

NAME: _____

GROUP #: _____ ROOM #: _____

Junior Camp**Groups 1-12**

<u>Date/Time</u>	<u>Location</u>	<u>Activity</u>
Monday		
5:00pm-5:50pm	Brown Ct. #3	Introduction, Skit, Clinic, Tennis Aerobics & Stretching
5:50pm-6:45pm	Swanson Center	Volleys and Approach Volleys
6:45pm-7:40pm	Ct. #___	Groundstrokes
7:45pm-8:45pm	Norelius Hall	Opening Night Program
10:15pm	Norelius Hall	Quiet Hours in Upstairs Lounges

Tuesday

6:15am-6:40am	Near 2nd Floor Elevator	Wake Up and Towel Exchange
6:50am-7:25am	Student Union	Breakfast
7:30am-7:50am	Student Union - Center for Inclusive Excellence	Morning Reflections
8:00am-8:30am	Brown Ct. #3	Clinic, Tennis Aerobics, Stretching, Group Photo
8:30am-9:15am	Swanson Center	Blocks and Half Volleys
9:15am-10:00am	Ct. #___	Serves
10:00am-10:45am	Swanson Center	Sportsmanship
10:45am-11:30am	Ct. #___	Service Returns
11:30am-12:20pm	Student Union	Lunch
12:30pm-1:15pm	Swanson Center	Station Drills (optional)
1:20pm-2:00pm	Swanson Center Ct. #1	Doubles Demonstration
2:00pm-2:40pm	Ct. #___	Approach Shots
2:40pm-3:25pm	Swanson Center	Videotaping/Mental Training
3:25pm-4:10pm	Ct. #___	Point Play
4:15pm-5:30pm	Brown Outdoor	Doubles Tournament (optional)
4:15pm-5:15pm	Swanson Center	Station Drills (optional)
4:15pm-8:00pm	Norelius Hall	Free Time (optional)
5:00pm-6:00pm	Student Union	Dinner
6:30pm-7:30pm	Swanson Center	Station Drills/GVS/Free Time (optional)
8:00pm-9:30pm	Norelius Hall	Social Hour and Camp Songs
10:15pm	Norelius Hall	Quiet Hours in Upstairs Lounges

Wednesday

6:15am-6:45am	Near 2nd floor elevator	Wake Up and Towel Exchange
6:50am-7:25am	Student Union	Breakfast
7:30am-7:50am	Student Union - Center for Inclusive Excellence	Morning Reflections
8:00am-8:30am	Brown Ct. #3	Clinic, Skit, Tennis Aerobics, & Stretching
8:30am-9:15am	Swanson Center	Angle Volleys
9:15am-10:00am	Ct. #___	Groundstroke Strategy
10:00am-10:45am	Aasen Classroom	Classroom Session - Three Crowns
10:45am-11:30am	Ct. #___	Lobs and Overheads

Wednesday

11:30am-12:20pm	Student Union	Lunch
12:30pm-1:15pm	Swanson Center	Station Drills (optional)
1:20pm-2:00pm	Swanson Center	Singles Strategy Demonstration
2:00pm-2:40pm	Ct. #___	6-Ball Doubles
2:40pm-3:25pm	Swanson Center	Video Viewing/Mental Training
3:25pm-4:10pm	Ct. #___	Singles Strategy
4:15pm-5:30pm	Brown Outdoor Courts	Team Singles or Doubles Tournament (optional)
4:15pm-5:15pm	Swanson Center	Station Drills (optional)
4:15pm-7:30pm	Norelius Hall	Free Time (optional)
5:00pm-6:00pm	Student Union	Dinner
6:30pm-7:30pm	Swanson Center	Station drills/GVS/Free Time (optional)
8:10pm-9:00pm	Norelius Hall	Variety Show
10:15pm	Norelius Hall	Quiet hours in upstairs lounges

Thursday

6:15am-6:40am	Near 2nd floor elevator	Wake Up and Towel Exchange
6:50am-7:25am	Student Union	Breakfast
7:30am-7:50am	Student Union - Center for Inclusive Excellence	Morning Reflections
8:00am-8:30am	Brown Ct. #3	Clinic, Tennis Aerobics, Stretching, & Skit
8:30am-9:15am	Swanson Center	Volley Contest
9:15am-10:00am	Ct. # ___	Strategy Review and Group Choice
10:00am-10:45am	Aasen Classroom	Classroom Session
10:45am-11:30am	Swanson Center	Station Drills
11:30am-12:15	Student Union	Lunch
12:20pm-1:15pm	Student Union - Center for Inclusive Excellence	Final Program
1:15pm-2:00pm	Norelius Hall	Camp Check Out