

I/We, the undersigned hereby certify that I (we) am (are) the parent or legal guardian of the camper. I hereby give permission for the staff of the Camp to seek during the period of the Camp appropriate medical attention for the camper and for medical attention to be given and for the camper to receive medical attention in the event of accident, injury, or illness. I will be responsible for any and all costs of medical attention and treatment, except for that covered by my insurance coverage and/or the camp's excess medical coverage policy.

I/We, the undersigned, for ourselves and as guardian(s) of \_\_\_\_\_ (Camper's name) understand that tennis is an active, physical sport, and that injuries can take place during play. I/We also understand there will be a number of children attending camp, there will be a limited number of coaches and/or counselors, and that our child cannot receive individualized attention and supervision all of the time. I/We understand that, as with any sport, injuries can occur, and we hereby acknowledge that our child is physically fit and mentally capable of participating in tennis and camp activities.

I/We represent that I/We have sought the opinion of our child's pediatrician \_\_\_\_\_ (Camper's Physician) and he/she concurs that, \_\_\_\_\_ (Camper's Name) is fully capable of safely engaging in these activities. I/We also understand that it is my responsibility in caring for the camper listed above, to be assured that he/she is fully capable of engaging in this sport's activity, and I/we are confident that he/she is able to engage in such sport.

I/We, the undersigned for ourselves, our heirs, executors and administrators, waive, release and forever discharge Washington University in St. Louis, and their respective staff, officers, agents, employees, representatives, successors, and assign of and from all rights and claims for damages, injury, or loss to person or property which may be sustained or occur during participation in Camp activities or while at Camp, whether or not damages, injury, or loss is due to negligence.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City/State/Zip \_\_\_\_\_

*Please fill out other side and return with your deposit to reserve your space at camp.*

Nonprofit Org.  
U.S. Postage  
PAID  
St. Louis, MO  
Permit No. 2535

WASHINGTON UNIVERSITY IN ST. LOUIS  
ATHLETIC DEPARTMENT  
CAMPUS BOX 1067  
ONE BROOKINGS DRIVE,  
ST. LOUIS, MO 63130



## Washington University in St. Louis Junior Tennis Camp sponsored by:



Anna Chakvetadze



June 8-12, 2009 • June 15-19, 2009



Ages 9 - 18



### Camp Director Personal Backgrounds:

#### Roger Follmer

Coach Follmer was named the ITA D-III National Coach of the Year in 2006. Now in his eighth year, Follmer has mentored twenty All-Americans to date and was coach of the Washington University's first-ever NCAA Tennis Championship Team Title in 2008. 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 fourth 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 Master's Degree in Arts, with emphasis in Management and Leadership.

### Camp Objectives

#### Experience:

We are able to provide age appropriate tennis instruction to those aspiring to take their tennis knowledge to higher levels. We understand the importance of a safe, fun, positive learning environment.

#### Fundamentals:

We structure the tennis-learning environment around fun, exciting drills that reinforce the important aspects of tennis technique and strategy. We provide the opportunity to play against other talent levels that will improve one's tennis game. We focus on the other aspects of strategy, nutrition, cross training, fitness, and mental focus techniques that will help to continue to build one's tennis foundation.

#### Fun:

We make sure to incorporate fun as the key component to learning. We have giveaways, swimming breaks, game breaks, positive instruction, energetic counselors, and awards to promote the fun atmosphere of this camp.



# Information Page

## Week #1 June 8-12

options include Residential camp, Extended Day Camp, Day Camp

## Week #2 June 15-19

options include Extended Day Camp and Day Camp

### COSTS

• **Residential Camp Option (Week 1 only):** \$675.00, does not include fees for evening activities. We suggest a camper bring \$50 for movie night, bowling night, and a Wash. U. Bookstore visit. **Deposit of \$200.00 due with registration, remainder due within two weeks of camp.** Make checks payable to: "Washington University in St. Louis Tennis Camps".

• **Extended Day Camp Option (Week 1 and 2):** \$475.00 per week. We suggest a camper bring \$20.00 (total) for evening activities like movie night and bowling night. Make checks payable to: "Washington University in St. Louis Tennis Camps".

• **Day Camp Option (Week 1 and 2):** \$395.00 per week. Make checks payable to: "Washington University in St. Louis Tennis Camps".

