

**Adult Camp****Groups 1-12****Camp #1**

<u>Date/Time</u>	<u>Location</u>	<u>Activity</u>
<u>Day #1</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, important announcements, refreshments, & entertainment
9:30-11:00	Swanson Center	Ball machine drills & doubles mixer (optional)
10:15	Norelius Dorm	Quiet hours in upstairs lounges
<u>Day #2</u>		
6:30-6:50	Near 2nd floor elevator	Wake up and towel exchange
6:50-7:00	Norelius Lounge	Morning reflections
7:00-7:40	Student Union	Breakfast
7:30-8:00	Brown Ct. #3	Exhibition match
8:00-8:30	Brown Ct. #3	Clinic, tennis aerobics, stretching, & skit
8:30-9:20	Swanson Center	Ground strokes and half volleys
9:20-10:10	Ct. #	Serves
10:10-11:00	Aasen Classroom	Life style analysis & mental training
11:00-11:50	Ct. #	Service returns
11:50-12:30	Student Union	Lunch
12:35-1:15	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
3:25-4:10	Ct. #	Doubles strategy patterns
4:15-5:30	Brown Outdoor	Round robin doubles tourney (optional)
4:15-5:15	Swanson Center	Station drills (optional)
4:15-9:00	Lund Center	Swimming, sauna, & whirlpool
5:00-6:00	Student Union	Dinner
6:30-7:45	Swanson Center	Station drills (optional)
9:00-10:00	Norelius Lounge	Talk and songs with Steve and Neal
10:15	Norelius Dorm	Quiet hours in upstairs lounges
<u>Day #3</u>		
6:30-6:50	Near 2nd floor elevator	Wake up and towel exchange
6:50-7:00	Norelius Lounge	Morning reflections
7:00-7:40	Student Union	Breakfast
7:30-8:00	Brown Ct. #3	Exhibition Match
8:00-8:30	Brown Ct. #3	Clinic, skit, tennis aerobics, & stretching
8:30-9:20	Swanson Center	Angle volleys

9:20-10:10	Ct. #	Serve & volley
10:10-11:00	Swanson Center	Videotape viewing & mental training
11:00-11:50	Ct. #	Overheads & lobs

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<u>Day #3</u>		
11:50-12:30	Student Union	Lunch
12:35-1:15	Swanson Center	Station drills (optional)
1:20-2:00	Swanson Center	Singles strategy
2:00-2:40	Ct. #	Doubles strategy
2:40-3:25	Aasen Classroom	Tennis rules & sportsmanship
3:25-4:10	Ct. #	Singles patterns
4:15-5:30	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)
9:15-10:15	Norelius Lounge	Neal Hagberg and Leandra Peak concert
10:15	Norelius Dorm	Quiet hours in upstairs lounges

Day #4

6:30-6:50	Near 2nd floor elevator	Wake up and towel exchange
6:50-7:00	Norelius Lounge	Morning reflections
7:00-7:40	Student Union	Breakfast
7:30-8:00	Brown Ct. #3	Exhibition match
8:00-8:30	Brown Ct. #3	Clinic, skit, tennis aerobics, & stretching
8:30-9:20	Swanson Center	Drop volleys and drop shots
9:20-10:10	Ct. #	Strategy review and/or combination drills
10:10-11:00	Aasen Classroom	Mental training
11:00-11:50	Swanson Center	Station drills
11:50-12:25	Student Union	Lunch
12:25-1:15	Student Union	Awards ceremony, post-camp practice suggestions, & entertainment
1:20-2:00	Norelius Dorm	Camp check out