Wardlaw Elite Prospects Camp for Girls Session 4

The Elite Tennis Camp offers a high intensity three day program designed for top junior girls. The goal of the camp is to continue your development as a player while immersing you in a competitive college tennis environment. While technique will be evaluated and addressed, the aim of the camp is to focus on how to play. All technique and drill work takes place in a tactical framework. Players will be exposed to all aspects of tennis training.

**Eligibility** Girls
ages 12-18

**Check- In/Out**
Check-In & Check Out will take place at Andrews Dining Hall located on the Pembroke Campus. See “Residential Drop-Off & Parking Map” included below.

- Check-in will run from 12 - 1 pm on Monday, July 25, 2016.
- Check-out will run from 12:30 – 1:00 pm on Wednesday, July 27, 2016.

**Commuter Information**

<table>
<thead>
<tr>
<th></th>
<th>Arrive</th>
<th>Location</th>
<th>Depart</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>12-1pm</td>
<td>Andrews Dining Hall</td>
<td>8:30pm</td>
<td>Nelson Fitness Center</td>
</tr>
<tr>
<td>Day 2</td>
<td>8:20am</td>
<td>Nelson Fitness Center</td>
<td>8:00pm</td>
<td>Nelson Fitness Center</td>
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<tr>
<td>Day 3</td>
<td>8:20am</td>
<td>Nelson Fitness Center</td>
<td>12:30 pm</td>
<td>Nelson Fitness Center</td>
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**Early/Late Arrivals**

While we strongly recommend arriving to check in during the designated timeframe, we understand things come up. If you are unable to arrive on campus during the above mentioned check-in times, please email sportscamps@brown.edu to arrange your arrival plans.

**Local Taxi Services**

- Corporate Transportation (877) 231-2228
- Checker Cab (401) 944-2000
- Airport Express (401) 521-4200
- Providence is an Uber friendly city

The best place to have the taxi/Uber drop you off/pick you up is 95 Cushing Street Providence, RI 02906. This will take the driver to the drop-off/pick-up area right next to the Andrews Dining Hall quad.
Brown Sports Camps  
Residential Drop-off & Parking Map

**Check-In Location**  
Check-in will take place at Andrews Dining Hall located on the Pembroke Campus (please use 95 Cushing Street Providence, RI 02906) for GPS reference. For directions to Andrews Dining Hall please click [here](#). We encourage campers to find parking on one of the surrounding streets and follow the path provided on the map below to the dining hall.  
**Note:** After typing address into your GPS double check to make sure the zip code is **02906**.

**Street Parking**  
On street parking is available on the roads surrounding Andrews Dining Hall (Bowen Street, Meeting Street, Brown Street, Cushing Street). Walk down Cushing Street into the Pembroke Campus and Andrews Dining Hall is on the Left. If you choose to use street parking without meters, please pay attention to posted signage.  
(Brown Sports Camps is not responsible for parking tickets received during camp.)

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![Path to Check-In](#) 
**Check-in location**  
(Andrews Dining Hall)
Wardlaw Elite Prospects Camp for Girls Session 4

Meals

Campers will eat at a Brown University Dining Hall. All meals will be provided for both residential and commuter campers. Please eat lunch on your own on the first day of camp, as lunch will not be provided after check-in.

Local Hotels

<table>
<thead>
<tr>
<th>Suggested Hotels for Parents/Guardians (Ask for Brown Athletic Rate)</th>
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<tbody>
<tr>
<td>• Providence Biltmore (800-294-7709)</td>
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<tr>
<td>• Providence Courtyard by Marriott (401-272-1191)</td>
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<tr>
<td>• Wyndham Garden Providence (401-272-5577)</td>
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<tr>
<td>• Omni Providence Hotel (401-598-8000)</td>
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<tr>
<td>• Providence Marriott (401-272-2400)</td>
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<tr>
<td>• Hotel Providence (401-861-8000)</td>
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<tr>
<td>• Hampton Inn (401-608-3500)</td>
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<tr>
<td>• Saunders Inn at Brown (401-863-7500)</td>
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</tbody>
</table>

Housing

Please visit our Housing page for information about living in a residence hall, arriving to campus, and what to bring to campus. Please note that linens (Twin Extra-Long) and pillows are not provided for campers.

