



Herrmann Tennis Academy

2009 Summer Camp

at Western Michigan University



Weekly Camp Schedule

Sunday	3-5pm	Welcome Check-In & Registration
	5-6pm	Group Meeting Topic: <i>"How to Use this Training Camp to Improve Your Game"</i>
	6-7pm	Dinner
	7-9pm	Group Activity Bowling / Mini-Golf
Mon-Thurs		See Daily Schedule
Friday		Day-Long Tournament
Saturday	9-11:30 am	* Morning Session Only*
	11:30	Shower / Pack
	Noon	Player Pick-up

Multiple Sessions: Players staying for consecutive weeks of camp will do a full day session on Sunday and then join the incoming group for dinner on Sunday.

Three weekly sessions to choose from:

1. June 21 - June 27

2. July 12 - July 18

3. July 19 - July 25



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Daily Camp Schedule

7:00-8:30am	Wake up / Breakfast / Prepare for Morning Tennis
8:30-Noon	Greeting / "Theme of the Day" / Stretching / Physical Warm-up Group Placements Group Drills and Supervised Match Play
Noon-2:00pm	Lunch / Off / Rest Time / Privates
2:00-5:00pm	Group Drills and Instruction Davis Cup Match Play Fitness / Off Court Training
5:00 -6:00pm	Free time / Rest / Privates
6:00-7:30pm	Dinner
7:30-9:30pm	Evening Activities include: Bowling, swimming, go carts, movies, team dogeball, lighted tennis
9:30pm	12 & Under Bedtime
10:30pm	13-18 Bedtime