

REGISTER & PAY ONLINE:
visit tennis.blcvikingscamps.com



Our Tennis Camp can help you prepare for a successful college tennis experience as a Bethany Viking!

Rebecca Kopacek (Maple Grove, Minn./Osseo) represented Bethany Lutheran College on the 2013 UMAC All-Conference tennis team.

The senior was designated as the No. 1 player all season long for both singles and doubles and won four matches each in singles and doubles for the spring season.



*Outstanding Bethany tennis player
Rebecca Kopacek.*



BETHANY
LUTHERAN COLLEGE

700 Luther Drive • Mankato, Minnesota • 56001-6163
www.blc.edu

OVERNIGHT TENNIS CAMP



CREDIT CARD PAYMENT

Camper name(s):

Type of Credit Card: ☐ Visa ☐ Discover ☐ MasterCard

Account #:

_____ - _____ - _____ - _____

Expiration date: month: _____ year: _____

Name of Cardholder:

Address of Cardholder:

City: _____

State _____ Zip _____ TOTAL: \$ _____

I hereby authorize Bethany Lutheran College to debit the \$25.00 registration fee per child per camp for the 2014 Bethany Lutheran College Tennis camp from my credit card listed above.

(signature required)

WE'LL HELP YOU TAKE YOUR GAME TO THE NEXT LEVEL.

STEP UP YOUR GAME.

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2014 OVERNIGHT TENNIS CAMP

Name _____

Address _____

City _____

State _____ Zip _____

School Attending _____

Contact Person _____

Dad: Home ph. _____

Work ph. _____

Mom: Home ph. _____

Work ph. _____

Grade (Fall 2014) _____

Skill level: ☐ Beginner ☐ Intermediate ☐ Advanced
(Junior High/JV) (Varsity)

T-shirt size: ☐ S ☐ M ☐ L ☐ XL

(Camper) _____ has my
permission to participate in the Bethany Overnight Tennis Camp.
He/she is in good health and we understand the coaches and
camp will not be held liable in case of accident or injury. We will
be responsible for providing insurance for our son/daughter.

(Parent or Guardian Signature required)

Mail this form with \$325 to:

Make check payable to:
BLC Tennis Camp
Bethany Lutheran College
700 Luther Drive, Mankato, MN 56001

REGISTRATION DEADLINES:

May 31 (for July camp) and June 30 (for August camp).

ADVANTAGE YOU.

HAVE FUN WHILE UNLEASHING YOUR POTENTIAL.

Advanced Skills

Multiple formation doubles, stronger and consistent 2nd serves, advanced overheads, inside out shots, pattern hitting, short hopping lobs, and much more.

Game Strategy

Reading an opponent, analyzing your own game, mid-match adjustments, doubles strategies, reading the service box, preparing for college level tennis, and much more.

Physical Conditioning

Introduction to BFS (Better, Faster, Stronger), knowing when to condition and when to be playing, nutrition, hydration, and more.

Shot and Stroke Evaluation

Focus will be on forehand and backhand grip types, how hard to grip the racket, serving motion, body position, and much more.

2014 CAMP DETAILS

Who is the camp for?

Any skill level, beginner to advanced, entering grades 7-12.

When is it?

Two overnight camps: **July 6-10** and **August 4-8**.

Arrive in the evening the first day, leave at noon the last day.

REGISTRATION DEADLINES:

May 31 (for July camp) and June 30 (for August camp).

Where is it held?

On the campus of Bethany Lutheran College, Mankato, MN.

All meals included. Plus, you'll enjoy air-conditioned dorms with sheets, blankets, pillows and towels provided.

What activities are planned?

- Lots of great tennis instruction and competition, including an end-of-camp tournament
- Gym time, including basketball, volleyball and other fun activities
- Swimming
- Spiritual growth
- Movies
- Campfire
- Indoor backups in case of rain

How much does it cost?

\$325. Meals, lodging and camp shirt included.

FRIENDLY, EXPERIENCED INSTRUCTION



STAFF:

- Bethany Tennis Coach Andrew Krueger, *plus*
- Current and former college tennis players

Our friendly staff will analyze your strengths and weaknesses, focusing on drills to improve those weaknesses, developing all skills and specifically what is needed for upcoming opponents.