

WWW.WECOACH4U.COM
Application Form (also online)

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

EVENT AND \$ ENCLOSED: _____

AGE: _____

COST of EVENTS:

Start and Turn Clinic - \$100

4 Stroke Clinic - \$100

2 Day Clinic - \$250

Weekly sessions – based on weeks

Other events on website

www.wecoach4u.com

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

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

Location of Events:

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

4 DAY CAMP June 2009:for more information,
please go to website, www.wecoach4u.com

2 DAY CLINIC(\$250). Sat. 2-5pm,Sun.9-12pm
Mar 28-29, 2009, Aug 8-9, 2009

START AND TURN CLINICS (\$100):

Feb 22, 2009 Sunday 1:30-3pm
April 26, 2009 Sunday 1:30-3pm
July 19, 2009 Sunday 1:30-3pm

ALL 4 STROKES CLINICS (\$100):

June 7, 2009 Sunday 1:30-3pm

WEEKLY SWIM SESSIONS

Sessions can be made up in other class
April 5 2009- June 14th, \$500 Sundays
June 15 2009- Aug 3rd, \$375 Mondays
Sundays, 11–12: 10 pm: advanced only
Sundays, 12: 15-1: 25pm: advanced/non
Saturdays, 12-1: 10 pm (if Sun. full)
Mon., 4-5:10 pm, 5:15-6:25 pm Summer only

PRIVATE/SMALL GROUP, SPORT PSYCH

Also available – www.wecoach4u.com

WECOACH4U

2009 SUMMER CAMP,
2 DAY CLINICS,
WEEKLYS,
Start and Turn Clinics,
All 4 stroke 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 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
- **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:

Triathlete: “I not only have dropped over 10 seconds per 25, but I have regained my confidence. Thank you!”

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!”

FOR MORE EVENTS, UPDATES, QUESTIONS:

WWW.WECOACH4U.COM
EMAIL: WECOACH4U@MSN.COM
PHONE: (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 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

