

WWW.WECOACH4U.COM
Application Form (also online)

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

EVENT AND \$ ENCLOSED: _____

AGE: _____

COST of EVENTS:

2 day clinic - \$250

Start and Turn Clinic - \$100

4 Stroke Clinic - \$100

Sport Psych Clinic - \$100

Weekly sessions – based on weeks

Other events on website

www.wecoach4u.com

REFERRAL & TEAM DISCOUNTS APPLY!

Please mail check and application:

50% deposit with registration form,
no later than 1 week before event, to:

Olympian Performance, Inc.

534 Smithtown Court
Excelsior, MN 55331

We reserve right to cancel events
without prior notification.

WeCoach4U
UPCOMING EVENTS

Location of Events:

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

COLLEGE RECRUITING CLINIC

Nov 1, 2009 Sunday 1:30-2:30 (\$20)

SPORT PSYCH/PEAK POTENTIAL CLINIC

Jan. 24, 2010 Sunday 1:30–3 pm (\$100)

April 25, 2010 Sunday 1:30-3 pm

START AND TURN CLINICS (\$100):

Dec. 5, 2009 Sat. 12-1:30 pm

January 3, 2010 Sunday 1:30-3pm

Feb. 7, 2010 Sunday 1:30-3 pm

April 18, 2010 Sunday 1:30-3pm

ALL 4 STROKES CLINICS (\$100):

Dec. 6, 2009 Sun. 1:30-3 pm

Jan. 24, 2010 Sun. 1:30-3pm

May 2, 2010 Sunday 1:30-3 pm

2 DAY CLINICS (\$250):

April 10-11 Sat. 2-5pm and Sun. 1:30-4:30pm

SMALL GROUP WEEKLY SWIM SESSIONS

Sessions can be made up in other class

Winter session: Jan. 3 - March 14 (\$495)

Spring Session: April 11 – June 6 (\$450)

Sundays: 11am- 12:10 advanced group,

12:15- 1:25pm advanced/non

PRIVATE/SMALL GROUP, SPORT PSYCH

Also available – www.wecoach4u.com

(952) 474-4805

WECOACH4U

NEW CLINICS:

College Recruiting,

Sport Psych/Peak potential

2 DAY Clinic,

Weeklys,

Start and Turn Clinics,

All 4 stroke clinics,&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!”

www.wecoach4u.com

WWW.WECOACH4U.COM CAMP and CLINIC 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
- **Videotaping, Stroke Analysis** and Observation of World Class Champions
- Water sessions featuring:
 - **stroke skills** AND **racing** skills, including:
 - **starts, turns, and finishes**, and **race strategy**

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 SUCCESS STORIES:

High school swimmer:

"I have regained my love of the sport thanks to you two, and never dreamed that I could still drop so much time! Thanks!"

USS Swimmer:

"My stroke feels great, and by doing the dryland and mental work, I am now #2 in the nation in my event!"

Competitive Athlete:

"You helped me believe in myself again, and I was amazed with how this confidence transferred into my results!"

FOR MORE EVENTS, UPDATES, QUESTIONS:

WWW.WECOACH4U.COM
EMAIL: WECOACH4U@MSN.COM
PHONE: (952) 474-4805

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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 Team 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