

Elite / Junior Race Walk Camp

Tuesday, Dec. 26, 2017 – Tuesday, Jan. 2, 2018
San Diego, California

presented by



GENERAL CRITERIA:

- Camp attendee intends to continue race walking for one or more years.
- Attendee minimum age to participate is 14 years old by 12/26/2017.
- Attendee needs to meet the entry time criteria to be announced by October, see the Race Walk Camp Invitation for further details go to narionline.org.

Head Coaches:

Tim Seaman, 2-time Olympian, 47 times U.S. National Champion

Rachel Seaman, 2012 Olympian and winner of multiple Canadian National Championship titles

Asst. Coaches:

Coach Diane Graham-Henry: USATF Level II Coach, Team Coach / Manager, Master Level Judge, Vice Chair USATF Executive Committee
Coach Tish Hanna; IAAF Level II RW Judge, USATF Team Coach

GENERAL DAILY SCHEDULE

7 am	Breakfast
8-11 am	Training
12-2 pm	LUNCH
2-4 pm	REST
4-5 pm	Afternoon training
6-7:30 pm	Dinner
7:30-9 pm	Video critique, short lectures
11 pm	Lights out

Discussions may include:

- Training philosophy
- Sport psychology
- Nutrition

Racing Opportunities:

- 5k / 10K Road or Track Race
- Races on December 30, 2017 will be held at the Olympic Training Center (Centro de Alto Rendimiento) in Tijuana, Mexico. This is our first bi-national race walk event.

For further information, questions, applications, please contact:

Coach Diane Graham Henry, 773-320-6888, dghphoto@gmail.com
Rachel Seaman, 619-942-0577, seaman.rachel@hotmail.com