

2010 HIGH PERFORMANCE CAMP:  
June 20-24, 25-29  
July 11-15, 18-22  
August 1-5



Florida State University  
**SEMINOLE**  
High Performance Tennis



**2010 Training Camps**

Jessica Sucupira  
Camp Counselor

CONTACT NICK CROWELL - (850) 321-2154 FOR MORE INFORMATION.  
FSU TENNIS, 139 CHIEFTAN WAY, TALLAHASSEE, FL 32316





# Seminole Tennis is Catching Fire



## THE CAMP

Seminole High Performance Tennis will be conducting their annual training camps on the campus of Florida State University in Tallahassee, Florida. These camps are directed by Head Men's Coach Dwayne Hultquist and Associate Head Coach Nick Crowell. Hultquist and Crowell have geared these camps with the personal needs of each camper in mind. Small groups, collegiate style drilling, and individualized instruction are the cornerstone trademarks of the camp combined with competitive match play and mental toughness training make the Seminole High Performance Program the top camp in the country. Each camp will have a limited enrollment to ensure that Coach Hultquist and Crowell will have the opportunity to work with each student during their stay at camp.

## CAMP FEATURES

- High intensity collegiate style workouts
- Focused individual instruction
- Competitive match play
- **\*\*New\*\*** "Dartfish" video technology
- Small group drills
- Personalized goal setting
- Advanced fitness workouts
- Sports psychology training
- Cutting edge tactical training

## CAMP DATES

- Session I June 20-24
- Session II June 25-29
- Session III July 11-15
- Session IV July 18-22
- Session V August 1-5

## SUPERVISION

Experienced and mature coaches/ counselors provide 24 hour supervision of the campers during their stay.

## CAMP TACTICAL THEMES

- Point building and development
- First-strike tennis
- Learning to defend the court
- Serve & Volley
- Win at the net
- Doubles

## ROOM AND BOARD

Resident Campers are housed at the Southgate Dormitory adjacent to the FSU Campus. All meals will be buffet-style dining and will be served three times a day. Van service will be available to and from the courts for all campers.

## WHAT YOU NEED AT CAMP

- Tennis attire for 5 full days
- Water jug
- Swimsuit/Towel
- Alarm Clock
- Desk Lamp
- Sunblock
- Hat
- Toiletries
- Laundry Bag
- Linens/Pillows/Blankets
- Extra spending money
- Snacks for the room

## NIGHTLY ACTIVITIES

- Bowling
- Swimming
- Movie Night
- The Fun Station  
(mini golf, laser tag, arcade)



UNCONQUERED

# 2010 Seminole High Performance Tennis - Camp Registration

## 1. Personal Information (please print clearly)

Camper Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate (mn/dy/yr): \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Parent's E-mail: \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## 2. T-shirt Size (adult sizes)

SM  MD  LG  XLG

## 3. Camp Sessions

Check which session you will be attending.

\_\_\_\_ June 20-24  
 \_\_\_\_ June 25-29  
 \_\_\_\_ July 11-15  
 \_\_\_\_ July 18-22  
 \_\_\_\_ August 1-5

## 4. Deposit (\$300 non-refundable deposit per person per session)

\$ \_\_\_\_\_ Check # \_\_\_\_\_

## 5. School Team Information

School Name: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Grade Next Fall: \_\_\_\_\_

Team (check one): \_\_\_\_\_ Current Position/Rank on Team  
 Varsity  Jr. Varsity \_\_\_\_\_ Singles \_\_\_\_\_ Doubles

## 6. Camp Costs & Discounts (for campers attending more than one session & families with more than one child attending camp)

Resident Campers one session	\$955	\$859.50 add'l sessions
Day Campers one session	\$725	\$652.50 add'l sessions

## 7. Previous Tennis Camps (list years)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## 8. Housing/Roommates

I wish to live in a dormitory:  Yes  No  
 Roommate Preference: \_\_\_\_\_

## 9. Return Form and Payment to:

**Florida State Tennis Camp**  
 139 Chieftan Way  
 Tallahassee, FL 32316

Please enclose a \$300 non-refundable deposit per camper for each session to reserve a place. A physician's statement of ability to participate along with the balance due must be received at least two weeks prior to arrival. Make checks payable to FSU Tennis Camp.



