

PLAY COLLEGE TENNIS

Play college tennis, get a great education, and hopefully receive scholarship money. Start training now, at an early age for college tennis. It is a great time, you get to see the country, and make contacts for life, business and fun. Get motivated now. Detrich has helped place over 300 players to colleges nationwide in the past 2 decades. Get serious and play college tennis someday.

SCHOLARSHIPS AVAILABLE

One scholarship per week is available for "leadership, take charge" type players who will motivate the group during the weights and fitness workouts on Mon/Wed/Fri. You must be 15 or older. **YOUR TOTAL CAMP PRICE WILL BE 50% OFF.** Scholarships will be offered on a first come, first served basis. You must have experience with weights and be able to motivate others 3 times/wk, and be approved by Bob and John. If you are interested, ask for Bob or John immediately at Severn Valley Tennis and Fitness 410 923-2100.

QUALIFICATIONS

In order to keep the level high, and provide tremendous quality, please meet one of the qualifications below:

- 1) You are top 90 in boy's 16's or 18's in MATA (or have been).
- 2) You are, or have been, top 60 girl's 16's/18's
- 3) You are, or have been, top 60 in boy's 14's
- 4) You are, or have been, top 40 in girl's 14's
- 5) You are, or have been, top 30 in boy's 12's
- 6) You are, or have been, top 6 in boy's 10's
- 7) OR, you are AT LEAST 14-15 years old and you are "close" in the qualifications above, **AND** you qualify at one of the tryouts.
- 8) IF YOU DO NOT MEET THE QUALIFICATIONS ABOVE, BUT YOU ARE CLOSE, please qualify at a tryout. Or, do the normal "advanced training" or "boot camps"

MAIL SIGN-UPS TO:
Severn Valley Tennis and Fitness Club
740 MD Rt 3 South
Gambrills, MD 21054

**OR FAX TO 410-923-1048
PHONE: 410-923-2100**

ELITE SUMMER TRAINING PROGRAM "B"



Only 16 slots available per week.

6 Drills used from colleges nationwide:
**Harvard, UC Santa Barbara, West Point,
UC Santa Cruz, U. Oregon, Mt. St. Mary's**
*15 pro drills / techniques used by World
Champions from different eras*
Serena Williams, Sharapova, McEnroe

Ranked players, or qualify only.



15 hours of training per week

9 hrs match play / wk with analysis charts
4 hrs drilling/wk 2 hrs weights/fitness
Pro / college level drills-
High level learning - *what pros do.*
Collegiate training environment

Elite Summer Training Program .

Featuring . . .

9 hrs of match play, 4 hrs of drilling, and 2 hrs. of fitness/weights weekly

(With match play analysis charts to take with you)



This training program will have a heavy emphasis on match play and match play analysis. Perform, and improve your skills on 21 drills used by colleges nationwide, pros, and world champions.



STAFF WILL INCLUDE COLLEGE PLAYERS PLUS:

JOHN RENE- Current Severn Valley coach with experience in high level and competitive training. He is currently coaching the undefeated Severn Valley White Team, and the Patapsco Tennis Team. A "late bloomer," he was recruited to the Towson tennis team in 2001. John earned his Master's in Mathematics from Towson. He adds incredible energy and motivates players well.

BOB DETRICH- Bob was assistant coach for UC Santa Barbara (Div I) for 3 years, and head coach at West Point (Div I) for 7 years. He directed Adidas Tournament Training Camps as well as the nationally known ALL-STAR COACHES camps (where juniors traveled from 12 different states to attend the camps, and 60 ranked juniors attended weekly). The camp had one of the best national staffs ever assembled. Head coaches from Notre Dame, Univ. of Minnesota, Univ. of Oregon, West Point, and assistant coaches from UCLA and UC Santa Barbara, all flew in for the training. Bob was named Eastern Collegiate Coach of the Year in Region I (Ivy League plus Army and Navy). As a player, he was #1 for the Univ. of S. Carolina and was All-East at the US Naval Academy. He has wins over 11 top-50 world ranked doubles players. Bob has an M.S. in exercise physiology.

BRONWYN WILLIAMS- A fantastic collegiate player, she was ranked in the TOP 60 in the country in DIV. I. A former NEC Conference Champion in singles and doubles. She was head coach of the Men's and Women's team at Mt. St. Mary's University- Div I. Bronwyn was named NEC Coach of the Year and earned a master's.

6 Pro Level Drills/ Techniques

PRO RETURN OF SERVE: Training. (1 step, split, go in)

PRO SERVE TRAINING: Slice, Kick, Boomer.

SERENA WILLIAMS SERVING: Exploding off ground serving. Going upward and landing 3 feet in the court.

Edberg/McEnroe 2.5 step Serve and Volley: Analysis

and drilling. Players do what pros do— 2.5 steps.

MCENROE: 14-ball volley/drop volley/overhead.

SHARAPOVA: Long followthrough training drills.

NORMAL / OPEN STANCE GROUNDIE: Training.

V-PATTERN: On the rise, PRO/college training.

GROOVE YOUR STROKES DRILL:—Live ball college drilling.

"INSIDE/ OUTSIDE": Guru body position training.

CALIFORNIA REFLEX VOLLEY DRILL

GROUNDIE ANALYSIS TRAINING: Long stroke emphasis.

