

NAME: _____ GROUP #: _____ ROOM #: _____

Adult Camp

Groups 1-12

Date/Time

Location

Activity

Thursday

5:45pm-6:30pm	Brown Ct. #3	Introduction, Skit, Clinic, Tennis Aerobics & Stretching
6:30pm-7:25pm	Swanson Center	Volleys and Approach Volleys
7:25pm-8:20pm	Ct. #___	Groundstrokes
8:30pm-9:30pm	Norelius Hall	Opening Night Program
9:40pm-10:45pm	Swanson Center	Station Drills
10:15pm	Norelius Hall	Quiet Hours in Upstairs Lounges

Friday

6:15am-6:40am	Near 2nd Floor Elevator	Wake Up and Towel Exchange
6:45am-7:00am	Norelius Lounge	Morning Reflections
7:00am-7:30am	Student Union	Breakfast
7:30am-8:00am	Brown Ct. #3	Instructor Exhibition Matches
8:00am-8:30am	Brown Ct. #3	Clinic, Tennis Aerobics, Stretching, & Skit
8:30am-9:15am	Swanson Center	Blocks and Half Volleys
9:15am-10:00am	Ct. #___	Serves
10:00am-10:45am	Swanson Center	Singles and Doubles Demo
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	Aasen Classroom	Classroom Session - Sportspersonship
2:00pm-2:40pm	Ct. #	Approach Shots
2:40pm-3:25pm	Swanson Center	Videotaping/Mental Training
3:25pm-4:10pm	Ct. #	Point Play #1: 6 Ball Doubles
4:15pm-5:30pm	Brown Outdoor	Doubles Tournament (optional)
4:15pm-5:15pm	Swanson Center	Station Drills (optional)
5:00pm-6:00pm	Student Union	Dinner
6:30pm-7:30pm	Swanson Center	Station Drills/GVS/Free Time (optional)
9:00pm-9:40pm	Norelius Lounge	Very very very quiet songs with Neal (bring your pillow and beverage)
10:15pm	Norelius Hall	Quiet Hours in Upstairs Lounges

Saturday

6:15am-6:40am	Near 2nd Floor Elevator	Wake Up and Towel Exchange
6:45am-7:00am	Norelius Lounge	Morning Reflections
7:00am-7:30am	Student Union	Breakfast
7:30am-8:00am	Brown Ct. #3	Instructor Exhibition Matches
8:00am-8:30am	Brown Ct. #3	Clinic, Tennis Aerobics, Stretching, & Skit
8:30am-9:15am	Swanson Center	Angle Volleys
9:15am-10:00am	Ct. #___	Overhead/Lob
10:00am-10:45am	Aasen Classroom	Classroom Session
10:45am-11:30am	Ct. #___	Point Play #2: Doubles Situations

Saturday

11:30am-12:20pm	Student Union	Lunch
12:30pm-1:15pm	Swanson Center	Station Drills (optional)
1:20pm-2:00pm	Swanson Center	Classroom Session
2:00pm-2:40pm	Ct. #___	Singles Strategy
2:40pm-3:25pm	Swanson Center	Video Viewing/Mental Training
3:25pm-4:10pm	Ct. #___	Point Play #3: Doubles Matches
4:15pm-5:30pm	Brown Outdoor Court	Team Singles Tournament (optional)
4:15pm-5:15pm	Swanson Center	Station Drills (optional)
5:00pm-6:00pm	Student Union	Dinner
6:30pm-7:30pm	Swanson Center	Station drills/GVS/Free Time (optional)
8:45pm-10:00pm	Norelius Hall	Social Hour
10:15pm	Norelius Hall	Quiet hours in upstairs lounges

Sunday

6:15am-6:40am	Near 2nd Floor Elevator	Wake Up and Towel Exchange
6:45am-7:00am	Norelius Lounge	Morning Reflections
7:00am-7:30am	Student Union	Breakfast
7:30am-8:00am	Brown Ct. #3	Instructor Exhibition Match
8:00am-8:30am	Brown Ct. #3	Clinic, Tennis Aerobics, Stretching, & Skit
8:30am-9:15am	Swanson Center	Drop Shots
9:15am-10:00am	Ct. # __	Strategy Review and/or Combination Drills
10:00am-10:45am	Aasen Classroom	Classroom Session
10:45am-11:30am	Swanson Center	Station Drills
11:30am-12:55pm	Student Union	Lunch/Final Program
12:55pm-1:40pm	Norelius Hall	Camp Check Out