

# YRACQUETBALL™

We build strong kids, strong families, strong communities.

## *Malia Bailey*

- *35 time National Champion • 6 time World Champion*
- *Former US National Team Coach*
- *Wilson Elite Advisory Staff*

*presents*

## *Bootcamp Weekend*

**When:** July 23- July 25, 2010

Fri. 7- 9pm, Sat. 8:30am - 6pm, Sun. 9am - 1pm

**Where:** Greenbrier North YMCA Wellness & Racquetball Center

2100 Old Greenbrier Road

Chesapeake, VA 22320

(757) 366-9622

**Costs:** \$185 members / \$210 prospective members  
(Optional) \$20 for Video Analysis\*

**Who:** Ages 13 - 99

**Entry Deadline:** July 20, 2010

**What you'll learn:**

- Review of fundamentals
- Mastering court positioning
- "Playing the player" strategy
- Serve Selection
- Off court conditioning
- Mental Toughness

\*Video Analysis shot Friday / Saturday with discussion Sunday morning.