

USA Racewalking: Senior Women's Training Camp

This USA Racewalking camp is designed to improve the performance of our top-level senior women and to fulfill our goal of sending a full and competitive team to the 2012 Olympics. With a strong senior program, we can motivate, empower, and support our junior-level racewalkers as they continue their athletic careers into their post-collegiate years.

Action Plan:

- Fund the top eight athletes
- Offer a seven-day/seven-night camp
- Provide dormitory/training complex at Ian Whatley's complex in Greenville, SC
 - Complex includes kitchen for meal preparation, 400-meter track, paved and dirt trails, treadmill video display system for technique analysis, strength-training equipment
- Provide inexpensive local hotels for additional invited athletes
- Conduct scientific lactate threshold testing
- Offer a sports-specific nutrition seminar
- Include a strength and conditioning expert, as well as a stretching/yoga instructor, to conduct sport-specific routines
- Offer sport psychology sessions

Expense Summary:

I. **Airfare** - Costs will vary for each athlete, depending on her city of origin.

II. **Dorms/hotel** - Up to six athletes will be housed in the dorm provided at the training site. All remaining athletes will be housed in local hotels.

III. **Food** - A kitchen will be available for meal preparation.

IV. **Lactate Testing** - Lactate testing strips and lancets would be needed.

V. **Strength Coach, Strength Training, and Related Educational Materials** – Racewalking specific equipment for a weight/strength routine is available on site. However, a nominal cost would be needed for related materials.

VI. **Sports Psychologist** - We are requesting a sports psychologist who has worked with many of our top USA racewalkers. Expenses would include his airfare, meals, and lodging.

VII. **Nutritionist and Related Materials** - We will be looking for a nutritionist and arranging for him/her to visit the training facility.

VIII. **Local yoga instructor** - We will be looking for a yoga instructor and arranging for him/her to visit the training facility.

IX. **Massage Therapy** - Access to basic sports massage, ice, an altitude tent, ultrasound, electro-stim, hot/cold compression, etc. will all be available at no cost at the training site. However, we would need access to a massage therapist.

Mentor Program:

The senior women in attendance will participate in a mentor program for the junior women's team and will pass along appropriate materials/training tips.

Summary:

It is our hope that such training opportunities will allow all of our top-level female racewalkers to promote their talent so that they may successfully compete on the international level.

We hope to schedule a future training camp on the West coast (in conjunction with competition tbd) to further the development of our top-level female racewalkers and continue to monitor the progress of USA Women's Racewalking.

For More Information:

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