

NAME: _____ GROUP #: _____ ROOM #: _____

Junior Camp

Groups 1- 12

Day/Time Location Activity

Monday

5:00-5:50	Brown Ct. #3	Introduction, skit, tennis aerobics and stretching
5:50-6:45	Swanson Center	Volleys and approach volleys
6:45-7:40	Ct. #	Groundstrokes
7:50-8:50	Norelius Lounge	TLC talk, refreshments, and entertainment
8:50-9:30	Section Lounge	Section meeting (everyone upstairs)
10:15	Lights out	

Tuesday

6:30-7:00	Near 2nd floor elevator	Wake up and towel exchange
7:00-7:25	Campus Center	Breakfast
7:40-7:55	Aasen Class Room	Morning reflections
8:00-8:30	Brown Ct. #3	Clinic, aerobics, stretching, and pictures
8:30-9:15	Swanson Center	Ground strokes and half volleys
9:15-10:00	Ct. #	Serves
10:00-10:50	Aasen Class Room	Trusting Your Second Instinct
10:50-11:40	Ct. #	Service returns
11:40-12:25	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. #	Approach shots
2:40-3:25	Swanson Center	Videotaping & Mental Training
3:25-4:10	Ct. #	Doubles strategy patterns
4:15-5:15	Brown Outdoor Courts	Doubles tournament (optional)
4:15-5:15	Swanson Center	Station drills (optional)
4:15-7:25	Lund Center Pool	Free time, swimming, sauna, and whirlpool (optional) (Times vary. Check hours by the Pro Shop)
5:00-6:00	Campus Center	Dinner
6:30-7:25	Swanson Courts	Station drills and GVS (optional)
8:00-9:00	The Dive	Dance
9:10-9:45	Norelius Lounge	Camp songs with Neal
9:45	Everyone upstairs	
10:30	Lights out	

<p>Pick up your free t-shirt and water bottle in the pro-shop!</p>

Wednesday

6:30-7:00	Near 2nd floor elevator	Wake up and towel exchange
7:00-7:25	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. #	Groundstroke strategy
10:00-10:50	Swanson Center	Videotape viewing and goal setting
10:50-11:40	Ct. #	Overheads and lobs
11:40-12:25	Campus Center	Lunch
12:30-1:15	Swanson Center	Station drills (optional)
1:20-2:00	Swanson Center	Singles strategy
2:00-2:40	Ct. #	Doubles strategy

Junior Camp Groups 1-12

Day/Time Location Activity

Wednesday (cont.)

2:40-3:25	Aasen Class Room	Tennis rules and sportsmanship
3:25-4:10	Ct. #	Singles patterns
4:15-5:30	Brown Outdoor Courts	Team singles or doubles tourney (optional)
4:15-5:15	Swanson Center	Station drills (optional)
4:15-7:25	Lund Center Pool	Free time, swimming, sauna, and whirlpool (optional) (Times vary. Check hours by the Pro Shop)
5:00-6:00	Campus Center	Dinner
6:30-7:25	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	Volley contests
9:15-10:00	Ct. #	Strategy review and/or combination drills
10:00-10:50	Aasen Classroom	Mental training
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!