Bates College

STI 2004

Select Tennis Institute

July 11-16 & July 18-23

STI philosophy

Elite players rely on intense mental focus and advanced physical skills to overcome difficult obstacles on and off the court. The Bates College Select Tennis Institute – STI was designed to develop the total tennis player. At STI, our goal is to prepare motivated tournament players for collegiate competition by giving them the necessary tools to optimize their talents. Players will learn how to dominate opponents by recognizing trends and changing match conditions. Shot selection based on positioning, court geometry and ball flight will be emphasized to develop the ultimate player. Stroke production will be taught with an emphasis on biomechanic efficiency. Only 24 players will be enrolled in STI to ensure that Coach Gastonguay can work closely with each individual. STI is coed and accepts players between the ages of 13-18.

Camp Information

Camp Schedule:

Sunday
1:00 - 3:00 PM Registration
3:00 - 3:30 PM Welcoming Seminar for parents and players
3:30 - 5:30 PM On - Court Evaluation
5:30 - 6:30 PM Dinner
7:00 - 9:00 PM Residence Hall Meeting / Camp Orientation
10:00 PM Lights Out

Mon. –Thurs.
9:00 AM Team Practice and Drills
11:30 AM Speed/Agility/Power training, Warm down and Stretch
12:30 PM Lunch/Rest
1:30 PM Classroom Seminar
2:30 PM Match Play with on-court coaching
4:30 PM Power Training
6:00 PM Dinner
7:30 PM Team Tennis / Evening Activity
10:00 PM Lights Out

Friday
9:00 AM Team Matches / Tournament
12:00 Noon Lunch
1:00 PM Awards Ceremony
2:00 PM Check Out

Equipment:
- Tennis racquets (stringer available on site), Tennis or Court Shoes & Running shoes / Cross trainers (will be allowed on court), Hat, Water Bottle, Sun Block, Court Towel, Training Clothes
- Pillow, Linens, Towel, Toiletries, Fan, Alarm Clock Etc.

Facilities:
Bates College’s Wallach Tennis Center is one of the finest tennis facilities in the nation with 8 Plexicushion courts that are lit for competition with a tennis pavilion in the center of the facility. Merrill Gymnasium houses four indoor courts and a indoor track and swimming pool. STI participants will also train in the Davis Fitness Center, one of the largest collegiate weight rooms in the Northeast.

Tuition: STI Overnight: $950.00/week*  STI Commuter: $750.00/week (Includes lunch)
*Optional Weekend stay-over between camps (includes meals, housing and supervision): $150
Full Payment is due with application. A full refund minus $100 will be given for early withdrawal by May 30.

Additional Information: Bring spending money for evening activities, sports drinks, etc. Volkl Tennis equipment store on site.
**STI Coaching Staff**

**Director:**
Paul Gastonguay – Bates College Men’s & Women’s Tennis Coach
Paul Gastonguay ’89 was named 2002 ITA East Region Men’s Coach of the Year. He is the winningest player in Bates College history, amassing a combined record of 149-41 in his four year playing career. He set three of the top four single-season marks in school history and became the Bobcats second-ever All-American in tennis in his senior season, during which he was a finalist for the NCAA Arthur Ashe Sportsmanship Award. Gastonguay competed professionally in International Tennis Federation Satellite, Challenger and ATP Tour events where he achieved world rankings in singles and doubles. He served as practice partner for former top-ranked ATP Tour player Ivan Lendl during the last four years of his career.

**Assistant Director:**
Jean Gastonguay – Developmental Coach to Paul Gastonguay

**Assistant Coaches:**
The staff will be comprised of Bates College varsity tennis players who have vast national experience and who are well - schooled in Coach Gastonguay’s coaching methodology and philosophy.

**STI Goals**

Sportsmanship and the positive aspects of sports psychology will be stressed. The development of agility, quickness, power and flexibility will help players reach new levels of self-confidence and success. **STI** uses the “college team” concept to make the intense training environment exciting and fun.
2004 Bates College STI
Select Tennis Institute
Camp Application

Camper’s Name

Address

City/State/Zip

Phone

(h)

(w)

Full E-mail Address

Parents’ Names

High School

High School Coach

Birthday / / Age

Years in School completed in Spring ’04

Roommate Preference

Emergency contacts:

Name

Phone

Game Style

Baseline Attack Serve & Volley All-Court

T-Shirt Size (adult sizes)

S M L XL (circle one)

Please mail me additional brochures for my friends and/or coach (photo copies will be accepted)

Camp registration will not be accepted without a signed Parental Consent Form and total tuition of $950.00/week (overnight) and $750.00/week (day) ($100 non-refundable deposit)

Please make checks payable to:

Bates College Select Tennis Institute - STI

Return Application to:

Bates College Tennis
130 Central Avenue, Alumni Gymnasium
Lewiston, Maine 04240-6097

Please circle:

July 11-16: Day – Overnight – *Weekend Stay-over
July 18-23: Day – Overnight

*Weekend Stay - over option for two week Overnight Campers (Includes: Supervision, Meals, Lodging): $150

Parental Consent Form

In order to enable health facilities in Maine to provide prompt care to your minor son or daughter, we urge you to read and complete this consent form. This will enable us to help your child without delay in the event of an emergency.

Please provide the following information about the registered camper.

Name of Camper:

Social Security #: 

Birth date:

Guardian’s Name/ Relationship:

Social Security #: 

If yes, please describe:

No Yes Reactions (drugs, food, etc.)

No Yes Medications at this time

Date of last tetanus toxoid:

In case of emergency:

Father’s Home Phone:

Work:

Mother’s Home Phone:

Work:

Emergency Contact (name and number):

Insurance Company:

Policy #:

Name of Policy Holder:

Any Instructions regarding your insurance:

I/We, the undersigned hereby certify that I (we am are ) the parent(s) or legal guardian(s) of the camper. I hereby give permission for the staff of the camp, during the period of the camp, to seek appropriate medical attention for the camper, the medical attention to be given, and for the camper to receive medical attention in the event of accident, injury, or illness. I will be responsible for any and all of the costs of medical attention and treatment and have medical insurance to cover these costs.

I/We, the undersigned, for ourselves and as guardian(s) of _______ (camper)

Understand that tennis is an active, physical sport, and that injuries can take place during play. I/We also understand there will be a number of children attending camp, there will be a limited number of coaches and/or counselors, and that our child cannot receive individualized attention and supervision all of the time. I/We understand that, as with any sport, injuries can occur, and we hereby acknowledge that our child is physically fit and mentally capable of participating in tennis and camp activities.

I/We, represent that I/We have sought the opinion of our child’s physician, _______ (camper’s physician),

and he/she concurs that _______ (camper) is fully capable of safety engaging in these activities. I/We also understand that it is my/ our responsibility in caring for the camper listed above, to be assured that he/ she is able to engage in such sport. I/We, the undersigned for ourselves, our heirs, executors and administrators, waive, release and forever discharge Bates College STI Camp and its staff, officers, agents, employees representatives, successors and assigns of and from all rights and claims for damages, injury, or loss to person or property which may be sustained or occur during participation in camp activities or while at camp, whether or not damages, injury, or loss is due to negligence.

Signature of Parent/Guardian Date

Please fill out this form and return it with your deposit to reserve your space at camp.