

# 2009 ELITE CAMP Lite

held at the prestigious Denver Athletic Club,  
in Downtown Denver, Colorado



**GET AN ELITE CAMP EXPERIENCE WITHOUT THE HIGH IMPACT WORKOUTS**

Camp starts at 7pm on **Friday, Aug 14th** in ends **Tuesday, Aug 18** at 12pm.  
Plan to fly into Denver, on Aug 14, and leave Aug 18(or book an extra day on own).

## 4 DAYS OF COMPETITIVE RACQUETBALL INSTRUCTION

- ✓ LUXURY HOTEL ACCOMODATIONS
- ✓ BREAKFAST AND LUNCH PROVIDED
- ✓ MODIFIED LOW-IMPACT WORKOUTS
- ✓ LECTURES IN THE EVENINGS TO ENJOY DENVER
- ✓ 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
- ✓ A LA CARTE EXTRAS FOR ADDITIONAL FEES (BMI, VO2MAX, FLEXIBILITY, & LACTIC ACID THRESHOLD FITNESS TESTS, MASSAGES, PILATES)



Jim Winterton  
HALL OF FAME  
COACH

Rhonda Rajsich  
FORMER #1 WPRO  
ELITE CAMP STAFF



Jo Shattuck  
TOP TOURING PRO  
ELITE CAMP STAFF

### Camp Tuition:

\$850 includes 4 nights, shared room accommodations at the Comfort Inn, walk to the DAC. (Note: extra night to leave on the 19<sup>th</sup> can be booked on your own) Roommates will be assigned. Private rooms are available for additional \$300 and must be paid upon registration at R2sports.com.

*Hotel policy: No refunds for the hotel portion of camp tuition within 30 days of camp start date. No refunds for other portion within 14 days of camp start date.*

More information is available online at [www.coachrball.com](http://www.coachrball.com) or [www.racquetballacademy.com](http://www.racquetballacademy.com) and at the USAR Desk at Nationals in Houston, TX. Register at [www.r2sports.com](http://www.r2sports.com) under racquetball. Space is limited. Questions: Jim Winterton, [coachrball@twcny.rr.com](mailto:coachrball@twcny.rr.com) or Jo Shattuck [joshattuck@racquetballacademy.com](mailto:joshattuck@racquetballacademy.com)



Some proceeds of this camp will go  
directly to USA RACQUETBALL