**Residential Camp Option (Week 1 only):** Check in on Monday, June 8th, in the morning 8:30 am and Pick up on June 12, Friday, by 4:00 pm.

**Extended Day Camp Option (Weeks 1 and 2):** Check in on June 8th and 15, at 8:45 am and Pick up on Monday at 4:00 pm, Tuesday & Thursday at 8:00 pm, and Wednesday & Friday at 4:00 pm.

**Day Camp Option (Weeks 1 and 2):** Check in on June 8 and 15, at 8:45 am and Pick up on Monday at 4:00 pm.

**Residential Camp Option Includes:** This opportunity gives the student-athlete the chance to experience life in the school dorms. All meals are included in the price of the camp. This is a great way to gain experience away from home while enjoying tennis practice and competition at a nationally recognized university. Camp Directors and counselors will be staying in the dorms with campers. (Suggested age 13-18).

**Extended Day Camp Option Includes:** This opportunity gives the athlete the chance to participate in evening activities on Tuesday and Thursdays. Activities may include pool party, team tennis night under the lights, movie night, bowling night, etc. This option includes all lunches and dinner for two meals (Tuesday & Thursday night). (Suggested age 11-18).

**Day Camp Includes:** This opportunity gives the student-athlete the chance to participate in all drills, events, and match play that are conducted during the day. Lunches are included in price. (Suggested age 9-18).

**Registration:** With any questions about the details of the camps, please call Coach Roger Follmer at 314-935-6801 or Coach Kelly Stahlhuth at 314-935-5204. Coach Follmer can be reached at e-mail at [follmer@wustl.edu](mailto:follmer@wustl.edu), and Coach Stahlhuth can be reached via e-mail at [kstahlhuth@wustl.edu](mailto:kstahlhuth@wustl.edu). Registrations can be either mailed with check or faxed to 314-935-5545 (Attention: Roger Follmer or Kelly Stahlhuth).

**Registration Address:** Please mail registration form, parental consent form, and check to:

Washington University in St. Louis TENNIS CAMPS  
Campus Box 1067  
Department of Athletics  
Attn: Roger Follmer or Kelly Stahlhuth  
One Brookings Drive  
St. Louis, MO 63130

# Basic Day

- 8:45-9:00: Arrival
- 9:00-9:20: Warm-up, Stretching, Briefing of itinerary for day
- 9:30-11:45: Tennis Drills, Strategy, Match Play
- 12:00-1:00: Lunch on Campus
- 1:15-3:45: Tennis Practice, Cross-Training, and Match Play
- 3:45-4:00: Pick up of Day Campers
- 4:00-5:15: Match Play Singles, Doubles, Simulated Game Play
- 5:30-6:30: Dinner for Residential Campers and Extended Day Campers on Tuesday and Thursdays
- 6:30-8:00: Evening activities options include swimming, team tennis, movie night, bowling night, game night (Exact scheduled events to be determined later)
- 8:00: Pick up for Extended Day Camps (Tues. & Thurs.)
- 8:15-9:30: Return to Residential Dorm for down time

**Activities in Camp Include:** Swimming, Ping-Pong, Indoor Tennis Drills on Racquet Ball Courts, Singles Match Play, Doubles Match Play, Frisbee, Soccer, Kickball, Whiffle Ball, Fitness Conditioning, Goal Setting, Mental Toughness Techniques, and Nutrition Importance.

**Rain Plans:** Activities will move inside the athletic complex and activities will be tailored to cross-training.

**Food:** All meals (except dinner on Friday evening) included in Residential Camp Fees for five days. Extended Day Camper's Fees include Lunches and Dinners on Tuesdays and Thursdays evenings. Day Camper's Fees includes lunches. Meals will be in the Village located on the Residential Campus Area.

**Snacks:** Vending machines fill this need inside the athletic complex. Feel free to bring some change for these.

**Physical Trainers:** Our Athletic Trainers are available for any need. Water jugs will be filled and accessible on site.

**Campers to bring every day:** Water jugs, swimming suit and towel, change for vending machine, hat/visor, and sun block.

**Parking Pass:** For those parents wanting to view practice, a parking pass must be purchased from Coach Roger or Coach Kelly for a price TBD.

