The Race Club

TEN REASONS WHY YOU SHOULD ATTEND A RACE CLUB CAMP IN 2010

1)Everyone needs help

No one has a perfect stroke. Not even Olympians. In fact, far from it. Everyone needs help on technique; partly because most coaches view you from above, not below the water, and partly because in a crowded workout, no one has time to focus on your technique. Once you begin to understand the best technique for you, you will need to work on it every day.

2)You can't help yourself

Trying to teach yourself proper swimming techniques is not a good idea. While swimming, what you do and what you think you are doing are very different. Someone who understands stroke mechanics and the subtle differences between good and bad technique needs to evaluate and help you.

3)You likely need more help than just swimming technique

Chances are we can help you in more ways than just by improving your technique. How about nutrition, strength training, mental training and recovery? All of them can help make you a faster swimmer, and they are all important.

4)You need help from experts

Advice is cheap. Just be sure you are listening to the right people. Techniques may vary from one swimmer to another and what is right for you may not be the same as for someone else. You must learn techniques based on your best events and your strengths. At The Race Club, we will help determine which technique works best for you and why.

5)You need underwater analysis

The most important part of your stroke is the underwater part. Using Dartfish technology, we perform a thorough analysis of your strokes from both under and above water. We also offer High Definition quality videos showing every detail of your strokes.

6)You will learn innovative training methods

Part of the fun of The Race Club camp experience is learning some of the out-of-the box training methods used by our World Team Olympic swimmers. You will have fun with cross training and circuits that test your stamina and speed. You will not get bored with these great sets.

7)You aren't getting younger

Why put off The Race Club camp experience for another year? After all, next year you are a year older and a year later in benefiting from our camp. 70% of our campers come back for another camp, so hurry up and get started. Don't put off until tomorrow what you can accomplish today.

8)You likely never learned a good back/breast flip turn

As odd as this may seem, very few swimmers really know how to do this turn correctly. I know not everyone swims the IM, but it will sure make your IM better if you learn this important transition. Besides that, it will impress all of your friends and coach when you gain a half body length on the rest of the field.

9)You likely haven't learned a race dive using a back footplate

Soon you will be seeing the back footplate on all starting blocks in swimming meets. The last place you want to be practicing your start with these plates is at the meet. There are certain techniques you need to learn to take full advantage of these plates. It could make you .3 or .4 seconds faster if you do. We have them here.

10)You likely will have the time of your life

This is the most important reason for you to come to a Race Club Camp. You will have a blast. You will work (pretty hard). You will learn a lot. But best of all, you get to come to Florida, either to Miami or the Florida Keys, whichever you prefer. It is an unforgettable experience. We hope to see you really soon!

Gary Hall Sr. **Dec. 13, 2009**

Gary Hall Jr. (L) stands on the podium with his father, Gary Hall Sr., after the younger Hall was placed on the Olympic team following his win in the 50 meter freestyle final during the U.S. Swimming Olympic Team Trials on July 13, 2004 at the Charter All Digital Aquatic Center in Long Beach, California.

All info: **info@theraceclub.net**
Add info: **swimstar2000@gmail.com**
Official web: **www.theraceclub.net**