

Racquetball Performance Camp



Instructor: Jim Winterton

Undeafated USA Team Coach
Director for National
Performance Camps
Instructor for 28 years

24 Player Camp Limit

Learn The Secrets of the USA Team!!

Singles

Secrets of Stroke Mechanics

Footwork

(Do you have happy feet or sad puppies?)

Serve

(Do other players fear your serve?)

Server Return

Court Positioning

(Can you get to everything?)

Weight Training

(How long do you stay strong?)

Nutrition

Doubles

Formations

(The "I", Pro, and Front/Back)

Team Shot Selections

Best Doubles Serves

Overall Doubles Strategy

How to choose your Partner

Doubles Rules

(Specific Attention on Hinders/Avoidables)

NYRA Member Appreciation Events

You MUST sign up for these events to attend. Go to Racquetworld.com/NYRA.html for sign up instructions, directions and detailed clinic information.

NY Players - Take Advantage of this FREE Offer

The Only NY State Free Camp this Year

For more information
on Coach Jim
Winterton please goto:

www.Coachrbal.com

Location

Clubfit - Briarcliff
Briarcliff, NY

Dates & Times

March 19th, 10am - 4pm

Costs

Free NYRA/USAR Members

\$99 Non NY USAR Member

**COLLEGE PLAYER FROM
ANY STATE WELCOME
FREE**

To Attend:

You must be a USAR member
(you can join when signing up)

You must sign up as described
above

You will receive a confirmation/
followup email prior to the
camp.

You should then show up ready
to play and learn at the location
by 9:30 to sign in.

Sponsors



Racquetworld.com