



Rebecca Helt is in her 17th season as head coach of the women's tennis team. Helt also served as Bucknell's head men's tennis coach from 2002-13 after the operations of the Bison tennis programs were consolidated. One of the highlights of her tenure with the men's program came during the 2012 season when she led Gregg Cohenca and Evan Zimmer to the NCAA Championships in doubles for the first time in both Bucknell and Patriot League history.

In the past 11 seasons, Helt's women's teams have finished in the top three in the Patriot League on nine occasions, making six consecutive appearances in the championship match from 2005 to 2010. In 2004, the Bison women appeared in the ITA National rankings for the first time in program history. They were the only Patriot League team and one of only five Northeast teams to appear in the rankings at that time.

Helt has built a legacy of success at Bucknell, and many of her players have accomplished significant feats while under her tutelage. Helt's players have dominated the Bucknell tennis record book since her start with the program. On the men's side, her players own eight of the top 10 singles records and all 10 doubles and combined wins records. On the women's side, every player on the top ten list has been coached by Helt.



Schwartz will begin his third season with the Bison in the fall of 2014, having served as the interim head coach in the spring of 2014 and as Rebecca Helt's assistant during the 2012-13 campaign. In June of 2014, Schwartz became the program's full-time head coach. He has played a crucial role in the development of current stand-out Nick Bybel, who was named the Patriot League Player of the Year this past season as a sophomore after earning the Rookie of the Year award in 2013. Bybel also earned Bucknell's first ITA pre-season national ranking of #114.

Prior to his time in Lewisburg, Schwartz spent five years as the head men's tennis coach and tennis coordinator at Queens College in Flushing, New York. He led the Knights to an NCAA Tournament bids each year, advancing to the Round of 16 in each of his final four seasons. Schwartz, who was named the ITA East Region Coach of the Year in 2009 and the ECC Coach of the Year in 2010 and 2012, coached two ITA All-Americans, three ECC Players of the Year and 23 ECC All-Conference selections during his five years with the program.

A 2001 graduate of Dowling, Schwartz was also an accomplished collegiate and professional tennis player. A three-time NYCAC All-Conference selection, Schwartz was ranked as high as 17th in the country in Division II singles play during his senior year, and was named the NYCAC Player of the Year as well as the ITA East Region Senior Player of the Year during that campaign.

Since his graduation from Dowling, Schwartz has remained active on the professional circuit, playing in numerous tennis tournaments around the world and winning the USTA National Open Indoor doubles title in both 2007 and 2008. He has been ranked as high as 833rd in ATP doubles, and has obtained 43 world-ranking points throughout his professional doubles career. Additionally, Schwartz spent over a year in Germany as the personal coach of Marlene Weingartner, guiding her to the 35th spot in the WTA singles rankings.



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# Next Level

## Tennis Camp at Bucknell University



Former #1 Singles and Doubles, Elena Vidrascu, '14



Former #1 Doubles Standout, Aidan Lynch, '14

## Next Level Tennis

This mini-training camp is designed for the tournament player and employs coaches with various backgrounds including college coaching, WTA and ATP professional coaching, certified professional teaching pros, certified strength and conditioning coaches, as well as a certified nutritionist and sport psychologist.

The goal of this camp is to provide junior tournament players with key elements and information surrounding college tennis and the recruiting process. We want to expose college bound athletes to the "Next Level".

Our coaching staff will work with small groups of players on various elements of the game: physical, mental and tactical. The drill sessions will be "college style" practices led by coaches of all college levels. Players will play "college style" matches in the afternoon as they compete within a team setting.

Our camp will also include sessions with a certified sport psychologist and nutritionist. These sessions will focus on the basic but important information any college athlete needs in order to be successful.

And finally, the camp will include sessions with a certified strength and conditioning coach who will guide junior tournament players toward the proper training that will lead them to the "Next Level."

Registration is open to any player 15-18 years of age. Limited to 60 participants. Staff updates and more information will be provided to all registrants.

Transportation will be provided from Harrisburg International airport to Bucknell. Must arrive by 10am on Monday July 6. Thursday flight should be scheduled after 3pm.

For more information, contact Rebecca Helt by phone or email listed on the front of this brochure.

## Daily Training Schedule

### Monday July 6th

11am-2pm check in  
2:30pm-3pm Introduction of coaches/players and informational meeting  
3:30pm- 6:15pm Drill sessions with coaches  
6:30-7:30 Dinner  
8:15 Meeting

### Tuesday July 7th

6:30 am Wake up  
7:00am-7:45am breakfast  
8:00am-11:00am Drill sessions with coaches  
11-11:30 Conditioning with Strength/Conditioning Coach  
11:30-12:30 Lunch  
1:30-2:30 Sport Psychology Seminar, Marie Shaw, Ph.D.  
2:45-6:15pm Team Matches  
6:30-7:30pm Dinner  
8:15-9:30pm Weight Training Seminar  
10pm In Dorm Rooms  
10:30 Lights Out

### Wednesday July 8th

6:30 am Wake up  
7:00am-7:45am breakfast  
8:00am-11:00am Drill sessions with coaches  
11-11:30 Conditioning with Strength/Conditioning Coach  
11:30-12:30 Lunch  
1:30-2:30 Nutrition Seminar, Tanya Williams, Clinical Dietitian & Sports Nutrition Specialist  
2:45-6:15pm Team Matches  
6:30-7:30 Dinner  
8:15-9:30pm Q & A with Coaches  
10pm In Dorm Rooms  
10:30 Lights Out

### Thursday July 9th

6:30 am Wake up  
7:00am-7:45am breakfast  
8:00am-11:00am Team Matches  
11:30am Check Out

\* A group campus tour will be available following check out.. Please indicate on your registration card if you plan to attend the campus tour.

## Cost and Registration Details

Commuter Cost— \$695

Resident Cost—\$995

To Register, fill out and return the entire form below with a \$100 deposit. Checks should be made out to Rebecca Helt/Coordinator of Tennis. Mail form and check to: Rebecca Helt, Bucknell University Tennis Office, Lewisburg, PA 17837.

Camper Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Camper Email: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Camper HS Grad Year: \_\_\_\_\_ Campus Tour Yes No

T-shirt size (circle one) Sm Med Lrg XLrg

### Insurance Information

Insurance Co. \_\_\_\_\_

Group # \_\_\_\_\_

ID# \_\_\_\_\_

### Waiver

I represent that I am the parent or legal guardian of the participant(s) named herein. I am aware that there are potential risks associated with participation in sports and sports camps. On behalf of the participant(s) named herein, I knowingly and freely assume all such risks both known and unknown, including those that may arise out of the negligence of other participants. I for myself and the participants(s) named herein, and our respective heirs assigns, administrators, personal representatives and next of kin hereby release and hold harmless, Next Level Tennis, their affiliates, officers, agents, employees, other participants and sponsoring agencies from and against any and all claims, including liabilities or damages arising from participation in the Next Level Tennis training camp.

Parent Signature \_\_\_\_\_

Camper Signature \_\_\_\_\_