Kelly Stahlhuth
Coach Stahlhuth is in her fourteenth 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 28 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. Stahlhuth earned her Master’s in Management & Leadership from Webster University in 2009.

Camp Counselor Backgrounds:
Camp Counselors are college or highschool coaches and current or former student-athletes who have competed at Division I, II, III, or NAIA institutions, and local high school tennis teams or tennis training academies. They understand the importance of responsibility, safety, respect, tennis knowledge, and being a positive role model for our campers and have completed background checks and online training. We provide a competitive, fun, tennis experience that allows all levels and ages to bond on the tennis court while hoping to leave each camper with a fantastic learning experience. Past camp counselors have attended and played at U. of Evansville, U. of New Mexico, Tuskegee University, U. of Mississippi, Monmouth College, St. Louis University, and Washington University in St. Louis. Each staffer/instructor has undergone a background and fingerprint check and training to ensure the safety and quality of the camp.

Camp Objectives

Experience:
We bring a diversity of tennis experience from our time as college coaches, college players, tennis teaching professionals, and lifelong learners of the game to each camper. We strive to teach to each individual’s learning style.

Foundations:
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.
ONLINE REGISTRATION ONLY

Register at...

www.washubears.com

To reserve a spot for BEARS JUNIOR TENNIS DAY CAMP

June 3-7, 2019, BEARS JUNIOR TENNIS DAY CAMP
(9:00AM-4:00PM)

COST: $495.00 per week

TENNIS CAMP DETAILS:

BEARS JUNIOR TENNIS DAY CAMP is a camp geared for those players who have reached the intermediate, advanced, or early tournament levels. We structure the day around morning drills and afternoon match/game play. We will cover various topics that include, but are not limited to: stroke technique, stroke production, shot selection, patterns of play, high vs. low percentage and consistency. Lunch is included in this price. Suggested age range is 8-16 years old and Cost is $495.00 per week. Payment in full by Credit Card or Check. Deposit of $200 by check only with remaining balance due the first day of camp.

PHYSICAL TRAINERS: Our Certified Athletic Trainers are available for any need.


CAMP COUNSELORS: We have hired camp counselors who are current college / high school tennis players and coaches who are responsible, positive role models for the campers.

SNACKS: Please bring a healthy snack.

CANCELLATION OF REGISTRATION: Cancellation refunds are provided when WRITTEN NOTICE is received three weeks prior to the starting date of camp. Cancellation of registration with less than three weeks of starting date of camp, will be returned less a $150 cancellation fee.

FRIENDS AT CAMP: If requested, we can try to keep friends together while also giving a camper the opportunity to play against other campers.

CERTIFIED LIFEGUARDS: For the BEARS JUNIOR TENNIS DAY CAMP, Certified lifeguards will be present at the afternoon swimming option.

CAMPERS TO BRING EVERY DAY: Water Bottles, Hat/Visor, Sun Block, Swimming Suit, Towel and Snack.

FOOD: For the BEARS JUNIOR TENNIS DAY CAMP, Meals will be in the Danforth University Center (D.U.C.) located next to Edison Theater. (Meal Cards / Money included in camp fee)

GRADUATION CEREMONIES FOR BEARS JUNIOR TENNIS DAY CAMP: A graduation ceremony will be held at 3:20pm on Friday, June 7, at the tennis courts to hand out awards and prizes.

BASIC DAY FOR BEARS JUNIOR TENNIS DAY CAMP:
8:45-9:00am: Arrive
9:00-9:20am: Active Dynamic Warm-Up, Plan for morning drills
9:30-11:45am: Tennis Drills, live-ball and fed drills, point play
12:00-1:00pm: Lunch at DUC
1:15-3:45pm: Match Play, Cross-training/Fitness games, Swimming
3:45-4:00pm: Pick up of Day Campers

ACTIVITIES FOR THE ABOVE INCLUDE: Tennis drills, Match Play, Swimming, Ping Pong, Indoor Tennis drills on Racquet Ball Courts (if excessive heat or rain), Games that help fitness such as Soccer, Frisbee, Wiffle Ball, Fitness Conditioning, Goal Setting, Mental Toughness Techniques, and Nutrition Basics. If inclement weather or need to spread out on courts, we may shuttle campers (via rental vans) to South Campus Gymnasium off Clayton Road (The old CBC High School or Concordia Seminary Gym which Washington University in St. Louis now owns) OR to Dwight Davis Tennis Center.

RAIN PLANS FOR THE ABOVE: Activities will be moved inside the athletic building and will be tailored to cross-training.

Contact Information: With any questions about the camp, please call Coach Kelly Stahlhuth at 314-935-5204 or e-mail her at kstahlhuth@wustl.edu.