

NAME: \_\_\_\_\_

GROUP #: \_\_\_\_\_

ROOM #: \_\_\_\_\_

## Adult Camp

Groups 1-12

<u>Date/Time</u>	<u>Location</u>	<u>Activity</u>
<u>Thursday</u>		
5:45-6:30	Brown Ct. #3	Introduction, skit, clinic, tennis aerobics & stretching
6:30-7:25	Swanson Center	Volleys and approach volleys
7:25-8:20	Ct. #__	Groundstrokes
8:30-9:20	Norelius Lounge	TLC talk, announcements, refreshments, & camp songs
9:30-10:45	Swanson Center	Ball machine drills & GVS doubles game (optional)
10:15	Norelius Hall	Quiet hours in upstairs lounges
<u>Friday</u>		
6:15-6:40	Near 2nd floor elevator	Wake up and towel exchange
6:40-6:55	Norelius Lounge	Morning Reflections
7:00-7:30	Student Union	Breakfast
7:30-8:00	Brown Ct. #3	Exhibition match
8:00-8:30	Brown Ct. #3	Clinic, tennis aerobics, stretching, & skit
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	Student Union	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
3:25-4:10	Ct. #	Point Play #1: 6 Ball Doubles
4:15-5:15	Brown Outdoor	Round robin doubles tourney (optional)
4:15-5:15	Swanson Center	Station drills (optional)
4:15-8:30	Lund Center	Swimming, sauna, & whirlpool
5:00-6:00	Student Union	Dinner
6:30-7:45	Swanson Center	Station drills (optional)
9:00-9:45	Norelius Lounge	Gathering with Neal (Songs and stories of Steve Wilkinson you probably don't know)
10:15	Norelius Hall	Quiet hours in upstairs lounges
<u>Saturday</u>		
6:15-6:40	Near 2nd floor elevator	Wake up and towel exchange
6:40-6:55	Norelius Lounge	Morning reflections
7:00-7:30	Student Union	Breakfast
7:30-8:00	Brown Ct. #3	Exhibition Match
8:00-8:30	Brown Ct. #3	Clinic, skit, tennis aerobics, & stretching
8:30-9:15	Swanson Center	Angle volleys
9:15-10:00	Ct. #__	Overhead/Lob
10:00-10:50	Swanson Center	The Question We All Have To Answer
10:50-11:40	Ct. #__	Point Play #2: Doubles situations



## Adult Camp

## Groups 1-12

<u>Date/Time</u>	<u>Location</u>	<u>Activity</u>
<u>Saturday</u>		
11:40-12:30	Student Union	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
2:30-3:20	Swanson Center	Video Viewing/Mental Training
3:25-4:10	Ct. #__	Point Play #3: Doubles matches
4:15-5:15	Brown Outdoor Courts	Round robin team singles or doubles tourney (optional)
4:15-5:15	Swanson Center	Station drills (optional)
4:15-8:30	Lund Center	Swimming, sauna, & whirlpool
5:00-6:00	Student Union	Dinner
6:30-7:45	Swanson Center	Station drills (optional)
8:45-10:00	Norelius Lounge	Camp social
10:15	Norelius Hall	Quiet hours in upstairs lounges
<u>Sunday</u>		
6:15-6:40	Near 2nd floor elevator	Wake up and towel exchange
6:40-6:55	Norelius Lounge	Morning reflections
7:00-7:30	Student Union	Breakfast
7:30-8:00	Brown Ct. #3	Exhibition match
8:00-8:30	Brown Ct. #3	Clinic, skit, tennis aerobics, & stretching
8:30-9:15	Swanson Center	Drop volleys and drop shots
9:15-10:00	Ct. #__	Strategy review and/or combination drills
10:00-10:45	Aasen Classroom	Mental training
10:45-11:30	Ct. #__	Station drills
11:30-12:55	Student Union	Lunch, Final Program of thoughts and suggestions, staff goodbyes.
12:55-1:40	Norelius Hall	Camp check out

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