

Junior Camp

Groups 1- 12

<u>Day/Time</u>	<u>Location</u>	<u>Activity</u>
<u>Monday</u>		
5:00-5:50	Brown Ct. #3	Introduction, skit, tennis aerobics and stretching
5:50-6:50	Swanson Center	Volleys and approach volleys
6:50-7:50	Ct. #	Groundstrokes
8:00-9:00	Norelius Lounge	TLC talk, refreshments, and entertainment
9:00-9:30	Section Lounge	Section meeting (everyone upstairs)
10:15	Lights out	
<u>Tuesday</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	Ground strokes and half volleys
9:15-10:00	Ct. #	Serves
10:00-10:50	Aasen Class Room	Lifestyle analysis and mental training
10:50-11:40	Ct. #	Service returns
11:40-12:30	Campus Center	Lunch
12:30-1:15	Swanson Center	Station drills (optional)
1:20-2:00	Swanson Center	Doubles strategy
2:00-2:40	Ct. #	Groundstroke strategy
2:40-3:25	Swanson Center	Videotaping
3:25-4:10	Ct. #	Doubles strategy patterns
4:15-5:30	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	Norelius Lounge	TLC Social Hour
9:10-9:40	Norelius Lounge	Camp songs with Neal
9:45	Everyone upstairs	
10:30	Lights out	
<u>Wednesday</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. #	Approach shots
10:00-10:50	Swanson Center	Videotape viewing and goal
10:50-11:40	Ct. #	setting Overheads and lobs
11:40-12:30	Campus Center	Lunch
12:30-1:15	Swanson Center	Station drills or Campus Tour (optional)
1:20-2:00	Swanson Center	Singles strategy
2:00-2:40	Ct. #	Doubles strategy

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

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<u>Day/Time</u>	<u>Location</u>	<u>Activity</u>
<u>Wednesday (cont.)</u>		
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	
<u>Thursday</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. #	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!