



Two Groups with Rotating Schedules

Green Group is for:
advanced intermediates, high school
players, and tournament players.

Gold/ College group is for:
ranked players, top 2 on high school team,
tournament players, nationally ranked
players, world ranked juniors, and college
players.

3 of Our Recent Successful Elite Training Students:



Harsha Rao Zach Nicholson John Collins
Carnegie Mellon Univ Navy Univ of MD

Sport Fit Elite Tennis Program Rates

All Sport Fit Tennis Camps are Monday
thru Friday and can be held during
inclement weather.

Elite Training Tennis Camp
9am-4pm (6-21 yr olds)

\$349 members
\$399 non-members

SPORT FIT BOWIE ELITE TENNIS TRAINING

Elite Crush It Camp Director



Bob Detrich
Head Pro
Elite/CrushIt Jr Program

7 years as Head Coach at
West Point

Conference Coach of Year
in '92

Developed Many of the areas Top Juniors
High Energy Coach Interested in Players

*“Over 300 juniors placed
at colleges nationwide
since 1997.*

*Juniors in Northern
California and now in
MATA.”*

Sport Fit Tennis Camp Notes:

\$50 Non-refundable Deposit required for
each child for each week registered.

10% Discount for all registrations received
by the end of March

10% Discount (not in combination with
early registration discount) for
additional siblings registered during the
same session as first child at regular
price.(Max disc 10%)

Pick-up or download Camp Letter with
welcome, medical form and release
forms, be sure to give us your email
address on registration form to get
direct from us.

Camp Forms Available at
www.sportfittennis.com

Questions? Contact Kevin McClure at
301-262-4553 or SportFitTennis@aol.com

*Every week has
Thursday-Friday
Competition.*



10 Reasons Elite Training Works:

1. College and pro level drills
2. Weapons training
3. Doubles training
4. Serve and volley training
5. Transition training
6. Training with energy
7. 2.5 hours match play daily
8. Motivation, positive coaching
9. Versatility training
10. Learn all the shots and stances

REGISTER AT WWW.MYSPORTFIT.COM

100 Whitmarsh Park Drive, Bowie, MD 20715



History of the training programs:

In the 1990's the ELITE training idea came from Adidas Tournament Training Camps in California.

Also, in the 1990's high level training was done at West Point, where Bob coached in college. In the 2000's, ELITE training programs were in California, and then at Severn Valley (MD).

ELITE was at the Carlson / Detrich Tennis Academy at Navy.

And now, the training continues for the second Summer at Sport Fit in Bowie MD.

The program is now referred to as the Sport Fit Elite Training program.

Notes from the Program Head Pro:

This Elite Training program brochure is for advanced players that are ahead of their peers and willing to work hard.

It will be an honor to train some of the finest talent on the East Coast. We have several college players who will be playing summer satellite pro circuits. The atmosphere will be serious and really exciting.

Bob Detrich

Call 301-262-4553 or Register online at: www.MySportFit.com

Elite Training Dates	
Dates	Available
June 13-17	June 20-24
June 27-July 1	July 5-8
July 11-15	July 18-22
July 25-29	August 8-12
August 15-19	No class Aug 1-5

All players will attend from 9am -4pm

For the Elite Training Summer Camp Daily Schedules go to www.SportFitTennis.com



ELITE



Now Available !!
Register ONLINE at
www.MySportFit.com

Elite Tennis Training Program



Addressee Name
4321 First Street
Anytown, State 54321

**high energy coaching
*college exposure
*doubles training
*motivational
*tons of match play
*college / pro
*highest level learning
*serve / volley
weapons training

ONLINE
REGISTRATION

www.MySportFit.com

SUMMER 2011

SPORT FIT BOWIE
100 WHITEMARSH PARK DRIVE
BOWIE, MD 20715



Now Available !!
Register ONLINE at
www.Mysportfit.com