

NAME: _____

GROUP #: _____

ROOM #: _____

Family 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
8:30-9:30	Norelius Lounge	TLC talk, announcements, refreshments, & camp songs
10:00	Norelius Hall	Quiet hours in upstairs lounges
<u>Friday</u>		
6:30-7:00	Near 2nd floor	Wake up and towel exchange
6:45-7:30	elevator Student Union	Breakfast
7:40-7:55	Aasen Classroom	Morning Reflections
8:00-8:30	Brown Ct. #3 Swanson	Clinic, tennis aerobics, stretching, & pictures
8:30-9:15	Center	Blocks and half volleys
9:15-10:00	Ct. #_____	Serves
10:00-10:50	Swanson Center	Singles/Doubles Demos
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
2:30-3:25	Swanson Center	Videotaping/Mental Training
3:25-4:10	Ct. #	Point Play #1
4:15-5:15	Brown Outdoor	Doubles tournament (optional)
4:15-5:15	Swanson Center Lund	Station drills (optional)
4:15-8:00	Center	Free time, swimming, sauna, & whirlpool
5:00-6:00	Student Union	Dinner
6:30-7:25	Swanson Center	Station drills (optional)
8:15-8:45	Norelius Lounge	Camp songs with Neal
10:15	Lights out	Quiet hours in upstairs lounges
<u>Saturday</u>		
6:30-7:00	Near 2nd floor elevator	Wake up and towel exchange
6:45-7:30	Student Union Brown	Breakfast
7:40-7:55	Aasen Classroom Brown	Morning Reflections
8:00-8:30	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	Aasen Classroom	A Question We All Have To Answer
10:50-11:40	Ct. #____	Point Play #2



Family 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
2:30-3:25	Aasen Classroom	Videoviewing/Mental Training
3:25-4:10	Ct. #___	Point Play #3
4:15-5:15	Brown Outdoor	Team singles or doubles tourney (optional)
4:15-5:15	Courts Swanson	Station drills (optional)
4:15-8:30	Center Lund Center	Free time, swimming, sauna, &
5:00-6:00	Student Union	Dinner
6:30-7:25	Swanson Center	Station drills (optional)
8:15-9:15	Norelius Lounge	Variety show
10:00	Lights out	Quiet hours in upstairs lounges
<u>Sunday</u>		
6:45-7:00	Near 2nd floor elevator	Wake up and towel exchange
6:45-7:30	Student Union	Breakfast
7:40-7:55	Aasen Classroom	Morning Reflections
8:00-8:30	Brown Ct. #3	Clinic, skit, tennis aerobics, & stretching
8:30-9:15	Swanson Center	Volley Contests
9:15-10:00	Ct. #___	Strategy review and/or combination drills
10:00-10:45	Aasen Classroom	Mental training & Camp Evaluations
10:45-11:30	Swanson Center	Station drills
11:30-12:55	Banquet Rooms	Lunch, Final Program of thoughts and suggestions, staff goodbyes.
1:00-1:40	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!