

Tournament CampGroups 1-12Camp #1

<u>Date & Time</u>	<u>Location</u>	<u>Activity</u>
<u>Day #1</u>		
5:00-5:50	Brown Ct. #3	Introduction, skit, clinic, tennis aerobics & 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, & entertainment
9:00-9:30	Section Lounge	Section meeting (everyone upstairs)
10:15	Lights out	
<u>Day #2</u>		
6:45-7:00	Near 2nd floor elevator	Wake up and towel exchange
7:00-7:40	Student Union	Breakfast
7:45-7:55	Aasen Class Room	Morning reflections
8:00-8:30	Brown Ct. #3	Clinic, aerobics, stretching, & pictures
8:30-9:20	Swanson Center	Ground strokes and half volleys
9:20-10:10	Ct. #	Serves
10:10-11:00	Aasen Class Room	Lifestyle analysis & mental training
11:00-11:50	Ct. #	Service returns
11:50-12:30	Student Union	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
3:25-4:10	Ct. #	Doubles strategy patterns
4:15-5:45	Brown Outdoor Courts	Singles or doubles matches
4:15-5:45	Swanson Center & Gibbs	Singles or doubles matches
6:00-7:30	Lund Center	Free time, swimming, sauna, & whirlpool (optional)
5:30-6:00	Student Union	Dinner
6:30-7:30	Swanson Courts	Station drills (optional)
8:00-9:00	The Dive	Dance
9:00-9:30	Norelius Lounge	Camp songs with Neal
9:30-10:00	Norelius Dorm	Informal activities
10:00	Everyone upstairs	
10:30	Lights out	
<u>Day #3</u>		
6:45-7:00	Near 2nd floor elevator	Wake up and towel exchange
7:00-7:40	Student Union	Breakfast
7:45-7:55	Aasen Class Room	Morning reflections
8:00-8:30	Brown Ct. #3	Clinic, skit, 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 & goal setting
11:00-11:50	Ct. #	Overheads & lobs

11:50-12:30	Student Union	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

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<u>Day #3</u>		
2:40-3:25	Aasen Class Room	Tennis rules & sportsmanship
3:25-4:10	Ct. #	Singles patterns
4:15-5:45	Brown Outdoor Courts	Doubles or singles matches
4:15-5:45	Swanson Center & Gibbs	Doubles or singles matches
6:00-7:30	Lund Center	Free time, swimming, sauna, & whirlpool (optional)
5:30-6:00	Student Union	Dinner
6:30-7:30	Swanson Courts	Station drills (optional)
8:15-9:15	Norelius Lounge	Variety show
9:15-10:00	Norelius Dorm	Informal activities
10:00	Everyone upstairs	
10:30	Lights out	
<u>Day #4</u>		
6:45-7:00	Near 2nd floor elevator	Wake up and towel exchange
7:00-7:40	Student Union	Breakfast
7:45-7:55	Aasen Class Room	Morning reflections
8:00-8:30	Brown Ct. #3	Clinic, skits, aerobics, & stretching
8:30-9:20	Swanson Center	Volley contests
9:20-10:10	Ct. #	Strategy review and/or combination drills
10:10-11:00	Aasen Classroom	Mental training & camp evaluations
11:00-11:50	Swanson Center	Station drills
11:50-12:25	Student Union	Lunch
12:30-1:40	The Dive	Awards program, post-camp practice suggestions, & entertainment
1:45-2:15	Norelius Dorm	Camp check out