

CAMP LEADERS:

ROGER FOLLMER

Coach Follmer was named the ITA D-III National Coach of the Year in 2006. Now in his seventh year, Follmer has mentored fourteen All-Americans to date. Follmer, a native St. Louisan, coached at the U.S. Naval Academy and as an assistant coach at Purdue University, his alma mater. Follmer was the senior captain on the 1996 Purdue University men's tennis squad. Coach Follmer has been a USPTA certified tennis instructor for over 10 years. Follmer has a Bachelor's Degree in Speech Pathology and Audiology and earned a Master's Degree in Special Education in 1999 from Purdue.

KELLY STAHLHUTH

Coach Stahlhuth is in her third year at Wash. U. She came to Wash. U. from the Missouri Athletic Club-West, where she was a tennis teaching professional for fourteen years. She has been a USPTA certified tennis instructor for 19 years. Coach Stahlhuth played at Indiana University on an athletic scholarship. Stahlhuth was a two-time All-American (1987 & 1989). She was Big Ten Player of the year twice and a four-time conference selection in the Big Ten. Stahlhuth was inducted into Indiana University Athletic Hall of Fame in 2002. She graduated from Indiana University in 1989 with a Bachelor of Science Degree in Accounting. Currently, she is attending Webster University to complete her Masters Degree in Arts, emphasis in Management and Leadership.

FOLLMER & STAHLHUTH

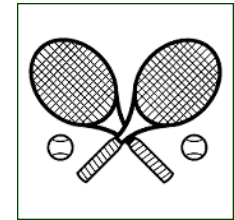


TENNIS BOOT CAMP

2008 HIGH SCHOOL GIRLS'
TENNIS BOOT CAMP
COACH FOLLMER/STAHLHUTH
1236 Midland Blvd.
St. Louis, MO 63130

FOLLMER AND STAHLHUTH

HIGH SCHOOL GIRLS' TENNIS BOOT CAMP



**JULY 21-25,
2008**

MONDAY-FRIDAY

3:30-6:00PM

**JOHN BURROUGHS
HIGH SCHOOL**

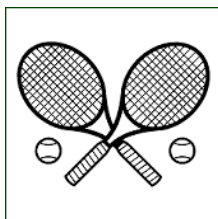
755 SOUTH PRICE RD.

ST. LOUIS, MO, 63124

CAMP OBJECTIVES FOR WEEK OF JULY 21-25, 2008

PRIMARY OBJECTIVES:

- THIS CAMP IS GEARED TO THOSE TENNIS PLAYERS WHO NEED TO JUMP START THEIR GAMES FOR THE UPCOMING TENNIS SEASON OR FOR THOSE ASPIRING TO PLAY FOR THEIR HIGH SCHOOL TEAM.
- IMPROVEMENT OF CONSISTENCY OF GROUND STROKES AND NET PLAY.
- STRENGTHEN THE BASIC STROKE CONCEPTS OF GROUND STROKES, VOLLEYS, OVERHEADS, AND SERVES.
- INTRODUCTION OF SINGLES STRATEGY AND DOUBLES STRATEGY.
- EXPOSURE TO ENDURANCE AND STRENGTH TRAINING DRILLS TO INCREASE STAMINA.
- SINGLES AND DOUBLES MATCH PLAY WITH THE CHANCE TO PRACTICE APPLYING ALL THE DRILLS TO THE TEST.
- INTENSE DRILLS, PROFESSIONAL INSTRUCTION, AND ORGANIZED MATCH PLAY.



GENERAL CAMP INFORMATION:

- ◆ **COST:** \$160 PER TENNIS BOOT CAMPER
- ◆ **EQUIPMENT:** TENNIS RACQUET, APPROPRIATE TENNIS ATTIRE, TENNIS SHOES, WATER JUG, SUN BLOCK, AND HAT/VISOR.
- ◆ **FACILITIES:** GIRLS' HIGH SCHOOL BOOT CAMP WILL BE CONDUCTED AT JOHN BURROUGHS HIGH SCHOOL TENNIS COURTS.
- ◆ **COACH ROGER FOLLMER:**
(314)935-6801, follmer@wustl.edu
- ◆ **COACH KELLY STAHLHUTH:**
(314)935-5204, kstahlhuth@wustl.edu
- ◆ **RAIN PLAN:** PLEASE CALL COACH FOLLMER AT (314)265-3182 (CELL) OR COACH STAHLHUTH AT (314)614-7472 (CELL) IN CASE OF INCLEMENT WEATHER FOR MAKE-UP DATES AND TIMES.
- ◆ **BOOT CAMP:** SHOULD CHECK IN 15 MINUTES BEFORE CAMP ON FIRST DAY.
- ◆ **THE END OF THE WEEK:** IS MARKED WITH A REWARD OF A T-SHIRT FOR ALL THOSE WHO STUCK IT OUT TO THE END!!!!!!!
- ◆ **DIRECTIONS TO JOHN BURROUGHS:**
WWW.MAPQUEST.COM TO:
755 SOUTH PRICE ROAD, ST. LOUIS, MO, 63124 OR CALL BURROUGHS (314)993-4040.

FOLLMER & STAHLHUTH

HIGH SCHOOL TENNIS BOOT CAMP

REGISTRATION FORM

NAME

ADDRESS

T-SHIRT SIZE: S M L XL

HOME PHONE AND CELL PHONE

E-MAIL ADDRESS

EMERGENCY PHONE

NAME OF HIGH SCHOOL

CIRCLE YEAR IN SCHOOL: FRESH SOPH JUN SEN

MEDICAL RELEASE FORM:

I hereby authorize the Tennis Boot Camp Staff to act for me using their best judgement in any situation requiring medical attention. I know of no mental or physical conditions which might affect my child's ability to safely participate in the camp. I agree to assume any expenses, medical or otherwise, associated with attendance at the camp. I also agree to comply with the rules and regulations of the tennis camp.

Parent Signature

Parent Signature

CHECK OR MONEY ORDER ONLY PAYABLE TO "ROGER FOLLMER". PLEASE SEND REGISTRATION AND CHECK TO:

2008 HIGH SCHOOL GIRLS' TENNIS BOOT CAMP

COACH FOLLMER/STAHLHUTH

1236 MIDLAND AVE. ST. LOUIS, MO 63130