Wardlaw Elite Prospects Camp for Girls Session 5

*We strongly encourage residential campers to arrive during the first half of check-in, as to provide ample time for registration and moving into the residence halls before the start of camp activities.*

### RESIDENTIAL CAMPER CHECK-IN/OUT (Time & Location)

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check-In</td>
<td>12:00 – 1:00 pm</td>
<td>August 3 (Friday) Andrews Dining Hall (95 Cushing Street Providence, RI 02906)</td>
</tr>
<tr>
<td>Check-Out</td>
<td>12:30 pm</td>
<td>August 5 (Sunday) Residence Hall Assigned at Check-In</td>
</tr>
</tbody>
</table>

### COMMUTER CAMPER DAILY CHECK-IN/OUT (Times & Locations)

<table>
<thead>
<tr>
<th>Day</th>
<th>Check-In Time</th>
<th>Location</th>
<th>Check-Out Time</th>
<th>Check-Out Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>12:00 – 1:00 pm</td>
<td>Andrews Dining Hall (95 Cushing Street Providence, RI 02906)</td>
<td>8:30 pm</td>
<td>Nelson Fitness Center (235 Hope Street, Providence, RI 02906)</td>
</tr>
<tr>
<td>Day 2</td>
<td>8:00 am</td>
<td>Nelson Fitness Center (235 Hope Street, Providence, RI 02906)</td>
<td>8:30 pm</td>
<td>Nelson Fitness Center (235 Hope Street, Providence, RI 02906)</td>
</tr>
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<td>Day 3</td>
<td>8:00 am</td>
<td>Nelson Fitness Center (235 Hope Street, Providence, RI 02906)</td>
<td>12:30 pm</td>
<td>Nelson Fitness Center (235 Hope Street, Providence, RI 02906)</td>
</tr>
</tbody>
</table>
WHAT TO EXPECT THE 1ST DAY OF CAMP

Check-In Location
The first step in the camp check-in process will take place at Andrews Dining Hall (95 Cushing Street Providence, RI 02906). For parking information, please see the map on the next page.

Camp Check-In
You will follow the “Brown Sports Camps” signs to Andrews Dining Hall where you will see a series of tables. You must check in at each table before you are able to participate in camp activities.

- **Table 1:** Check-in by giving the camper’s name. We will confirm that all of the required paperwork has been completed.
- **Table 2:** You will receive a dining card that will be used at all meals eaten at the dining hall.
- **Table 3:** *(Residential campers only)* Residential Life will provide you with your residence hall assignment, key, map, and instructions on how to get to the residence hall.
- **Table 4:** Coach’s Table
  *(After Commuter Campers have gone to all Camp Check-In tables, they may tour Thayer Street or relax at Nelson Fitness Center while Residential Campers are moving into residence halls)*

Meals
Meals are served in a Brown University dining hall prior to each session. Please eat lunch on your own on the first day of camp, as lunch will not be provided after check-in.

- Commuter campers will be provided lunch and dinner throughout camp.
- Residential campers will be provided all meals.
CHECK-IN PARKING MAP (Brown Sports Camps are not responsible for any ticket received while you are at camp. Please read carefully.)

Check-In Location
Andrews Dining Hall
(95 Cushing Street Providence, RI 02906)

Paid Parking
(450 Brook St, Providence, RI 02906)

Street Parking
Can be found on surrounding streets such as:
• Bowen Street
• Meeting Street
• Brown Street
• Cushing Street
Please be mindful of all posted parking restrictions and regulations that apply to surrounding streets.

