

2006 Racquetball High Performance Camp

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It is the toughest racquetball camp in the world. Only the elite can survive it. Instead of calling it the “High Performance Racquetball Camp,” they should call it, “Racquetball Deficiency Elimination Camp”! That’s the end product each camper is left with thanks to professional video analysis, specialized drills and plenty of one-on-one with the pro’s & a world-class racquetball coaching team.

This year, 24 racquetball campers participated in 5 days and more than 48+ hours of competitive racquetball instruction. Each participant had to qualify to attend and you know it’s going to be a physically & mentally challenging experience when they ask how fast you can sprint in a mile and a half. Most are open-level or soon to be approaching open-level racquetball play with ages ranging from 14-45.

The camp is lead by USA Racquetball Hall of Fame coach, Jim Winterton along with BYU Championship Collegiate Coach Dennis Fisher, Top LPRA Touring Pro & Clinician Jo Shattuck, and Top IRT Pro Andy Hawthorne. In addition to the elite racquetball coaching staff, outside experts were brought in including a strength & conditioning coach, mental & visualization coach, and a triathlete weight training specialist that covered training periodization plans.

All of the racquetball athletes (including the coaches) stayed in the United States Olympic Center training facility dorms and were treated daily to the same high performance food engineered for athletic peak performance. The racquetball courts for daily training, drills and a concluding tournament was held at the Lynmar Racquet club.

Participants received a racquetball instruction book, instructional CD plus a highly personalized instructional CD that contains video analysis of their play from the first day. Most took 15-30+ pages of notes during the camp that can be referenced later to build or enhance each athletes ongoing training plans.

Topics covered during the 5 day intensive includes stroke mechanics, proper shot selection, footwork analysis, offensive return of ball, doubles play strategy, lob serve cut-offs, ceiling balls, proper nutrition including pre and post tournament planning, drive/lob serves, sports psychology and weight training. In addition, each athlete was encouraged on day one to share what specifically they came to learn and if it wasn’t on the agenda, the coaching team made sure the athlete received answers or personalized plans to help them achieve their racquetball goals.

The morning workouts are legendary with a 2.5 mile run followed by stretching and calisthenics lead by Dr. Jim Hiser, Executive Director of the USRA. This is followed by footwork speed & agility drills before the 1.5 mile walk or jog back to breakfast at the USOC Village Center. There is also an infamous simulated racquetball game on ‘hell day’ that brings fear in the eyes of most newbies. Athletes are encouraged to safely push themselves past old limits to discover new levels of performance.

If you think this camp is all intensity and seriousness, you'd be wrong as what could be more fun than playing and improving your racquetball game with a couple dozen new buddies who are just as passionate about racquetball as you are? It's amazing how complete strangers came together to support and encourage each other, sharing their racquetball secrets and tips that have helped them advance.

Each day of training is capped off with an evening lecture or outside guest expert brought in to further integrate the lessons of the day. Discussion topics ranged from "What It Takes To Be A Champion," "Goal Setting," "Visualization for Racquetball," "Planning Your Workouts," to watching IRT/LPRA pro matches that teaches how to analyze matches.

The final day of racquetball camp includes a fun tournament where all of the lessons and skill refinements can be put to test. The night is then concluded with an awards ceremony where each participant gives a short speech about what they learned, a male & female MVP award is given, a team award (this year had 4 groups of 6 participants) is announced and a socializing pizza party ends the camp... It also starts the beginning of many new friendships that will last well beyond this racquetball experience.

If you want to be a racquetball pro on a world, national, state or even local level, this camp gives you the tools and competitive weapons that few will ever obtain. Bring you're "A" game to get in and you'll leave with an experience you will never forget.