ATTACK SERVE: Go into net behind it, DRILL.

THE LETTUCE PATCH SPECIAL DRILL: 2-on-1 shot drill.

OFFENSIVE / DEFENSIVE: Techniques used by pros.

6 College Drills Used Nationwide

HARVARD / WEST POINT: Doubles drill, crosscourt, come in behind the return, dipping returns, etc..

UC SANTA BARBARA: "skidding ball" - must hit topspin.

WEST POINT CLOSING VOLLEY 6 closes with energy.

Specific pattern, hands in front, must skid the ball.

UNIV. of OREGON DIFFERENT ARCS: Different heights.

MOUNTAINEER REFLEX VOLLEY Drill: 2 on 1 hotseat drills.

UC SANTA CRUZ "SLUG" SPECIAL: Surprise drill.

GOALS OF THE PROGRAM

Every player will be exposed to and improve on the 21 college and pro level drills/techniques.

Every player will receive 9 hours of match play WITH analysis.

Tryouts for RANKED /NON-RANKED players; a) APRIL 14, May 12, or June 2, Saturdays from 12:30-2:00.

WEEKLY SCHEDULE:

MON	9-10:30	Pro Drills/pro learning
	11:30-1:30	Match play WITH analysis
	1:30-2:00	Weights/fitness
TUES	9-10:30	Pro/ College drills, workout
	11:30-1:30	Match play WITH analysis
WED	9-10:30	PRO Drills / pro learning
	11:30-1:30	match play
	1:30-2:00	weights /fitness
THUR		DAY OFF
FRI	9-11:00	ALL MATCH PLAY DAY

ELITE and RANKED PLAYERS: PLEASE FILL OUT THIS ENTIRE PAGE and mail or bring to the Club.

ELITE GROUP "B"

Only 16 SLOTS AVAILABLE PER WEEK. Please plan.

Name _____ Address _____ City _____ ST _____ ZIP _____

Home ph _____ work _____ USTA # _____ exp date _____

Card Type: Visa MC Discover Paying by check _____ Paying by cash _____

Card #: _____ Exp.Date ____/____/____ Signature _____

To reserve a slot in any week, please make a \$100.00 for the week, or pay in full. A \$100 deposit will guarantee you a slot in this week of training. The balance is due on the first day of each week. This will insure that you can plan your summer, and that WE CAN PLAN for you. We are expecting a good turnout for ELITE "A/ B".

To reserve slots, please phone (Bob Detrich 410- 923-2100) and mail application.

CIRCLE BELOW:

RANKED and ELITE PLAYERS FILL OUT THE **RANKING and BEST WINS** AREAS BELOW:

<u>BOYS</u>	B12's	B14's	B16's	B18's	I am not currently ranked _____	I currently play tournaments _____
					MATA RANKING _____	CLOSE LOSSES vs HIGHER RANKED PLAYERS ? _____
<u>GIRLS</u>	G12's	G14's	G16's	G18's	BEST WINS 1. _____ (ranking _____) 2. _____ (ranking _____)	
					YOUR RANKING _____	CLOSE LOSSES vs HIGHER RANKED PLAYERS ? _____
					BEST WINS 1. _____ (ranking _____) 2. _____ (ranking _____)	

FULL CAMP PRICE IS \$289(m), or \$319 (non-member)
CHECK THE APPROPRIATE BOXES BELOW:

Make checks payable to SEVERN VALLEY TENNIS AND FITNESS CLUB

- _____ **Wk 1** June 13-16 **Championship Week (w, TH, F, S)**
- _____ **Wk 2** June 18-22 **Elite Week 2**
- _____ **Wk 3** June 25-29 **Elite Week 3**
- _____ *July 2-6* ***no training this week***
- _____ **Wk 4** July 9-13 **National Hard Courts Training Week**
- _____ **Wk 5** July 16-20 **Elite Week 5**
- _____ *July 23-27* ***no training this week***
- _____ **Wk 6** July 30-Aug 3 **National Clay Courts Training Week**
- _____ **Wk 7** Aug 6-10 **Elite Week 7**
- _____ **Wk 8** Aug 13-17 **Elite Week 8**

Motivated Player Discount:
 Sign up for 3 wks - **10% off 3rd week**
 Sign up for 4 wks- **10% off 3rd/ 15% off 4th**
 Sign up for 5 wks or more **10% off 3rd/15% 4th/ 20% wks 5-8**

	(enter \$289m or \$319nm)	\$100 dep.	- discounts	Bal due	total amnt. Pd on each wk	PD IN FULL
Total price of wk 1	_____	_____	<u>0</u> =	_____	_____	_____
Total price of wk 2	_____	_____	<u>0</u> =	_____	_____	_____
Total price of wk 3	_____	_____	- _____ =	_____	_____	_____
Total price of wk 4	_____	_____	- _____ =	_____	_____	_____
Total price of wk 5	_____	_____	- _____ =	_____	_____	_____
Total price of wk 6	_____	_____	- _____ =	_____	_____	_____
Total price of wk 7	_____	_____	- _____ =	_____	_____	_____
Total price of wk 8	_____	_____	- _____ =	_____	_____	_____
TOTALS	_____	_____	_____ =	_____	_____	_____

DATE OF processing _____