



TENNIS & LIFE CAMPS

OUR MISSION: Transforming tennis and life through the Three Crowns • Positive Attitude • Full Effort • Good SportsmanshipSM

TLC provides a unique learning experience through our Three CrownsSM training techniques. We teach concentration and relaxation methods, confidence-building strategies, match strategies for beginners to advanced players, and mechanics you can count on when the match gets tight. What we apply on the court can be applied to every area of your life. We call these the Three Crowns: Positive Attitude • Full Effort • Good SportsmanshipSM.

We do all this through first-rate instruction, humor, reflection, music, and interactions with campers on and off the court. Our instructors will not just teach you tennis and leave you once they walk off the court. They will dine with you, counsel junior campers, carry your luggage, be in a variety show act with your child, play GVS with you, and be there for you because they believe in you as a player and a person.

LET LOVE SERVE: Steve Wilkinson's Legacy

48 years ago, TLC co-founder Steve Wilkinson believed there was a better way for superior tennis and sportsmanship to go hand-in-hand using the Three CrownsSM. This philosophy was thanks to two people in his life: Karen Gibbs and Arthur Ashe. Karen, a 19-year-old tennis champion, lost her battle to cancer but won the hearts of everyone she met by never giving up, keeping a positive attitude through brutal chemo regimens, and treating her opponents with the utmost respect, win or lose. Steve's friend Arthur Ashe encountered racism and prejudice but did not give in or respond in kind. Instead, he upheld the highest standards of sportsmanship while championing human rights throughout his storied career. Steve practiced these Three Crowns until his own passing in January 2015. We seek to continue that legacy in our campers and staff.



LOCATION AND FACILITIES

All camps take place on the beautiful campus of Gustavus Adolphus College, located in Saint Peter, Minn., 65 miles southwest of the Twin Cities on Highway 169. With 12 outdoor and 6 indoor courts, Tennis & Life Camps at Gustavus has one of the finest tennis facilities in the country.

NONPROFIT

Steve and Barb Wilkinson donated Tennis & Life Camps to Gustavus in 2010. Tennis & Life Camps at Gustavus is committed to providing the TLC experience to families and youth who would otherwise be financially unable to attend. We rely on contributions from individuals and organizations to help make this happen. Thank you for considering a donation at tennisandlifecamps.org.



**TENNIS &
LIFE CAMPS**
GUSTAVUS ADOLPHUS COLLEGE

Tennis & Life Camps
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Saint Peter, MN 56082
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REGISTER ONLINE!
tennisandlifecamps.org



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2024 Summer Camps

**TENNIS &
LIFE CAMPS**
OUR 48TH YEAR

*"One of the top tennis camps in
the United States" -Tennis Magazine*

GUSTAVUS 
GUSTAVUS ADOLPHUS COLLEGE

Make your life count.®

THE TLC THREE CROWNSSM PHILOSOPHY

Positive Attitude: Things can and will go wrong in tennis and in life. A positive attitude is not about being “happy,” but choosing the next action that will move you forward.

Full Effort: No one can make you give up. Not your coach, your parent, your boss, your opponent, or your teammate. Only you can. You have the choice to continue giving your all, regardless of circumstances.

Good Sportsmanship: Every single act of sportsmanship on and off the court can be summed up in one sentence: Treat others the way you/they want to be treated. It is always a choice and always an action.

At TLC, we teach effective techniques to focus on what is in our control on and off the court, and how to let go of what is not.

SERENITY, COURAGE, WISDOM

TLC focuses on identifying the things we can control and applying them on and off the court (the Three Crowns). Key to this is having the serenity to accept what we cannot change (winning, playing well, other people’s behavior and choices, illness, life’s unforeseen challenges), and having the courage to change what we can (our own actions as we face challenges in life and in tennis). Wisdom comes by knowing the difference between the two.

OUR COMMITMENT

Tennis & Life Camps reflect the mission of Gustavus Adolphus College, which welcomes people from diverse backgrounds who respect and affirm the dignity of all.

RESULTS

With our 4:1 student-to-instructor ratio, many state champions and countless state tournament participants have emerged from TLC with this philosophy, as have internationally ranked juniors and NCAA champions. They emerge not only as better players, but, we hope, better people.

We hone your strokes, strategy, and mental toughness by teaching a radical approach to winning more matches: take the focus off winning.



2024 CAMPS AND DATES

Junior Camps (ages 11-18)

Beginners (1.5) through advanced (5.5) players are divided according to age and ability. Campers focus on mechanics, strategy, and mental training.

- June 3-6
- June 10-13
- June 17-20
- June 24-27
- June 27-30
- July 8-11
- July 29-August 1

Adult Camps (ages 18 and up)

Beginners through advanced players will experience point play, competitive opportunities between groups, and live ball strategy while still receiving plenty of stroke mechanic instruction in drills. Training adjusted to your present playing and conditioning level.

- June 6-9
- June 13-16
- June 20-23

Family Camps (ages 7 and up)

Beginners (1.5) through advanced (5.5) attend with other family members. Can be multi-generational. Campers are divided into groups according to age and ability. Non-tennis players may accompany their families and attend off-court sessions together. We also incorporate 10-and-under tennis drills!

- July 11-14
- July 25-28
- August 1-4

Tournament Players Camp (ages 11-18)

Advanced players (4.0 to 5.5) who participate in USTA tournaments or rank at the top of their high school teams; players experience sustained drills, match play, strategy, and mental training.

- July 15-18
- July 18-21



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All camps are \$715 and include lodging and all meals. \$60 early registration discount (register by March 1). Up to \$80 group discounts available. Scholarships are available to qualified applicants based on need and merit. To find out more, please visit our website at tennisandlifecamps.org.

STAFF INFORMATION



Neal Hagberg

Director

nhagberg@gustavus.edu

USPTA Elite Professional | 2019
Recipient of the USTA/USPTA
Community Service Award | TLC

Assistant Director, 1981–2010 | Director 2011–
present | professional musician/facilitator; recipient
of two McKnight Artist Fellowships



Cal Carlson

Assistant Director of Operations

calleighcarlson@gustavus.edu

USPTA Professional | BA in
Communication Studies and Religion
| Assistant Women’s Tennis Coach
at Gustavus | TLC Instructor and

Supervisor since 2015.



Liz Retzlaff

*Assistant Director of Tennis
Programming*

TLC Instructor since 2004 |
BS in Exercise Science and Coaching
| MS in Physical Education-

Outdoor Adventure Education | High School
Physical Education Teacher and Coach

Professional Staff

USPTA professionals, university, and high school
coaches | Current and former All-America players
and collegiate players



Barb & Steve Wilkinson

Founders, TLC

The late Steve
Wilkinson is an
inductee in the

USPTA and NCAA Tennis Halls of Fame and is a
recipient of the International Tennis Association Hall
of Fame Educator’s Award.