

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 **Thur, 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.

4 DAYS OF COMPETITIVE 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 and more. Eat the best food ever and train like an Olympic athlete for less than \$100 per day.



CAMP COST: \$495, (FOR FOREIGN 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