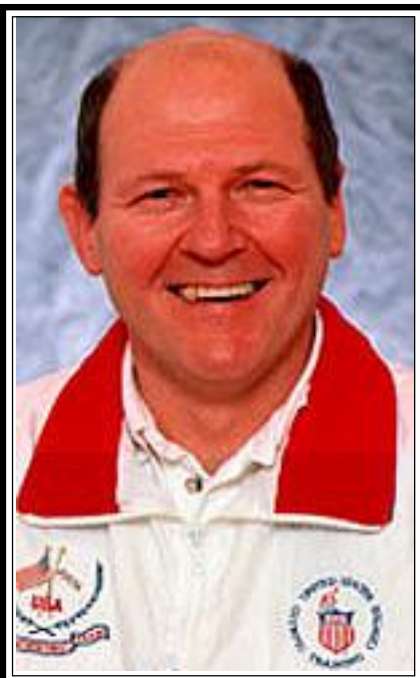


# Racquetball Performance Camp



**Instructor: Jim Winterton**

Undefeated USA Team Coach  
Director for National  
Performance Camps  
Instructor for 29 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 signup for these events to attend . Go to  
[Racquetworld.com/NYRA.html](http://Racquetworld.com/NYRA.html) for signup 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.Coachrball.com](http://www.Coachrball.com)

### Location

Clubfit - Briarcliff  
Briarcliff, NY

### Dates & Times

March 31st, 10am - 4pm

### Costs

**Free NYRA/USAR Members**

\$50 Non NY USAR Member

### To Attend:

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

You must signup 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](http://Racquetworld.com)