### Dwayne Hultquist

Co-Director

- 20 years of coaching experience
- Head Men's Tennis Coach at FSU (11th season)
- Led Seminoles in 2008 to #7 in the country
- Reached the Elite 8 in the NCAA Championships in 2005
- Coached 12 NCAA All-American players
- Assistant Coach at the University of Texas (8 seasons)
- Played College tennis at Penn State University



### Dave Plettl

- Strength Coach since 1987, at the Universities of Florida State, Texas and Colorado.
- Master Certification by the Collegiate Strength and Conditioning Coaches Association (CSCCA), which has only been given to 50 coaches around the world.
- Also holds a Master of Sports Sciences certification from the International Sports Sciences Association (ISSA).
- Appointed to the Certification Board of Directors for the National Association of Speed and Explosion (NASE), an organization that certifies and develops sport coaches.
- Worked with National Championship Teams: Football, Skiing, Track and Field.
- Has trained athletes from Heisman Trophy winners to Olympic Medalists.



### Nick Crowell

Co-Director

- FSU Assistant Coach (7th season)
- 2006 Southeast Regional Coach of the Year
- Two-time All-American Player at the University of Texas
- NCAA National Indoor Doubles Champion in 1999
- Reached a career high of #370 in doubles on the ATP Tour
- Big 12 Freshman of the Year in 1997
- Director of the Seminole High Performance After-School Program



### Mat Cloer

- FSU Assistant Coach (3rd season)
- All-American Player at FSU in 2005
- Two-time ACC Player of the Year
- Competed on the ATP Tour in 2005-2006

## CONTACT:

Nick Crowell at [seminoleHPTennis@gmail.com](mailto:seminoleHPTennis@gmail.com) or (850) 321-2154.



Florida State University  
**Seminole High Performance Tennis**  
 139 Chieftan Way  
 Tallahassee, FL 32316

NON-PROFIT  
 U.S. Postage  
 P A I D  
 Tallahassee, FL  
 Permit #55



# 2010 Training Camps

June 20-24 • June 25-29  
 July 11-15 • July 18-22  
 August 1-5

**Register on-line at [www.seminoletenniscamps.com](http://www.seminoletenniscamps.com) • LEARN FROM THE BEST**

## TENTATIVE CAMP SCHEDULE

### DAY 1

4:00-5:00 pm Check-in at the Dorms  
 (Resident Campers Only)  
 5:00-5:30 pm Check-in at the Courts (Day Campers Only)  
 5:45-7:30 pm On-court Session I  
 (Collegiate Style Drilling)  
 8:00-10:00 pm Team Meeting and Free Time  
 10:30 pm Lights Out

### Day 2 and 3

7:00 am Wake up/Breakfast  
 8:30 am - 12:00 On-court Session I (Collegiate Drilling,  
 Individual Instruction, Small Group)  
 12:00-1:30 pm Lunch  
 1:45-4:30 pm On-court Session II  
 (Match Play & Competitive Games)  
 5:00-6:00 pm Dinner  
 6:30-8:30 pm Nightly Activity  
 8:30-10:00 pm Rest and free time  
 10:30 pm Lights Out

### Day 4

7:00 am Wake up/Breakfast  
 8:30 am -12:00 On-court Session I (Collegiate Drilling,  
 Individual Instruction, Small Group)  
 12:00-1:30 pm Lunch  
 1:45-4:30 pm Team Competition Begins  
 5:00-6:00 pm Dinner  
 6:30-8:30 pm Nightly Activity  
 8:30-10:00 pm Rest and free time  
 10:30 pm Lights Out

### Day 5

7:00 am Wake up/Breakfast  
 8:30 am -12:00 On-court Session I  
 (Team Competition Round 2 & 3)  
 12:00-1:15 pm Lunch  
 1:30-3:00 pm On-court Session II  
 (Team Competition Finals)  
 3:00-3:30 pm Award Presentation  
 3:30 pm Check-out

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