

Camp is right around the corner!  
**Brenda Schultz Tennis Camp-Hollins University, Roanoke, VA**

**Check-in** – Sunday July 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> from 4-5 PM

Dinner is at 5:30 with a tennis video presentation to follow of top professional players

**Check-out** – Friday July 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> from 4-5 PM

**Day Campers** – Be ready on Monday July 14<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> for the morning session at 8:45 AM at the courts.

The day camper day ends at 3:30 unless they are participating in activities it will be at 5:30.

Please advise if they will be participating in the activities so we can plan accordingly.

**Daily Schedule**

8:00 – 8:45	Breakfast
9:00 – 9:30	Warm-up
9:30 – 11:30	Tennis
12:00 – 1:00	Lunch
1:30 – 3:30	Tennis
3:30 – 5:00	Activities
5:30 – 6:30	Dinner
7:00 – 9:00	Evening Activities
10:00	Lights Out

**What to Bring**

- 1) Tennis shoes, running or athletic shoes for activities, water shoes or old shoes for tubing.
- 2) 2 Tennis Racket, Racquet stringing and grips are available. Stringing is \$15 when camper has own string, \$20 without and grips are \$5 - racquets should have new strings to avoid them breaking during camp.
- 3) Flip flops or shower shoes for shower
- 4) Bedding for twin size bed (twin size sheets, blanket, pillow)
- 5) Shower bag or container for toiletries (soap, shampoo, etc.)
- 6) Sun block and toiletries
- 7) Towels for showering and on the court
- 8) Bathing suit or suits for swimming and tubing
- 9) Notebook for taking notes
- 10) Water bottle
- 11) Tennis outfits for five days of tennis
- 12) Cell Phone, Video Games and Computers are an option with parental consent, the school has wireless access but laptops need to have parental controls installed. We suggest [www.cyberpatrol.com](http://www.cyberpatrol.com) and feel it is the best protection available with the most options. If you want limited cell phone usage at check-in request that Eddie Elliot and Mark Schanerman our lead coaches' keep the phones during the camper stay
- 13) Change (quarters) for the laundry facilities. Laundry service is available for \$15.
- 14) Make sure to bring sweatbands, hats and or headbands.
- 15) Snacks, candy, etc is not allowed due to overconsumption, attracting bugs in rooms and too much processed food doesn't help performance or ability to deal with heat. Healthier snacks and drinks will be available from coaching staff at the dormitory.
- 16) Pictures will be posted daily from the camp and links will be emailed.

**Contact Numbers:**

Brenda Schultz-McCarthy	276-952-5152	Sean McCarthy	561-676-1977
Eddie Elliot	561-301-8705	Mark Schanerman	786-385-5775

**Note:** \$75 fee for all lost room keys