**Graduation Ceremonies:** On Friday, June 12 and 19, at 3:15pm, there will be a graduation ceremony conducted. Camp T-shirt, pictures, prizes, and giveaways are presented at this ceremony.

**E-MAIL:** Please look for e-mail the weeks and days before camp to inform you of any important details leading up to or during camp week. Campus construction, parking, drop-off/pick-up are some important issues that are subject to change.

**Camp Counselors:** We have hired camp counselors who are current college/high school tennis players who are responsible, positive role models for the campers.

**Camp Confirmation:** Confirmation of enrollment and additional information will be e-mailed to you as soon as received. Look for periodic e-mails with information leading up to camp dates.

**Cancellation of Registration:** Cancellation refunds are provided when **WRITTEN NOTICE is received three weeks prior to the starting date of the camp.** Cancellations with less than three weeks **WRITTEN NOTICE** are refunded 50% of the camp enrollment fee. All cancellations are charged a \$35.00 fee.

**Parental Consent Form:** A parental consent form, fully completed, for each camper must be on file with the camp. Please send this form with your registration form.

**Certified Lifeguards:** Certified lifeguards will be present at all swimming activities.

**Friends at Camp:** Friends are generally kept together, if requested.

**Transportation for Residential Camp:** Airline transportation is not provided. It costs about \$25.00 to taxi or take Metrolink from the St. Louis Lambert Airport for under \$5. Check-in for residential campers is June 8, Monday, at 8:30am.

## Parental Consent Form

All areas of this form must be completed and signed prior to camp participation.

Camper's Name \_\_\_\_\_  
 Birth Date \_\_\_\_\_  
 Guardian's Name \_\_\_\_\_ Relationship \_\_\_\_\_  
 Allergic Reactions Yes \_\_\_\_\_ No \_\_\_\_\_ (drugs, food, asthma)  
 If yes, please list: \_\_\_\_\_  
 Taking Medications Yes \_\_\_\_\_ No \_\_\_\_\_  
 If yes, please list: \_\_\_\_\_  
 In Case Of Emergency  
 Father Home Telephone \_\_\_\_\_  
 Father Work Telephone \_\_\_\_\_  
 Father Mobile Telephone \_\_\_\_\_  
 Mother Home Telephone \_\_\_\_\_  
 Mother Work Telephone \_\_\_\_\_  
 Mother Mobile Telephone \_\_\_\_\_  
 Other Emergency Contact: \_\_\_\_\_  
 Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
 Your Insurance Company \_\_\_\_\_  
 Policy # \_\_\_\_\_  
 Name of Policy Holder \_\_\_\_\_  
 Any instructions regarding your insurance \_\_\_\_\_

## Camp Registration Form

Washington University in St. Louis TENNIS CAMPS  
Campus Box 1067, One Brookings Drive, St. Louis, MO 63130

To reserve a spot, mail this form with full payment for Day Camps and Extended Day Camps or a minimum deposit of \$200.00 for Residential Camps.

Make checks payable to: Washington University in St. Louis Tennis Camps  
Please complete both front and backside

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Birth Date \_\_\_\_\_ Age at Camp \_\_\_\_\_ Grade \_\_\_\_\_  
 Father \_\_\_\_\_ Mother \_\_\_\_\_  
 (H)Phone \_\_\_\_\_ (H) \_\_\_\_\_  
 (W)Phone \_\_\_\_\_ (W) \_\_\_\_\_  
 (M)Phone \_\_\_\_\_ (M) \_\_\_\_\_  
 Roommate for Residential Camp \_\_\_\_\_  
 Former Camper? Yes \_\_\_\_\_ No \_\_\_\_\_

Please check desired week and camp option:

June 8-12, 2009, Week #1 \_\_\_\_\_ Residential Camp \_\_\_\_\_  
 Extended Day Camp \_\_\_\_\_ Day Camp \_\_\_\_\_  
 Prior playing experience: Intermediate / Advanced / Tournament level  
 June 15-19, 2009, Week #2 \_\_\_\_\_  
 Extended Day Camp \_\_\_\_\_ Day Camp \_\_\_\_\_  
 Prior playing experience: Intermediate / Advanced / Tournament level  
 Email Address \_\_\_\_\_