

Camp Director



Gundars Tilmanis (Til)

Member of USPTA and PTR. Speaker for Head / Penn. Internationally recognized coach, lecturer and author. Author of 3 tennis books.

A Message from "Til"

Our summer Tennis Camps are designed to provide a learning environment that enables students to have fun and become better players.

Our intent is always to have a top tennis professional on every court. We cover every skill, including hitting the ball, strategy, physical fitness, nutrition and preparing for a tournament.

When we develop students, we have these goals in mind:

- 1) to make learning tennis fun;
- 2) to give students the skills required to become successful players;
- 3) to enable students to compete in USTA tournaments and on their high school teams; and
- 4) to play NCAA tennis.

Our summer Tennis Camps are one of the most successful camps in the state of Oregon. Join us for another successful year!

Gundars Tilmanis (Til)

Camp Director

Daily Schedule

| | |
|-----------------------|---|
| 9 am - Noon | Drills, tennis instruction, physical fitness |
| Noon - 1 pm | Lunch (provided for all) |
| 1 pm - 3:30 pm | Strategy sessions, singles and doubles match play |
| 3:30 - 4 pm | Sport science, nutrition, psychology |

A Top Pro on Every Court

Carol Coparanis-Sandoz

Pro at the Multnomah Athletic Club. 26 years USPTA Pro. 3-time OSU champion and All-American at Arizona State.

Craig Zetterberg

Physical Education Specialist. Asst. Coach at Sherwood High School. Boys State Champions for Sunset High School, 1981.

Kurt Lindner

Boys Coach at Aloha High School 30 years. Physical Education Specialist. Metro League Coach of the Year 8 times.

Anne Pamplin - Evensen

Played college tennis at University of Puget Sound. USPTA Certified.

Amy Tilmanis Curran

Employed by Beaverton School District. Annually top ranked in Pacific NW as a junior player. Played college tennis at U of O.

Jay Stokes

Tennis pro at Glendoveer 36 years. Member of USPTA 29 years.

Registration and Payment

Complete a separate registration form for each person. Please print or type the information requested below.

Name _____

Age _____
(see reverse for mandatory waiver form)

Address _____

City _____

State / Zip Code _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

Level of Play:

- PNW Champ player High sch. player
 PNW "A" player Adv. Beginning
 PNW Rookie

Current USTA Ranking:

Division _____ Ranking _____

Select Dates *(all sessions Monday through Friday):*

- Session #1 - July 13 - 17, 2020
 Session #2 - July 20 - 24, 2020

Total Cost of Each Camp: \$495

Due Now: \$50 (to reserve a spot)

Due June 1: Remaining \$445

Register Early: Space limited to 24 per camp.

Return this form with check payable to:

Tilmanis Tennis
1246 NW 122nd Ave
Portland, OR 97229

503-593-5046
tiltennis@hotmail.com
www.tilmanistennis.com

Waiver of Responsibility

Must be signed by an authorized adult for any minor children attending the camp.

I hereby authorize the staff of Tilmanis Tennis Summer Tennis Camp to act on my behalf in any emergency where my child requires medical attention. I hereby waive and release Gundars Tilmanis from any and all liability for an injury or illness incurred by my child while at the Summer Tennis Camp. In addition, I agree that Gundars Tilmanis shall have the privilege and right to use photographs in which my child or I may appear for advertising and promotional purposes.

Signature of Authorized Adult

Printed Name of Authorized Adult

Date Signed



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Summer Tennis Camps**

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Portland, OR 97229
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Tilmanis Tennis Summer Tennis Camps 2020

at
Oregon Episcopal School SPARC
6699 SW Oleson Rd
Portland, OR 97223

**Director
Gundars Tilmanis (Til)**

*For Junior Players Who Are
Ready for Tournament Play*

Two Sessions
(Monday through Friday)
July 13 - 17, 2020
July 20 - 24, 2020

Sign Up Early to Ensure Your Spot!

