

-Sponsors-

MILL CREEK



TENNIS CLUB USA



Coaches' Quotes

"Roger has a genuine love of the game . . . his enthusiasm is definitely exhibited and shared in his instruction."

Lisa Moldrem
Former Women's Head Coach
University of Washington

"Roger is very knowledgeable about the game of tennis. It is very obvious he has the respect of his players."

Dick Gould
Former Men's Head Coach
Stanford University

"A conscientious and perceptive coach with analytic skills, Roger has the ability to inspire and guide his players to give their best on and off the court."

Cordell Ho
Men's Assistant Coach
University of California-Berkeley

Mill Creek Tennis Club



Emergency Phone & Voice Mail:

Mill Creek: 425-224-4167
Roger's Cell # 206-409-8204

In Case of Rain

Mill Creek Camps have Indoor Ct access. For Ingraham High Camps: 90 minutes prior to scheduled camp time, call Avanti Sports at 206-527-8866. A decision will be made to reschedule, move that days camp to Mill Creek or pro-rate the camp fees.

What to Bring

Campers should come prepared with comfortable tennis clothes, shoes, racquet, hat, water bottle, sunscreen, snacks, etc. Camp Staff will have a 1st Aid Kit on site

Additional Questions & Information

Contact Avanti Sports or Mill Creek Tennis Club.

Avanti Sports Seattle: (206) 527-8866
Avanti Sports Redmond: (425) 746-8226
Mill Creek Tennis Club: (425) 224-4167

Email: millcreektennisclub@gmail.com

Camp Locations:

Mill Creek TC:
15505 Country Club
Mill Creek, WA 98012

Ingraham HS:
1819 N 135th St.
Seattle, WA 98133

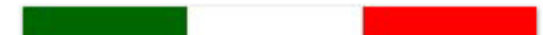
Typical Daily Schedule

9:00am - 9:10am	Jog/Stretch
9:10am - 9:20am	10 Min. Warm-up
9:20am - 10:20am	Three 20-min stations (ground strokes, serves, volleys)
10:20am - 11:10am	Hitting Drills
11:10am - 11:45am	Sets
11:45am - 12:00pm	Footwork & conditioning drills, cool-down stretching

New Mill Creek Indoor Surface



AVANTI SPORTS



"Professional Racquet Services"

www.avantisports.com

2010 Summer Tennis Camps



Adults and Juniors (Ages 10-17)

<u>Dates</u>	<u>Level</u>	<u>Location</u>
June 28-July 2	Future Varsity	Mill Creek TC
June 28-July 2	Adult 2.0-3.0	Mill Creek TC
July 5-9	Jr. Varsity	Mill Creek TC
July 12-16	Varsity	Mill Creek TC
July 19-23	Future Varsity	Mill Creek TC
July 26-30	Jr. Varsity	Ingraham HS
August 9-13	Varsity	Ingraham HS
August 16-20	Tournament Champs	Mill Creek TC
August 16-20	Adult NTRP 3.5-4.0	Mill Creek TC

Features

Low Student to Teacher Ratio
Collegiate Style Training
End-of-Camp Tournament
Certificate of Participation

Camp T-Shirt
Chalk Talks
Daily Prizes

Camp Fees

\$240 for any camp.
\$200 for members of MCTC for camps held at MCTC.

Camp Director

Roger Mark – Tennis Director Mill Creek Tennis Club



**-TENNIS DIRECTOR-
- ROGER MARK-**

Roger has been Coaching tennis for over 35 years, attaining the highest field rating of Pro 1 in the USPTA and Professional Status in the PTR. In the 60's he was a Jr. product of the Amy Yee Tennis Clinics. In the 70's he was a Tennis Instructor with the Seattle Park Department. In the 80's he was the Head Pro at Forest Crest Athletic Club where he trained 80 kids in his Jr. Program. From 1984 to 2000 the Juniors he trained won a total of 11 State High School Titles. More than 30 of his Juniors have gone on to play collegiate tennis. In the 90's he was the Assistant Coach for the UW Huskies with both the Men's and Women's teams. His 1997 Women's Squad made the NCAA Tournament for the first time in the UW history. In the 2000's he Coached Adult USTA League Teams from 3.0 to 5.0 Level with 15 of his Teams qualifying for the Sweet 16 National Tournament. His Men's 3.0 2005 Team won the National Title and in 2008 his Women's 3.0 and Men's 4.0 Team were National Champions. He is currently coaching 10 USTA teams working with over 150 Players on a weekly basis. He has worked with the areas top juniors and collegiate players. His style is innovative and energetic, and he is looking forward to helping each student his or her potential. Assistant coaches will consist of Mill Creek Staff members, collegiate players, and local tennis champions.

