

2011

SPRING ARBOR UNIVERSITY

TENNIS CAMP

AGES 7-14
COST: \$95

REGISTER ONLINE AT
SAUCOUGARS.COM

A \$50 DEPOSIT IS REQUIRED TO RESERVE
SPOT. CHECKS SHOULD BE MADE OUT TO
SPRING ARBOR UNIVERSITY AND MAILED TO:

SPRING ARBOR UNIVERSITY
106 E. MAIN ST | SPRING ARBOR, MI 49283



FOR MORE INFORMATION
VISIT SAUCOUGARS.COM
or e-mail camp coach Terry Darling
at terry.darling@arbor.edu

JUNE 27-30

BOYS AND GIRLS DAY CAMP

MONDAY-THURSDAY*

9:00 a.m.-12:00 p.m.

Check-in: June 27 at 8:30 a.m. at the SAU tennis courts

OPTIONAL SWIMMING MONDAY-WEDNESDAY

12:00-1:00 p.m. at Spring Arbor University Fieldhouse

FREE T-SHIRT

* WEATHER MAKE-UP DAY IS FRIDAY, JULY 1

FEATURES

This high-intensity camp will focus on the fundamentals of tennis and will help improve each camper's understanding of the game. Athletes will be challenged through a variety of drills designed to develop age-appropriate skills and proper technique of the forehand, backhand, volley, overhead and serve. Players will also be involved in supervised play with a staff of SAU coaches and current SAU players offering individual instruction focusing on:

Match Play

Proper Technique

Court Positioning

Footwork

Tennis Strategies

Conditioning & Strength Training