



University of Wisconsin-La Crosse

UW-L Athletic Camps & Clinics
25 Mitchell Hall
1725 State Street
La Crosse, WI 54601

Non-profit Org.
U.S. Postage
PAID
La Crosse, Wis.
Permit No. 545

UW-LA CROSSE ACE TENNIS CAMPS 2009

UW-La Crosse is an affirmative action/equal opportunity employer and is in compliance with Title IX and Section 504. Advise us at time of registration if you desire special accommodations. Requests will be kept confidential.

This publication was not produced at taxpayer expense.

University of Wisconsin-La Crosse ACE TENNIS CAMPS 2009



UW-LA CROSSE

ACE TENNIS CAMPS 2009



For boys and girls
entering grades 6-12

ACE I: Middle School

ACE II: High School

ACE III: Tournament Players

June 21-24, 2009



UW-LA CROSSE ACE TENNIS CAMPS 2009

It takes skill, conditioning, mental toughness, and determination to excel at any sport. ACE (All-Around Court Excellence) Tennis Camps offer campers an opportunity to learn the secrets of successful tennis, all the while making sure tennis stays fun for lifelong enjoyment. Tennis provides rich physical, emotional and intellectual benefits, and ACE Tennis Camps take every step possible to accelerate a child's love for tennis in a way that's both educational and enjoyable.

Campers get personal attention from instructors in learning a variety of tennis skills, strategies, and drills as well as techniques for conditioning, mental toughness and strength training. ACE Tennis Camps offer a variety of instructional programs to best meet the needs of every camper.

HOW CAMP WORKS

Upon arrival, campers are evaluated on-court and placed in one of three instructional programs.

ACE I *Middle School - learning the game, starting to compete:* Campers get the basics of match play and an understanding of fundamentals as well as concentrating on building good strokes and habits.

ACE II *High School - for players who aspire to make their high school team or move up the ladder:* Giving the player the best possible chance to succeed is a priority. Emphasis on improving the quality of match play, improving strokes, and building confidence. Singles and doubles strategies and tactics are covered, as well as mental toughness and physical conditioning.

ACE III *Tournament Players - juniors seeking better tournament results as well as elite high school players:* Players are given advanced drills, strategies, and physical training to further their match success. Strokes are fine tuned and built into powerful and consistent weapons.

Facilities and Recreation

UW-La Crosse is located in the Mississippi River Valley. The city is a popular vacation spot for families and provides a variety of activities. There are 16 outdoor courts on the UW-La Crosse campus, and six indoor courts. Campers will be provided the opportunity for a variety of recreational activities during the off-court evening hours. UW-L has swimming pools, basketball and volleyball courts, and many other activities.

Camp Highlights

- Individual Instruction
- Excellent Instructors
- Video analysis
- Ball machine work
- Unlimited on-court time (5 hours minimum daily)
- Match and tournament play
- Camp t-shirt, photo and certificate

Typical Daily Schedule

- 7:30 Breakfast
- 8:30 Stretching, warm-up at courts
- 8:45 Tennis program
- 11:45 Lunch
- 1:00 Weight training
- 2:00 Tennis program
- 4:15 Commuter campers excused for the day
- 5:00 Dinner
- 6:30 Optional tennis, rest
- 7:00 Camp evening activities
- 10:30 Campers to rooms

What to Bring

Resident campers should bring:

- racquets
- court shoes
- other shoes/sandals
- workout clothes
- warm-up clothes
- casual clothes
- electric fan
- swimsuit and towel
- blanket and pillow
- spending money
- toiletries
- food and drinks

UW-La Crosse furnishes two sheets and a pillowcase.

Camp Staff

Coach Bill Hehli directs ACE tennis camps. He is the men's and women's tennis coach at UW-La Crosse. Coach Hehli was a nationally ranked collegiate player and has coached highly successful teams and All-American players in his career. He has been involved with ACE camps for 18 years. His knowledge, interest and enthusiasm for tennis gives players a unique tennis experience and helps them reach their tennis potential. Coach Hehli is joined by outstanding coaches with several years of coaching experience, as well as players from collegiate teams. Campers are given top rate supervision around the clock, and are provided immediate first aid and transportation to local medical facilities in case of an emergency.

Registration, Lodging & Meals

Costs for each camp is \$385 for resident campers; \$260 for commuters. Resident fees include the tennis program, all meals (Sunday dinner through Wednesday lunch), housing in a university residence hall, and other activities. Campers are housed two to a room in campus residence halls which are supervised by counselors and coaches. Commuters receive noon lunches. A \$50 non-refundable deposit must accompany the registration form. The balance is due at check-in. Check-in is held Sunday from 1:00-2:30 p.m., in the residence hall. On-court activities follow from 3:30-6:00 p.m. on Sunday afternoon.

The registration deadline is one week prior to the start date of camp. After that date, call (608) 785-6544 to check availability. Registration confirmation and check-in information will be sent in late May.

Insurance

All camp participants are covered by UW System limited insurance for injury sustained during supervised camp activities. UW-La Crosse is not liable for medical expenses incurred that are not covered by this insurance policy.



Registration form. Please print clearly.

UW-LA CROSSE ACE TENNIS CAMPS 2009

Check appropriate blanks:

____ Resident camper (\$385) ____ Commuter (\$260)
(\$50 non-refundable deposit required)

Tennis ability:

____ Middle School ____ High School ____ Advanced

Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone _____ Gender _____

E-mail _____

School _____ Coach _____

I will enter grade _____ in Fall '09

roommate preference (residents only)

Custodial parent at time of camp:

first and last name(s)

address, if different from above

Adult T-shirt size (circle one): S M L XL

Amount Enclosed: \$ _____ (Minimum of \$50 non-refundable deposit must accompany registration form)

Make checks payable to: UW-La Crosse. Mail payment and completed registration form to:

UW-La Crosse Athletic Camps & Clinics
25 Mitchell Hall
La Crosse, WI 54601

Or register online via credit card at:

www.uwlcamps.com

Online registration is provided by Camp Registry. Online service charges apply and are not refundable by UW-La Crosse.