



Camp Activities



The evenings are reserved for fun activities with an occasional lecture or court session. Campers enjoy the opportunity to relax and socialize as a group. Evening events include games, bowling, movies, campus tours, and a pool party. For activities such as bowling and the movies, there will be a nominal fee.



Camp Curriculum



A typical day includes three hours of intense drills in the morning and three hours of match play in the afternoon. Following the evening meal, there will be an activity planned to allow campers an opportunity to socialize.

Sample Daily Schedule:

- Wake up and have a great breakfast in the cafeteria
- Spend the morning on the courts doing drills and getting personal instruction
- Lunch - lots to choose from in the cafeteria
- Free time - digest your lunch and hang out with other campers
- Match Play
- Dinner - another great meal in the cafeteria
- Evening social with the group



Day Camp



Day Campers are welcomed. Our day begins at 7:30 a.m. and ends at 9 p.m. and includes all meals. For activities such as bowling and the movies, there will be a nominal fee.



Camp Housing



Two campers to a room. Each camper is required to pay a \$10 key deposit. The deposit will be returned at check-out provided the key is returned.



Pricing Policies



Deposit of \$100 for either camp due by May 1st. Full payment for Session 1 by May 19th and full payment for Session 2 by June 9th. Late fee of \$25. Physician's release, if needed, must accompany the Application and Release Form along with deposit or full payment.

Coach Shane Williford

325-280-1634 (cell)

Email: swilliford@hsutx.edu



<https://www.facebook.com/HardinSimmonsUniversityTennis>
<https://www.facebook.com/CowboyCowgirl-Tennis-Camp-1440954019499225/>

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HARDIN-SIMMONS UNIVERSITY



STREICH TENNIS CENTER

COWBOY



**2020
Tennis Camp**

COWGIRL



**HARDIN★SIMMONS
UNIVERSITY**



**HARDIN SIMMONS UNIVERSITY
2200 HICKORY
ABILENE, TEXAS 79698**



Camp Director



SHANE WILLIFORD



Williford returns for his 16th season as the Men's and Women's tennis coach at Hardin-Simmons. He is currently the longest consecutive tenured Division 3 coach in the state of Texas with 20 years of college coaching.

He has coached 13 ASC Freshmen of the Year, 16 ASC MVP's, 4 ASC newcomers of the year, an ITA All American, (Lisa Mertz winner of the 2010 ITA West Region Tournament), and 3 NCAA All Americans. HSU men's doubles team earned All-American honors in 2005 after they advanced to the NCAA Doubles Championships semifinals.

In 2007, a first in Hardin-Simmons school history, the Cowgirls and the Cowboys made the NCAA Tournament. He has led both teams to the ASC title in 2005, 2006 and 2007 and ASC West Champions for the Men in 2008, 2009, 2011 and 2012 as well as for the Women in 2008, 2009, 2010, 2015, 2016, and 2017.

From 2005-12 and 2015-17 he has been named ASC Coach of the Year for men, for women, and for both. His women's teams are 130-19 against ASC opponents in his career and his men are 137-28.

A 1993 graduate of Howard Payne, Williford had a distinguished tennis career with the Yellow Jackets. He was named first team All-Texas Intercollegiate Athletic Assn. in 1989, 1990, and 1992. In 1991, Williford was a qualifier for the NAIA National Tournament. He helped lead his team to the 1991 & 1992 TIAA Championship.

Prior to beginning his college coaching career, he served as a club pro in West Texas for 9 years and was the 1998 and 1999 Permian Basin Pro of the Year. He is USPTA Professional 1, he's a former USTA Jr. Rec. Committee member, a USTA National Coach, and a USA Tennis National Developmental Coach. In 2000 he was a People to People Sports Ambassador AD for the USA Jr. Teams to Holland and in 2001 to New Zealand/Australia.

Coach Williford is married to Shona and together they have 4 children; Alexandra, Tori, Aric, and Davyn.



Camp Sessions



Session 1 - Sunday May 31, 2020 Check in 4 p.m.

Thursday June 4, 2020 Check out 4 p.m.

Session 2 - Sunday June 21, 2020 Check in 4 p.m.

Thursday June 25, 2020 Check out 4 p.m.



Camp Objectives



Young athletes work best and learn the most in an environment that is personal and has the flexibility to tailor instruction to address individual needs. Hardin-Simmons University Tennis Camp uses small group instruction combined with individual attention to form the cornerstone of camp curriculum. Court time includes a variety of activities designed to keep campers motivated while they improve fundamentals. Skill work and discussions are balanced with match play offering each player the opportunity to work on tactics and employ the mental preparation skills they are learning. A variety of fun, social, and recreational activities planned for off-court times give campers a chance to get to know each other, the coaches, and to form long lasting friendships.

Themes Covered at Camp We train the total tennis player!

- Ⓢ Stroke Execution and Proper Mechanics
- Ⓢ Percentage Play
- Ⓢ Point Building
- Ⓢ Importance of a Winning Attitude
- Ⓢ Match Roles
- Ⓢ 16 Second Cure
- Ⓢ 80/20 Rule
- Ⓢ VAC Theory
- Ⓢ Starting Fast
- Ⓢ Recycling Your Opponent
- Ⓢ Trilogy Tennis
- Ⓢ Goal Setting
- Ⓢ Nutrition
- Ⓢ Team Competition
- Ⓢ Big Foot Doubles
- Ⓢ Match Play



Things to Bring



- | | |
|----------------------------|------------------------------|
| Tennis racket | Water jug |
| Small cooler | Bedding |
| Toiletries | Towels, cloths |
| Extra socks | Light colored T-shirts |
| Clothing for social events | Money for souvenirs/shopping |
| Swimsuit | Spiral notebook |



Application & Release Form



Sign up for:	Time	Price	\$ Enclosed
<input type="checkbox"/> Day Camper	Session 1	\$435.00	\$_____
<input type="checkbox"/> Resident Camper	Session 1	\$535.00	\$_____
<input type="checkbox"/> Day Camper	Session 2	\$435.00	\$_____
<input type="checkbox"/> Resident Camper	Session 2	\$535.00	\$_____

Last Name _____ First Name _____

Sex _____ Age _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Grade Next Fall _____

Email for confirmation _____

School Coach's Name _____

Number on Team _____ UTR _____

Roommate _____ # yrs. at this camp _____

Adult T-shirt size (circle) S M L XL

Health Care Provider _____

Plan # _____

Local Agent Telephone _____

Allergies to Medication _____

Required Medication _____

Other Medical Problems _____

*As parent or guardian of above student, I hereby grant permission for him/her to participate in **COWBOY/COWGIRL TENNIS CAMP**. He/she is physically able to participate in camp activities. I hereby release the camp and its employees from all claims of injuries which may be sustained by him/her while attending tennis camp.*

Signature _____ Date _____

For credit card payments go to:
<http://www.cowboy-cowgirltenniscamps.com/>
OR Make Check Payable to Shane Williford
and mail Non-Refundable Deposit of \$100 to:

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325-280-1634 (cell) Email: swilliford@hsutx.edu