

summer tennis 2014

Hawkeye Tennis and Recreation Complex

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UI Rec Services-Hawkeye Tennis Programs

Junior Camps

This camp is for all levels of kids ages 6-16. Campers will be divided into age groups and level of play and will be provided:

- T-shirt
- Drinks and light snacks
- Stroke and Strategy instruction
- Fun Drills and Play
- Footwork tips
- Mental Toughness Exercises
- Videotaping (*where applicable*)
- And more!

Dates: June 9 - 13, June 16 - 20, July 7 - 11,
July 14 - 18, July 28 - August 1

Times: 8:30 AM - 12:30 PM

Days: Monday - Friday

Camp Fee: \$140.00 members / \$150.00 non-members

Schedule

8:30 AM - 8:45 AM
8:45 AM - 10:00 AM
10:00 AM - 10:15 AM
10:15 AM - 11:15 AM
11:15 AM - 11:45 AM

Activity

Check-in/Warm-up
On court drills & instruction
Break
On court drills & instruction
Off court activity
(*Tennis trivia, video, soccer, etc.*)
Fun on court games
& competition

11:45 AM - 12:30 AM

There is a pizza party and awards ceremony on Friday.

Junior Clinics

Clinics will cover strokes and strategy with drills and games in a fun and challenging environment.

Dates: June 23 - 26, June 30 - July 3, July 21 - 24

Days: Monday - Thursday

Time	Level	Age Group
8:30 AM - 9:30 AM	Black	6 - 10 Year Olds
9:30 AM - 10:30 AM	Gold	11 - 13 Year Olds
10:30 AM - 11:00 AM	Tots	4 & 5 Year Olds
11:00 AM - 12:00 PM	Hawk	14 - 18 Year Olds

Fee: \$45.00 members/\$50.00 non-members
(4 & 5 year olds \$22.50 members / \$25.00 non-members)

Junior Academy Camp

Designed for kids 8-18 who are capable of playing points on a full court. Kids should have USTA tournament, high school match play experience or are aspiring to that level. Camp will be divided according to age and level of play. Camp will cover stroke and strategy instruction, mental toughness seminars, tennis specific conditioning tips, videotaping, a camp tournament, pizza party and more! For Academy levels 1, 2 & JV or equivalent. Tennis Coordinator approval required.

Dates: June 16 - 20, June 30 - July 3, July 14 - 18, August 4 - 7

Time: 8:30 AM - 12:30 PM

4 day Camp Fee: \$115.00 members / \$125.00 non-members

5 day Camp Fee: \$140.00 members / \$150.00 non-members

Academy Clinic

Ages 9-18, Designed for kids playing USTA tournaments. Academy levels 1, 2 and JV or equivalent.

Tennis Coordinator approval is required for this class.

Dates: June 9 - 11, July 7 - 9, July 28 - 30

Time: 11:30 AM - 2:30 PM

Fee: \$70.00 members / \$80.00 non-members

One Day Tournaments

Singles & Doubles play for youth in a tournament atmosphere.

Date	Time	Youth
June 27	4:30 PM - 6:30 PM	10 & Under
July 25	4:30 PM - 6:30 PM	10 & Under
August 5	4:30 PM - 6:30 PM	10 & Under
June 12	11:30 AM - 2:30 PM	Hawkeye Tennis Academy
June 23	3:30 PM - 6:30 PM	Hawkeye Tennis Academy
July 21	3:30 PM - 6:30 PM	Hawkeye Tennis Academy

Fee: \$8.00 members / \$10.00 non-members.



Adult Clinics

We will provide students stroke and strategy instruction, mental toughness tips, footwork ideas and more with drills and match play. Class will be divided into levels of play from beginner to advanced.

Session 1: June 9 - June 30

Session 2: July 7 - 28

Days: Mondays, 7:30 PM – 8:30 PM

Fee: \$52/members and \$60/non-members

Adult Cardio

A fun, group fitness activity featuring drills and games to give players of all abilities an ultimate high energy workout. If current or new players are looking for a great way to get in shape and burn calories, they must try cardio tennis! This will be “drop in” format so participants may simply come the days they wish. Join our email list for special classes and cancellations.

Days: Wednesdays, 6:30 PM – 7:30 PM or Saturdays, 8:30 AM – 9:30 AM

Session: June 4 - August 27

Fee: \$8 members / \$10 non-members

Series Sale: \$65 for 10 classes members / \$75 for 10 classes non-member

Adult Leagues

The HTRC will be providing several opportunities for singles and doubles leagues this summer and throughout the year. Please contact Tennis Coordinator Michele Conlon for details.

Leagues

Men's and Women's 2.5-3.0

Women's 3.0-3.5 Doubles

Women's 3.5 Doubles

Men's 3.5-4.5 Singles

Men's 3.5-4.0 Doubles

Days / Times

Wednesdays 7:30-9:30 PM

Tuesdays / 9:30 – 11:30 AM

Mondays / 7:30 – 9:30 PM

Sundays / 7:30 – 9:30 PM

Thursdays / 7:30 – 9:30 PM

Adult USTA Drill Groups

Please contact Michele Conlon for details.

General Info

Registration

Payment and registration is required in advance at the Hawkeye Tennis and Recreation Complex. To register for any of our junior or adult programs, please either stop by the HTRC front desk or you may call 384-1215 to register with a credit card. Participants who are 18 years or younger, will need to have a parent/guardian sign a waiver on the first day of class. A copy of the waiver is available online or at the Membership Desk.

Deadline

Friday, 5:00 PM prior to the start of the session.

Location

Hawkeye Tennis and Recreation Complex, 2820 Prairie

Meadow Drive, Iowa City, 384-1215. State of the art facility with 12 outdoor and 8 indoor courts. Home of the Iowa Hawkeyes!

What To Bring

- Non-marking shoes only please.
Some black soled shoe mark the courts.
- Hat/Sunscreen
- Racquet
(We do have some demos available to borrow while you are getting fitted.)
- Water Bottle

Private lessons

All of our staff members are available for private lessons this summer. Lessons range from \$35/hour to \$48/hour depending on the instructor and number of lessons. They are a great way to improve your game.

To schedule a private lesson you may contact Michele Conlon or the tennis instructor directly.

A listing of instructors is at the HTRC front desk.

Staff

Our outstanding teaching staff at HTRC includes current and former college and high school players and coaches.

Join our email list

Join our email list to receive occasional information regarding tennis programming, player features, special events and more! Contact the front desk.

Questions?

Michele Conlon, HTRC Tennis Coordinator
319-335-9307 or michele-conlon@uiowa.edu.



Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Recreational Services in advance at 319-335-9293.