

# Adult Excellence Camp

## With Coach Bill Wright

February 23-24, 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

Brian Ramirez

Zoli Vary



**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: \_\_\_\_\_

**Please check the day(s) you want to attend  
(Feb. 23 and 24)**

Wed

Thur

**Please register by February 21st!**

### 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