Lot 10 Unloading Zone
At the intersection of Cushing Street and Brown Street there is a small parking lot that will be available for loading and unloading vehicles. Please note that space is EXTREMELY limited, so we ask that you are only in this lot to unload your vehicle and you stay with your vehicle at all times.
WHAT TO BRING (Residential)

Please visit our Housing website 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*

<table>
<thead>
<tr>
<th>Rackets</th>
<th>Tennis Clothes</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Recommended 3 freshly strung)</td>
<td></td>
</tr>
<tr>
<td>Water container</td>
<td>Spending money</td>
</tr>
<tr>
<td>(each camper will bring their own water to the courts each session)</td>
<td></td>
</tr>
<tr>
<td>Sheets [Residential Campers]</td>
<td>Pillow [Residential Campers]</td>
</tr>
<tr>
<td>(Twin XL)</td>
<td></td>
</tr>
<tr>
<td>Fan [Residential Campers]</td>
<td>Toiletries [Residential Campers]</td>
</tr>
<tr>
<td>(Dorms do not have AC)</td>
<td></td>
</tr>
</tbody>
</table>

Laundry

There are laundry facilities in the basements of all residence halls. You will need to supply your own detergent, softener, and bleach. All washers and dryers operate using Bear Bucks. To pay for laundry services, you must purchase a Bear Bucks Guest Card for $1.00 at any ValuePort machine. Money may be added to Bear Bucks cards so that you may use laundry machines, vending machines, and printers in the public computing clusters. Each washer and dryer costs $1.25 per load. It is advised to only add money in small increments, as unused funds are not refundable. ValuePort III machines are conveniently located at the Rockefeller Library, Sciences Library, Sharpe Refectory lower level, Josiah’s, Stephen Robert ’62 Campus Center, Bookstore Lobby, Emery Woolley Hall, and at 222 Richmond Street.
Wardlaw Elite Prospects Camp for Girls Session 5

SUMMER 2018

BROWN DINING SERVICES
www.brown.edu/food

VERNEY-WOOLLEY
Have your pick of entrées, soups, salads & desserts.
OPEN SUNDAY - SATURDAY
BREAKFAST: 7:30 AM - 9:30 AM
LUNCH: 11:00 AM - 2:30 PM
DINNER: 4:30 PM - 7:30 PM
Open June 2 at 7:30 AM • Closes August 11 at 9:30 AM
Holiday: Open for Brunch and Dinner on July 4

SHARPE REFECTORY
Enjoy all-you-care-to-eat service
OPEN MONDAY - FRIDAY
BREAKFAST: 7:30 AM - 9:30 AM
LUNCH: 11:00 AM - 2:30 PM
OPEN SUNDAY - THURSDAY
DINNER: 4:30 PM - 7:30 PM
Open June 17 at 4:30 PM • Closes July 27 at 2:30 PM
Holidays: Closed on July 4

BLUE ROOM
A fair-trade coffee bar with a daily selection of baked goods, soups, sandwiches, and grab-and-go items.
OPEN MONDAY-FRIDAY
BREAKFAST: 7:30 AM - 3:30 PM
OPEN SUNDAY from June 17 to July 12
BREAKFAST/LUNCH: 8:00 AM - 2:30 PM
Holidays: Closed July 4

mymeal.brown.edu
Get instant access to ingredient & nutritional content of menu offerings at the Sharpe Refectory & Verney-Woolley dining halls.
CAMP SCHEDULE (Subject to Change)

Day 1

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.

1:30 pm Full camp meeting in Pizzitola Athletic Center (2nd floor Press Room); staff introduction; camp goals and rules.

TACTICS I – TECHNIQUE FOUNDATIONS & CHANGING DIRECTION

1:40 pm Balance, Posture & High Percentage Tennis Video/Anatomy of a Cross Court Rally [Float Step/Burst Step videos]

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

2:40 pm On-court warm-up w/Awareness Exercise (“float”)
  • Mini tennis – “top of the hop” (5 minutes)
  • Structured Warm-up with serves (20 minutes)
    [Burst steps/Recovery]

3:05 pm Point play with feeds [Pre-Directionals] 3 x 5 minutes
  • Singles, teams of two – move up, move down, split

3:25 pm Directional Demo

3:35 pm Directionals – Part I (Pt. Building & Inside GS)
  • PT. Building - Outside Groundstrokes w/ recovery (4 on ct. 2.5 min/side)
    • Inside Groundstrokes (2v1) 2 min rotations
      1) Inside change of direction
      2) OS, IS pattern
        • Directional Points – (both play directionally)

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 – Flatbread Pizza Company

6:15 pm Match play – singles and doubles

7:45 pm Stretching & cool down

8:00 pm Panel Discussion – Mental Toughness Training and Team Building (2nd Floor of Pizzitola)

