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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
Outdoor Courts

Classifications:

Little Varsity: (Age 5-7) and (Age 7-10)

Beginning Kids: Class will utilize Mini-Nets, Jr Red Compression Balls, Prince Ball Machine, Jr loaner racquets available. Course will cover stroke development: Forehand, Backhand, Serve and Mini-Tennis Play.

Multiple cts will be used split by ages.

Future Varsity: (Age 11-18) 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 Groundstrokes, Slice Serves, Volleys, Overheads, Basic Singles and Doubles strategy, and Match Play.

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

Typical Daily Schedule (Varsity Camp)

10:30 am - 10:40 am	Jog/Stretch
10:40 am - 10:50 am	10 Min. Warm-up
10:50 am - 11:50 am	Three 20-min stations (ground strokes, serves, volleys)
11:50 am - 12:30 pm	Hitting Drills
12:30pm - 1:15 pm	Match Play
1:15 pm - 1:30 pm	Footwork & conditioning drills, cool down stretching

COVID-19 SAFETY PROTOCOLS

1. Stay home if you are sick or feel ill.
2. Wear a personal mask. It will be required on & off the court until further notice.
3. We will take temperatures upon club entry. If you are pass 100 F, you will be asked to go home for everyone's safety.
4. Wash hands before and after camp.
5. Cover coughs & sneezes.
6. Practice Social Distancing: Maintain 6 ft distance between other campers/ coach's on/off courts.
7. Camp Limit : 18 Players per camp: 3 Indoor/3 Outdoor courts
8. No hand shaking, high fives or chest bumps.
9. Use the hand sanitizers provided on court.

MILL CREEK

TENNIS CLUB USA

2022 Summer Tennis Camps Indoor / Outdoor Courts



Camp Schedule

Juniors (Ages 5-18)

<u>Dates</u>	<u>Level</u>	<u>Times</u>
June 22-24	Little Varsity (5-7)(7-10)	10:30am-12pm
June 22-24	Little Varsity (5-7)(7-10)	12pm- 1:30pm
June 27-July 1	Future Varsity	10:30am-1:30pm
July 6-8	Little Varsity (5-7)(7-10)	10:30am -12pm
July 6-8	Little Varsity (5-7)(7-10)	12pm- 1:30pm
July 11-15	Future Varsity	10:30am-1:30pm
July 18-22	Jr Varsity	10:30am- 1:30pm
Aug 1-5	Jr Varsity	10:30am-1:30pm
Aug 15-19	High school Varsity	10:30am-1:30pm
Aug 22-24	Little Varsity (5-7)(7-10)	10:30am-12pm
Aug 22-24	Little Varsity (5-7)(7-10)	12pm-1:30pm

Location

15505 Country Club Dr, Mill Creek, WA 98012
Phone #: 425-224-4167

Camp Director: Roger Mark

Owner, Director of Tennis, Mill Creek Tennis Club



Roger Mark Director of Tennis

Roger has been coaching tennis for over 43 years, attaining the highest field rating of Elite Pro 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 32 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 26 of his teams qualifying for the Sweet 16 National Tournament. His teams have won 5 National Championships, with the most recent being the 2012 Women's 3.5 Squad. His 2018 M 3.5 Team Placed 7th in the Nation. 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 reach his or her potential. Assisting the camps will be MCTC's Coach Kim Somerville and Coach Ian Purganan.



Kim Somerville Tennis Professional

Kim coached the Skagit Valley College men's & women's tennis teams from 2009 to 2016, and has over 36 years of experience teaching tennis. During her tenure at Skagit Valley College, she was twice named the NWAACC Coach of the year and coached 9 players to conference championship titles. Kim earned her BA Degree in Kinesiology from Stephen F. Austin University and holds a Doctor of Chiropractor Degree.



Florian Purganan Tennis Professional

Ian (Florian) played his collegiate tennis at Seattle University and is a former teammate of Coach Carl Bergquist. Ian has been an Immigration Attorney for the last 17 years and has returned to the game he loves. He is currently rated NTRP 4.5 and has been to the USTA Nationals. He brings enthusiasm and a positive energy to MCTC. He is available for Private Lessons, and will be assisting with the Jr Program and Ladies' Cup Teams.

Camp Fees:

3-day Mini Camps: 4.5hrs
Club Members: \$90+tax
Non-Members: \$120+tax

5-day Camps: 15hrs
Club Members: \$290+tax
Non-Members: \$380+tax

What to Bring

Campers should come prepared with a personal mask, comfortable tennis clothes, tennis shoes, racquet, hat, water bottle, sunscreen, snacks, sports towel, etc. Camp staff will have a First Aid Kit on site

Emergency Phone & Voice Mail

Mill Creek Tennis Club: (425) 224-4167

Additional Questions & Information

Mill Creek Tennis Club: (425) 224-4167
E-mail: millcreektennisclub@gmail.com
www.millcreektennisclub.net

Monthly Jr Tennis Program Now Enrolling :

Little Varsity: Beginning Jrs, aged 5-10.
Jr Varsity, Varsity: aged 11- 18
For Class Schedule and Info for Private Lessons,
Jr Program and Camps.
<https://millcreektennisclub.net/junior-program/>

MCTC Weekday Membership Special: *No Intiation Fee*

For a limited time, MCTC is waiving Initiation (under 12 month contract) for Weekday Membership. Weekday Members are only permitted to play from 7:30AM - 3PM, Monday- Friday. The monthly dues will be determined by the type of membership. For more information, please check out our website



Mill Creek Tennis Club
Indoor Courts

Application

Camp sizes are limited so register with this form today!
A Non-refundable deposit of \$50.00 per person is required. The balance is due at the start of camp.
All Mill Creek Tennis Camps payable to:
Mill Creek Tennis Club (MCTC)

Send registration to:

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

Name: _____ Age _____

Street: _____

City, State and Zip: _____

Phone(day) _____

(evening) _____

E-mail: _____

Classes and Dates of camps 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 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 _____

Whom to contact in an Emergency:

Name: _____

Phone: _____