What to Bring

<table>
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<tr>
<th>Rackets (Recommended 3 freshly strung)</th>
<th>Tennis Clothes</th>
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<tbody>
<tr>
<td>Water container (each camper will bring their own water to the courts each session)</td>
<td>Spending money</td>
</tr>
<tr>
<td>Pillow (Resident)</td>
<td>Towels</td>
</tr>
<tr>
<td>Toiletry items (Resident)</td>
<td>Fan (Residence halls are not air conditioned)</td>
</tr>
<tr>
<td>Sheets (Twin XL) (Resident)</td>
<td></td>
</tr>
</tbody>
</table>
Brown University Summer Sports Camps

You will receive a personalized email outlining a checklist of items that need to be completed in order for you to attend the program. As you work through the steps it is recommended that campers and parents write down all usernames and passwords. Included in the checklist are forms completion and an online tutorial that reviews Brown’s values and policies.

**Camp Forms**

Forms will now be submitted electronically through DocuSign, an electronic signature provider, where you can digitally fill out and sign our required forms and waivers. Forms include sections for both students and parents to complete. *Forms submitted through the Wilson Collegiate Tennis Camps website do not apply to this camp*

**Required Forms**

- Sports Camps Acceptance Form  
  *(All Campers)*
- Medical Authorization Form  
  *(All Campers)*
- Medical and Immunization History – Requires a medical provider's signature  
  *(Residential Campers Only)*

**Additional Forms (if necessary)**

- Disability, Medical, and Dietary Services Request Form

**Health Insurance**

Campers are required to have a US carrier for Health Insurance; more information about our Health Insurance policy can be found on our [website](#). If a camper does not have a US carrier for Health Insurance, a limited insurance policy can be purchased [here](#) for $19.
Brown University Summer Sports Camps

Refund Policy

48-hour Registration Grace Period: If you register for a camp in error and subsequently would like to cancel your registration, you must notify us via email at sportscamps@brown.edu within 48 hours from the time you registered. A full refund will be given provided written documentation is received within the 48 hour window.

Refunds are only permitted up to 30 days before the start of camp. For commuters and day camps a refund may be granted, less a $100 administrative fee. For residential camps a refund may be granted, less a $250 administrative fee.

After the 30-day window, only requests supported with proper medical documentation demonstrating illness or injury that prevents the camper from participating in camp will receive a refund minus the administrative fees. No refunds are provided for a camper that departs camp early for any reason including injuries sustained at camp.

All requests for refunds must be submitted in writing via email at sportscamps@brown.edu and must be received no later than seven (7) days after the completion of the sports camp. Any requests submitted more than 7 days after the camp will not be accepted and you will forfeit your camp fees.

Please note: Non-refundable payments for campers who withdraw may not be converted to a donation to the University.

Camp Transfers

Campers may transfer to a different sports camp within the same sport, coaching staff without penalty provided there is available space. All requests for transfers must be submitted in writing via email at sportscamps@brown.edu. The difference in fee must be paid by the camper, or if of less value, will be refunded.

A camper’s registration may not be transferred to a camp that is not currently listed on the Sports Camps website.

Questions regarding camp logistics can be directed to: sportscamps@brown.edu

or

401-863-5988
2016 Elite Camp Schedule of Events
(subject to change)

Day One

1:10 pm Assemble in Andrews Dining Hall where check-in occurred. Bring your tennis gear (including water container) with you. Meeting with RA’s on dorm safety and rules.

1:40 pm Full camp meeting in Pizzitola Athletic Center (2nd floor Press Room); staff introduction; camp goals and rules.