In May 2009, Roger & his brother Byron took ownership of the Mill Creek Tennis Club. It is our goal to provide a balanced approach to promote a community/family oriented club. We invite all interested tennis players to join our tennis family.

Camp Dates & Times

June 28-July 2	Future Varsity	Mill Creek TC	9am-12pm
June 28-July 2	Adult 2.0-3.0	Mill Creek TC	6pm-9pm
July 5-9	Jr Varsity	Mill Creek TC	9am-12pm
July 12-16	High School Varsity	Mill Creek TC	9am-12pm
July 19-23	Future Varsity	Mill Creek TC	9am-12pm
July 26-30	Jr. Varsity	Ingraham HS	9am-12pm
August 9-13	High School Varsity	Ingraham HS	9am-12pm
August 16-20	Tournament Champs	Mill Creek TC	9am-12pm
August 16-20	Adult NTRP 3.5-4.0	Mill Creek TC	6pm-9pm

Camp Fees:

Mill Creek Tennis Club Camps: Future Varsity, Jr Varsity, High School Varsity and all Adult Camps. 15 hrs
Members: \$200,
Non-Members \$240.

Ingraham Camps: Jr Varsity, Varsity 15 hrs
Camp Fee: \$240.

All Mill Creek Camps payable to Mill Creek Tennis Club (MCTC).
All Ingraham Camps payable to Avanti Sports.

Classifications:

Future Varsity: Beginning Kids. Class will work on basic fundamentals such as Forehand, Backhand, Volleys, Serves, Scoring, and Rules.

Jr Varsity: Intermediate Players. Class will cover Topspin and Underspin Groundstrokes, Spin Serves, Volleys, Overheads, Mental Toughness Seminar, Basic Singles and Doubles Strategy, and Match Play.

High School Varsity: Varsity Level Players. Course will cover Advanced Drilling, Topspin and Kick Serves, Approach & Serve-n-Volley techniques, Mental Toughness, Singles and Doubles Strategies and Match Play.

Tournament Champs: For Jr Tournament Players in the Champs and Challenger Levels. Advanced Collegiate Drilling, Singles & Doubles Match play, Tennis Speed and Strength Conditioning. ENTRY PERMISSION REQUIRED BY COACH ROGER

Adult NTRP 2.0-3.0: Beginning Adults. Class will work on Basic Ground strokes, Volleys, Serves, Singles and Doubles, Scoring and Rules.

Adult NTRP 3.5-4.0: Advanced Adults. Course will consist of Advanced Drilling, Topspin & Kick Serves, Approach & Serve-n-Volley Techniques, Singles & Doubles Strategies and Match play.

SUMMER QUICK START TENNIS PROGRAM FOR BEGINNING KIDS 4 YRS-10 YRS FORMING.

FOR INFO: <http://avantisports.com/millcreek.aspx>

Application

Camp sizes are limited so register with this form today! A deposit of \$50.00 per person is required. Half is refundable with a one-week notice. The balance is due at the start of camp. All Mill Creek camps payable to Mill Creek Tennis Club (MCTC). All Ingraham camps payable to Avanti Sports .
Send registration to:

Mill Creek Tennis Club
15505 Country Club Drive
Mill Creek, WA 98012

Name: _____

Street: _____

City, State and Zip: _____

Phone(day): _____ (evening) _____

E-mail: _____

Names and dates of camps or events you wish to attend:
(We will confirm your registration either by e-mail or by phone call.)

First Choice: _____

Second Choice: _____

Minor Liability Waiver

Student Release: In consideration of acceptance of my child's entry, I do hereby for myself, my child, and my family waive and release any and all claims I may have against Seattle Public Schools, Mill Creek Tennis Club LLC, Avanti Sports LLC, Roger Mark, and their representatives for any and all injuries suffered in any event, sport, activity, and facility. I certify that my child is free from physical defects that would endanger them while attending the camps. I take full responsibility for equipment and facilities damaged by my child.

Signature of Parent or Guardian

_____ Date: _____

Liability Waiver

Student Release: In consideration of my acceptance, I do hereby for myself, and my family waive and release any and all claims I may have against Seattle Public Schools, Mill Creek Tennis Club, Avanti Sports LLC, Roger Mark, and their representatives for any and all injuries suffered in any event, sport, activity, and facility. I certify that I am free from physical defects that would endanger me while attending the camps. I take full responsibility for equipment and facilities that I might damage.

Signature of Student

_____ Date: _____

Whom to contact in an Emergency:

Name: _____ Phone: _____