

2009 RACQUETBALL HIGH PERFORMANCE CAMP

held at the USA Olympic Training Center & Lynmar Racquet Club



A PERFECT CAMP FOR HIGHSCHOOL AND COLLEGE ATHLETES

Camp starts at 7pm on Wed, Aug 19th in Colorado Springs and ends Mon Aug 24 at 9am.
Plan to fly into Colorado Springs, (NOT DENVER) on the Aug 19 and leave Aug 24 in the morning.

OVER 4 DAYS OF RACQUETBALL INSTRUCTION

- ✓ RACQUETBALL BOOK, AN INSTRUCTIONAL DVD, PLUS YOUR OWN PERSONALIZED INSTRUCTIONAL DVD, WITH VIDEO ANALYSIS
- ✓ INDIVIDUALIZED TRAINING PLAN
- ✓ VIDEO ANALYSIS
- ✓ STROKE MECHANICS AND SHOT SELECTION
- ✓ PERSONALIZED DVD
- ✓ FOOTWORK ANALYSIS
- ✓ SPORTS PSYCHOLOGY
- ✓ WEIGHT TRAINING
- ✓ ROOM AND ALL MEALS AT THE GREAT USOC VILLAGE
- ✓ GET A PEEK INTO THE ELITE CAMP... SEE A 2 MINUTE VIDEO AT WWW.RACQUETBALLACADEMY.COM/CAMPS.HTML



EVENING LECTURES AND LEGENDARY MORNING EXERCISE

Lecture topics include "Planning Your Workouts" with USRA Hall of Fame Coach-Jim Winterton (camp director) and "What it takes to WIN THE WORLDS."-Rhonda Rajsich, plus "Goal Setting", "& "Visualization"

Train under coaches Jim Winterton, Jo Shattuck, Rhonda Rajsich, Andy Hawthorne and more. Eat the best food ever and train like an Olympic athlete for less than \$100 per day.



CAMP COST: \$495, (FOR ATHLETES- WITHOUT USA PASSPORT, ADD \$200)

Applications are available online at www.usra.org and at the USAR Desk at Nationals in Houston, TX. Register at r2sports.com under racquetball. Space limited. Questions: Ask Heather Fender at HFender@usra.org or Camp Director Jim Winterton Coachwint1@aol.com. As soon as you sign up—you will begin receiving our famous "what to expect" emails, and enrollment information. USAR-(719) 635-5396