TACTICS I – CHANGING DIRECTION

2:10 pm Balance, Posture & High Percentage Tennis Video/Anatomy of a Cross Court Rally

2:25 pm Warm-up – Tennis Aerobics and Speed City

2:40 pm On-court warm-up
• Mini tennis – “top of the hop” (5 minutes)
• Structured Warm-up with serves (20 minutes)
  [Burst steps/body speed/hit the spot]

3:05 pm Point play with feeds [Pre-directionals] 3 x 6 minutes
• Singles, teams of two – move up, move down, split

3:25 pm Directional Demo

3:35 pm Directionals
• Outside Groundstrokes w/ recovery 4 on ct. 4 min/side
• Inside Groundstrokes (2v1) 1.5 rotations
• Directional rallies (2v1) OS/OS/IS, OS/OS/90˚ COD

4:20 pm Directional Team Singles – move up/move down split (4 x 6 minutes)
  (receive the feed, play directionally; feed to open court)

4:45 pm Stretching and cool down

5:00 pm Dinner

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6:15 pm  Team tournament (6 teams of 5) – (one set, no ad scoring, breakers at 5/5)  Quarters and semi’s – three singles, one doubles

7:45pm  Stretching & cool down

8:00 pm  Panel Discussion – Mental Toughness Training and Team Building (3rd Floor of Pizz)

9:15 pm  Thayer Street Adventure (back to dorm by 10pm)

Day Two
TACTICS II – COURT POSITION & SPIN

7:30 am  Breakfast (V-Dub)

8:00 am  Depart for courts.

8:15 am  Speed City on Outdoor Courts

8:30 am  Baby Gator Mini-Tennis Warm-up

8:35 am  Ten Minute Warm-up

Varying Spin – Slice & Termination

8:50 am  Slice mini-tennis (Gustavus skills) 2 minute rotations
         FH→FH CC  BH→BH CC  BH→FH DL
         FH→BH DL

9:00 am  Gustavus Game tournament
         Max of 3 points, 2.5 minutes per game

9:10 am  Deep court slice points (three 4-minute games)

9:25 am  Termination Number Explanation and Emerson Court Rallies
         4 minute rallies
         1. 2→2  2. 1→1 (tempo)  3.1→2
         4. Random (1,2,slice) No more than two in a row

10:00 am  1,2,slice points. Three 4-minute games. Emerson court [Empathy]

10:30 am  Offense/Defense game. Emerson court.
Defense can only play heavy or slice. Get balls out of strike zone. If you feed, you’re on offense. Alternate every 2 feeds. Three 5-minute games.

10:55 am Doubles Evaluation – 15 Doubles Teams (no ad set + breaker)

11:30 am Cool down/stretch

11:45 am Lunch (V-Dub)

12:40 pm Free time activities – Thayer Street Shopping/Brown Bookstore/Campus tour

2:20 pm Depart for courts

2:30 pm Speed City

2:45 pm 15 minute warm-up

3:00 pm **College Doubles 101 - Circuits**
1) Serve and Volley
2) Isolation
3) Net Coverage & Transitioning
4) Return Team – Conventional & Two-back

5:00 pm Doubles Play

5:30 pm Stretching and cool down

5:45 pm Dinner (V-Dub)

6:30 pm Panel discussion on the College Recruiting Process - Pizzitola Athletic Center

College Essay discussion with Doug Brown, Brown Writing Center Director

8:00 pm Snack run and shopping on Thayer Street

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**Day Three**

7:30 am Breakfast (V-Dub)
8:00 am    Depart for courts
8:10 am    Volleys video session: McEnroe and Stefanki; Movement
8:25 am    Speed City and 10 minute warm-up

**TACTICS III – Capitalizing & Transitioning**

8:50 am    1 Player Closing Volleys (3 x 4min)
3            1 Player Closing Swinging Volleys (3 x 4 min)

9:20 am    Team Singles – Second Serve Returns (3 x 6 min)
9:45 am    Team Singles – First Serve Game (3 x 6 min)
10:05 am   1 Team Closing Volleys (3 x 6 min)
10:30 am   Team Match Finals
12:00 pm   Closing ceremonies/raffle
12:30 pm   Depart for dorm and check-out