9:15 pm Thayer Street Adventure (back to dorm by 10pm)
Day 2

TACTICS II – 90° COD & Variety

7:30 am  Breakfast (V-Dub)
8:00 am  Depart for courts
8:15 am  Speed City on Outdoor Courts
8:30 am  Directional Slice mini-tennis (2 minute rotations)
  • FH→FH CC BH→BH CC  Inside Feeds  (x 2)
8:45 am  Gustavus Game tournament
  • Max of 3 points, 3 minutes per game
9:00 am  Ten Minute Warm-up (Awareness – “Bounce/hit”)
9:15 am  Directionals – Part II (Outside 90° COD)
  • Outside Groundstrokes w/ recovery 4 on ct. 2.5 min/side
  • Outside Groundstrokes w/90° COD (2v1)
  • OS, OS pattern w/90° COD
  • Gray Directional Drill (3 min rotations)
  • Directional Points – (receiver must play directionally)
10:15 am  Directional Serves and Returns
10:30 am  Directional Team Singles w/serves – move up/move down split
            (3 x 6 minutes; receiver plays directionally)
10:50 am  Baseline Slice to Slice (2 minutes)
            Defense can only play heavy or slice. Offense feeds.
            (3 x 5-minute games)
11:10 am  Cool down/stretch
11:15 am  Volley Video Session – Posture/Hands/Block
11:45 am  Lunch (V-Dub)
12:30 pm  Free-time activities
  • Thayer Street Shopping/Brown Bookstore/Campus Tour
2:15 pm  Depart for Indoor courts

VOLLEY TECHNIQUE – Singles and Doubles

2:30 pm  Block Volley Warm-up (10 minutes)
2:40 pm  Volley Circuit (2 x 15 minutes)
  1) Ball Machine Hands Volleys
  2) Volley Footwork
  3) Transition, Block & Hands Volleys
3:45 pm  Brown Air Raid Warm-up (Outdoors)
  1) Hands, 2) Block, 3) Block, Block, Hands, 4) Swinging volleys 5) OH’s
4:05 pm  1 Player Closing Volleys (3 x 4 minutes)
4:20 pm  1 Player Closing Swinging Volleys (3 x 4 minutes)
4:35 pm  Isolation Volleys (3 minute rotations) ”Tracker”/”Wall” (2v2)
4:50 pm  1 Team Closing w/Isolation (2 x 4 minutes)
5:00 pm  Doubles Play and Evaluation
5:30 pm  Stretching and cool down
5:45 pm  Dinner (V-Dub)
7:15 pm  Panel discussion on the College Recruiting Process (Pizzitola)
  1) Finding the Right Fit
  2) Academic Preparation
  3) Tennis Preparation
  4) Financing Your Education
  5) Application Process
  6) Recruiting Timeline
9:00 pm  Snack run and shopping on Thayer Street
CAMP SCHEDULE (Subject to Change)

Day 3

7:30 am  Breakfast (V-Dub)
8:00 am  Depart for courts
8:10 am  Cayer Ropes – Doubles Geometry (Indoor Courts)
  1) Court coverage – court geometry
  2) Court coverage – logical return
9:00 am  Speed City and 10 minute warm-up

TACTICS III – DOUBLES

9:15 am  Brown Air Raid Warm-up
  1) Hands 2) Block 3) Block, Block, Hands 4) Swinging volleys 5) OH’s

9:30 am  College Doubles 101 – Circuits (15 minute rotations)
  1) Serve Team
  2) Return Team
  3) 1 Up/1 Back and Isolation

10:30 am  Doubles Games – 2 pt. Serve Rotations (3 x 6 minutes)
11:00 am  Doubles Set Play (teams based on rotation finish)
11:30 am  Rush and Crush (2 courts)
12:00 pm  Closing ceremonies/raffle – Pizzitola Classroom
12:30 pm  Depart for dorm and check-out
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 TRANSFER POLICY

Campers may transfer to a different sports camp within the same sport, coaching staff, within the same summer 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 Brown Summer Sports Camps website.