

# Tennis Life Camps

Tennis ~ Fitness ~ Nutrition ~ Finance

Sep 16-18 2.5-3.0 Women

Oct 14-16 3.5+ Women

Sep 23-25 3.0-3.5 Women

Nov 4-6 Couples Camp



*Camp Director*

***Phil Trahan***

Space is Limited

Reserve your place  
by contacting Phil  
at

**318-801-0337**

or

**[ptrahan@comcast.net](mailto:ptrahan@comcast.net)**

**\$75 deposit  
due with  
reservation**



## Lake D'Arbonne State Park

- 2 nights accommodations in beautiful LDSP cabins
- Arrive Friday 5:00 pm. Depart Sunday noon.
- Meals included in Camper Rate.
- 10 hours on court-instruction, drills, competition.
- “Chalk Talk” strategy sessions.
- Presentations by Nutrition, Fitness, and Finance professionals.
- Free time to enjoy LDSP’s natural beauty—hiking, biking, water.

***Camper Rate* \$250**  
(quad occupancy)

***Commuter Rate* \$150**

***not just tennis...it's life camp***