

Elite Junior Race Walk Camp



**Monday, Dec. 26, 2016 –
Monday, Jan. 2, 2017**
San Diego, California



**Presented by
North America Race Walking Institute**

GENERAL CRITERIA:

- Camp attendee intends to continue race walking for one or more years.
- Attendee minimum age to participate is 14 years old (by 12/26/2016).
- Attendee needs to meet the entry time criteria to be announced by September.

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 Tish Hanna; IAAF Level II RW Judge, USATF Team Coach

Coach Diane Graham-Henry: USATF Level II Coach, Team Coach / Manager, Master Level Judge, Vice Chair USATF Executive Committee

GENERAL DAILY SCHEDULE

7 am	Breakfast on own
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

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