

WWW.WECOACH4U.COM
Application Form (also online)

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

EVENT AND \$ ENCLOSED: _____

AGE and For Camp: T-Shirt Size: _____

COST of EVENTS:

3 DAY CAMP – \$350

If pd in full by May 1, 2008

\$390 after May 1 (due by May 31)

Start and Turn Clinic - \$100

2 Day Clinic - \$250

other events on website

www.wecoach4u.com

Please mail check and application:

FOR CAMP: \$100 deposit and full

Balance no later than May 31, 2008.

Other events: 50% deposit with

registration form, no later than

1 week before event, to:

Olympian Performance, Inc.

534 Smithtown Court

Excelsior, MN 55331

WeCoach4U

3 DAY CAMP

**Start and turns clinics,
2 day clinics & more,
with Olympian & Olympic Coach**

Location of Events:

The Blake Middle School Swim Pool
110 Blake Road, Hopkins, MN 55343

3 DAY CAMP (\$390): June 16-18, 9am -3pm

2 DAY CLINIC(\$250). Sat. 2-5pm, Sun. 12-3pm
August 9-10, 2008

START AND TURN CLINICS (\$100):

July 13, Sunday, 12-1:45 pm

WEEKLY SWIM SESSIONS

Price assumes you will miss 1 session

Sessions can also be made up on other day

Saturdays, 12-1:15pm

Sundays, 10:45 - 12 noon

Mondays, 5:15-6:30 pm

Next session starts June, '08

**PRIVATE/SMALL GROUP, SPORT PSYCH,
ETC. ALSO AVAILABLE**

FOR MORE EVENTS AND UPDATES:

WWW.WECOACH4U.COM

EMAIL: WECOACH4U@MSN.COM

PHONE: (952) 474-4805

WECOACH4U

SUMMER DAY CAMP

June 16-18, 2008

2 DAY CLINIC,

August 9-10,

**Start and Turn Clinics,
and more!**

WITH OLYMPIAN & SPORT
PSYCHOLOGY Specialist,

TRINA RADKE

&

OLYMPIC COACH & STRENGTH
& CONDITIONING SPECIALIST

ROSS GERRY

“We have been at the
highest level of swimming
and can show you
how to get there!”

For more information, go to:

www.wecoach4u.com

WWW.WECOACH4U.COM CAMP FEATURES

Instruction in all aspects of being a **champion** including:

- Inspirational **Stories** from Olympian and Olympic Coach
- Sport Psychology, **Goal Setting**, and Mental Training; Ideal Race Strategizing and Planning
- Sport **Nutrition**
- Swimming Specific **Dryland, Strength** and **Flexibility** Training
- **Stroke Analysis** and Observation of World Class Champions
- Water sessions featuring:
 - **stroke skills** AND **racing** skills, including:
 - **starts, turns, and finishes, and race strategy**
 - **videotaping**

GOAL of our EVENTS:

To empower you to be at your best, have fun, and learn new skills for life and for swimming fast!

WECOACH4U.COM CAMP POLICIES

- USS registered. If not, you can register at camp
- \$100 non refundable deposit
- Confirmation and additional registration materials sent on receipt of application and deposit
- Application Deadline and Balance due no later than May 31
- Cancellation Policy:
 - Deposit is non-refundable. No refunds of any kind after June 4

Please make checks payable to:
Olympian Performance, Inc.
534 Smithtown Court
Excelsior, MN 55331

Questions:

Please contact us at:

Wecoach4u@msn.com

or

(952) 474-4805

www.wecoach4u.com

WHO WE ARE

Trina Radke, Olympian

Psychotherapist specializing in empowering people and peak performance

Swim accomplishments include:

- Olympic Swimmer
- 4 gold medals in major international competition, and numerous medals in all international meets
- 7 years on US National Team
- Co Captain US Team
- Held American, US Open, Italian Open, & Australian Open Records



Ross Gerry, Olympic Coach

Coaching accomplishments include:

- Olympic Coach
- Stanford Associate Head Coach for 10 years
- Won 6 NCAA Div. 1 Championships
- Coached 16 Olympians totaling 16 gold medals, several world records
- Strength & Conditioning Specialist for Stanford & national coaches
- World-renown technique specialist
- Coach Stanford Swim Camp 14 years