

## Weekly Camp Schedule

<b>Sunday</b>	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
<b>Mon-Thurs</b>		See Daily Schedule
<b>Friday</b>		Day-Long Tournament
<b>Saturday</b>	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:

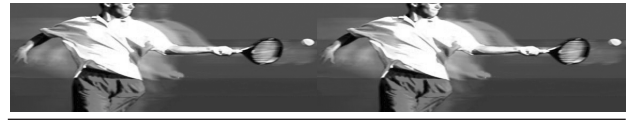
1. July 11 - July 17
2. July 18 - July 24
3. July 11 - July 24



Herrmann Tennis Academy

# 2010 Summer Camp

at Western Michigan University



## 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