

Adult Excellence Camp

With Coach Bill Wright

April 21-22, 2010

May 19-20, 2010

Wednesday 9:00 am - 11:30 am

Thursday 9:00 am - 11:30 am

(Select one or both of the above days)

Camp Benefits

- League Tennis preparation
- Conditioning
- Emphasis on match-play strategies
- Stroke Development
- Doubles, Positioning, Specialty Shots
- All levels 3.0 to 4.5 welcome

Coaching Staff

Serena Quarelli

Gretchen Schantz

Bob Helmig



**Tucson Racquet and
Fitness Club**

4001 N. Country Club Rd. Tucson, AZ. 85716
(520) 795-6960

2010 Adult Excellence Camp

Mail to: Matt Gleason / Tucson Racquet Club
4001 N. Country Club Rd. / Tucson, AZ 85716
(520) 795-6960

Name: _____

Email: _____

Ph: _____ NTRP Level: _____

Member Number: _____

Check the dates and day(s) you want to attend

April 21-22 Wed Thur

May 19-20 Wed Thur

Please register by Monday of that week!

Cost

Member: \$35.00 / day

Non-member: \$45.00 / day

Typical Daily Schedule

9:00-9:10 Warm up run/stretch

9:15-9:40 Groundstrokes

- 1.) Instructor rotation hitting
- 2.) Instruction / conditioning
- 3.) Point situation drills - singles

9:45-10:10 Volley / OH / Etc.

- 1.) Instructor rotation hitting
- 2.) Approach shots / volleys
- 3.) Overheads
- 4.) Point situation drills – doubles

10:15-10:40 Serve / Serve returns

10:45-11:30 Live Ball Drills / Match play