

M.UD.C.AT for Racquetball Multi-Discipline Circuit Aptitude Training (M.UD.C.AT.)

Racquetball Academy's newest racquetball training class.

This 2 hour class draws performance enhancing applications from five other exercise science disciplines in physical skills, mental skills and of course, racquetball skills. All skill levels, fitness levels and body types can participate in this circuit style class.

The following skills are included in the class.

Visual-motor- There is a whole separate industry in sports vision that deals with object tracking, depth perception, eye movement muscles, and focus. We will do select exercises that are specific to racquetball.

Movement- There are several crucial movements in racquetball in addition to the pivot and shuffle. This class trains five specific movement patterns required in racquetball.

Balance and stability- These are conditions of an object. Balance occurs when ones' weight is evenly distributed. The amount of stability is the amount of force needed to make an object unbalanced. The more force required to do this means the object is more stable. This class trains both.

Proprioception- This describes your awareness of your body in space and time. This used to be called hand-eye coordination. Now it is referred to as body- eye coordination.

Physical skills- This is the one most racquetball players are familiar with. Most everyone has heard of training with weights, interval training or other off court activities. Examples are lunges, sprints, and ladder drills. Here you are building a body to compete with. We will incorporate several of these exercises as well.

Mental Skills- PST (psychological skills training) doesn't have to be done when you are alone in a quiet room. This class incorporates well known techniques like visualization/imagery, focusing and self talk techniques in to your on- court training.

Taught by Jo Shattuck
WPRO World Rank #10



AMPRO/IPRO Nationally and
Internationally Certified
Coach

Next Session:

Thursday, November 12th
Denver Athletic Club
1325 Glenarm, PI
7pm to 9pm



The Denver Athletic Club

\$45 per person
(\$40 for DAC members)
Maximum 10 people per session.
Register online at
www.racquetballacademy.com

It is helpful if you sign up with a partner of similar ability, but it is not necessary. You will be 'spotting' other students during the stations. Maximum 10 people per session. Go to www.racquetballacademy.com under Events Registration page to sign up. Call Jo Shattuck at (303) 949-7785 for more information.

Balance

Proprioception

Visuomotor exercises

Footwork

First step, off the line, 4 directions,

Return of serve

Relocation out of the box

Banana to ball

Under CB

Lunges –strength, dry strokes,

Reading the ball.

With partners?

ExerDis

Synergistic

CDTCircuit

TASS

TransDiscCir

CDCT

Cro

MuDCaT (Multi-Disciplinary Circuit Aptitude Training) affect

Action

Applied

ness

MudCat