

NAME: _____ GROUP #: _____ ROOM #: _____

Family Camp Groups 1- 12

<u>Day/Time</u>	<u>Location</u>	<u>Activity</u>
<u>Thursday</u>		
5:45-6:30	Brown Ct. #3	Introduction, skit, tennis aerobics and stretching
6:30-7:25	Swanson Center	Volleys and approach volleys
7:25-8:20	Ct. #	Groundstrokes
8:30-9:30	Norelius Lounge	TLC talk, refreshments, entertainment, and announcements
10:00	Lights out	Quiet hours in upstairs dorm sections
<u>Friday</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 half volleys
9:15-10:00	Ct. #	Serves
10:00-10:50	Swanson Center	Singles and Doubles Demo
10:50-11:40	Ct. #	Service returns
11:40-12:30	Campus Center	Lunch
12:30-1:15	Swanson Center	Station drills (optional)
1:20-1:55	Aasen Classroom	Sportsmanship
1:55-2:30	Ct. #	Approach shots
2:30-3:20	Swanson Center	Videotaping/Mental Training
3:20-4:10	Ct. #	Point Play #1: 6 Ball Doubles
4:15-5:30	Brown Outdoor Courts	Doubles tournament (optional)
4:15-5:15	Swanson Center	Station drills (optional)
4:15-8:00	Lund Center	Free time, swimming, sauna, and whirlpool (optional) (Times vary. Check hours by the Pro Shop)
5:15-6:00	Campus Center	Dinner
6:30-7:25	Swanson Courts	Station drills and GVS (optional)
8:30-9:00	Norelius Lounge	Camp songs with Neal
10:00	Lights out	Quiet hours in upstairs dorm sections
<u>Saturday</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 Classroom	Trusting Your Second Instinct
10:50-11:40	Ct. #	Point Play #2: Doubles situations
11:40-12:30	Campus Center	Lunch
12:30-1:15	Swanson Center	Station drills (optional)
1:20-1:55	Aasen Classroom	Building Team Culture
1:55-2:30	Ct. #	Singles Strategy

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

Family Camp

Groups 1-12

<u>Day/Time</u>	<u>Location</u>	<u>Activity</u>
<u>Saturday (cont.)</u>		
2:30-3:20	Swanson Center	Video Viewing/Mental Training
3:20-4:10	Ct. #	Point Play #3: Doubles matches
4:15-5:30	Brown Outdoor Courts	Team singles or doubles tourney (optional)
4:15-5:15	Swanson Center	Station drills (optional)
4:15-7:30	Lund Center Pool	Free time, swimming, sauna, and whirlpool (optional) (Times vary. Check hours by the Pro Shop)
5:15-6:00	Campus Center	Dinner
6:30-7:25	Swanson Courts	Station drills and GVS (optional)
8:15-9:15	Norelius Lounge	Variety show
10:00	Lights out	Quiet hours in dorm sections
<u>Sunday</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, skits, aerobics, and stretching
8:30-9:15	Swanson Center	Volley contests
9:15-10:00	Ct. #	Group choice
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
12:25-1:15	Banquet Rooms	Awards ceremony and final program.
1:20-2:00	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!

TENNIS AND LIFE CAMPS

ACTIVITY AND INFORMATION LIST

Email: tennisandlifecamps@gustavus.edu

Web site: www.tennisandlifecamps.org

All year phone: 507-933-8805

The PRO SHOP is located in the center of Norelius, near the TLC entrance. 507-933-8806 ext.8806

The OFFICE is located inside and to the left of the pro shop. 507-933-8805 ext.8805

The TENNIS AND LIFE CAMPS PRO SHOP is open for your convenience from 12:00-1:15 p.m. and 4:15-10:00 p.m. On check-in and checkout days we are open all afternoon. We sell rackets, bags, grips, shock absorbers, sunscreen, lip balm, t-shirts, sweatshirts, sweatpants, hats, shoes, socks, shorts, sweatbands, instruction books, Steve Wilkinson's *Let Love Serve* book and Neal and Leandra CD's. First aid items are available. **We string racquets overnight.**



The DINING ROOM, located upstairs in the Jackson Campus Center, will be open from: 7:00 a.m. - 6:00 p.m. We have assigned meal hours. Please check your schedule.

The POST OFFICE, located on the ground level of the Jackson Campus Center, is open Monday through Friday from 8:00 a.m. - 4:30 p.m. Packages and letters can be mailed and stamps can be purchased.

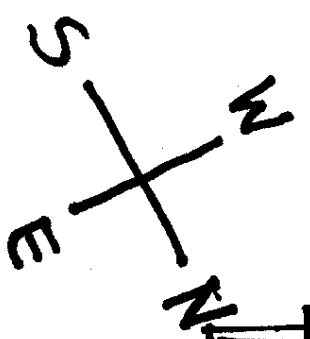
The GUSTAVUS BOOKSTORE (The Book Mark), also located on the ground level of the Jackson Campus Center, is open Monday through Friday from 9:00 a.m.-4:00 p.m. It carries gift items, greeting cards, basic supplies such as toothbrushes and aspirin, and a large variety of reading materials, including Steve Wilkinson's *Let Love Serve*.

The NORELIUS LOUNGE has a piano. The PRO SHOP LOUNGE has ping-pong and foosball tables. Balls and paddles may be checked out from the Pro Shop.

The SWIMMING POOL in Lund Center is usually open during junior camps from 4:15 - 7:30 p.m. and during adult and family camps from 4:15 – 8:00 p.m. Please check the schedule by the Pro-shop for possible variations.

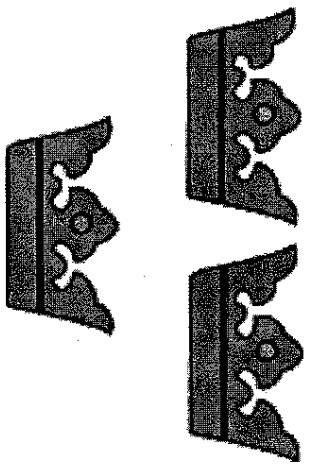
WATCH YOUR KEY! We will have to charge \$75.00 for every lost key.

Tennis and Life Camps Map



Swanson
Centers

Tennis



Pool →

Laund Center

The Dike

Dance

C Jackson Student Center

Meals

PARKING

Pro Shop

Lounge

Elevator

Garbavus

Norelius Dorm

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