 and include lodging and all meals. \$55 early registration discount (register by Feb. 28). Up to \$80 group discounts available. Scholarships available to qualified applicants based on need and merit.

TLC will follow guidelines from public health authorities and Gustavus COVID-19 safety protocols for all 2021 summer campus. We are currently limiting camp capacity to 50% for 2021 and will expand only if it is deemed safe. We value your safety above all. If an entire summer camp would need to be cancelled, you will receive a full refund, including your registration fee. Cancellations for any other reason will follow TLC cancellation guidelines.



Make your life count.®

STAFF INFORMATION



Neal Hagberg

Director

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USPTA Elite Professional
| 2019 Recipient of the
USTA/USPTA Community

Service Award | TLC Assistant Director,
1981-2010 | Director 2011-present |
professional musician/facilitator; recipient of
two McKnight Artist Fellowships



Kinzee Salo

Assistant Director of Tennis

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USPTA Professional |
MS, Kinesiology | Assistant
Men's Tennis Coach at

Gustavus | Tucker Center for Research on
Women & Girls in Sport



Kevin Lungay

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USPTA Professional | BA
in Public Accounting | TLC

Instructor and Office Manager since 2015 |
Chaska H.S. Girl's Tennis Assistant Coach,
2018-present

Professional Staff

USPTA professionals, university, and high
school coaches | Current and former All-
America players and collegiate players



Barb & Steve Wilkinson

*Founders,
TLC*

The late Steve Wilkinson is an inductee in the
USPTA and NCAA Tennis Halls of Fame
and is a recipient of the International Tennis
Association Hall of Fame Educator's Award.
Steve and Barb Wilkinson donated Tennis
& Life Camps to Gustavus in 2010. Tennis
& Life Camps at Gustavus is committed
to providing the TLC experience to
families and youth who would otherwise
be financially unable to attend. We rely
on contributions from individuals and
organizations to help make this happen.
Thank you for considering a donation at
tennisandlifecamps.org.



LOCATION AND FACILITIES

All camps are located on the beautiful
campus of Gustavus Adolphus College,
located in Saint Peter, Minn., 65 miles
southwest of the Twin Cities on Highway
169. With 12 outdoor and 6 indoor courts,
Tennis & Life Camps at Gustavus has one
of the finest tennis facilities in the country.

REGISTER ONLINE! tennisandlifecamps.org

Follow us on Social Media!

