

# Ready to Race Like a Champion?

USE OLYMPIC-LEVEL TRAINING TECHNOLOGY TO

- train smarter*
- be more efficient with each workout*
- prevent injury*
- train to win*

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Pocock Rowing Center's High Performance Team Coaches will give you the technical and physiological feedback you need to enhance the quality of your training and increase your speed.

## VO2 max & lactate testing



- Understand your body's physiological capacity and learn how well you are maximizing your potential.
- Individualized training recommendations based on test results.

## WEBA stroke-analysis



- A power curve analysis measures exactly how you exert power during the sculling stroke. Learn exactly where you lose connection in the stroke.
- Individualized recommendations for technical training based on results.

## Technical Coaching and Video Analysis



- Technical coaching in singles and team boats from former US National team coaches and athletes.
- Individualized video analysis of your stroke.
- A personalized CD to aid you in making technical changes.

## Mental Preparation and Training



- Seminars on some of the essential components of mental training: awareness, goal setting, visualization, self-talk.
- Individualized recommendations for improving your mental race preparation and planning.

Coaching provided by Carlos Dinares, Emil Kossev, Julie McCleery, and Angie Sievers; between them, these coaches have competed in or coached at 15 World Championships.

*All proceeds go to support Pocock's High Performance Team.*

# High Performance Package

## Dates, Fees, and Application

You can customize your own package or opt for one of the premium packages.

Element	Date(s) Offered	Cost
VO2 Max Testing	February 16	\$250
Mental Training Seminar	March 2	\$150
WEBA Analysis	April 12, 13	\$200
Technical/Video Analysis	April 12, 13	\$200

*All program components, except the WEBA, are run at Pocock Rowing Center in Seattle. The WEBA will be at Green Lake.*

### Premium Packages

**Bronze Medal Package** gives you all of the components, except the VO2 testing, plus a T-shirt. Cost: \$500.

**Silver Medal Package** gives you all of the components above, plus a T-shirt, breakfast with High Performance athletes and coaches, and priority scheduling for the testing and analysis. Cost: \$750.

**Gold Medal Package** gives you everything in the Silver Medal Package AND you have email access to a High Performance coach for feedback during the competitive season. Cost: \$1000.

Spaces for the packages and each of components are limited. First come, first served.

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### Three ways to sign-up:

- 1) Mail the form below with check or credit card information to  
High Performance Package  
Pocock Rowing Foundation  
3320 Fuhrman Ave. E.  
Seattle, WA 98102
- 2) Call Meghan Stobbe in the Pocock office at 206-328-0778.
- 3) Visit Meghan in the Pocock office at the above address.

For questions about the packages please call Angie Sievers at 425-508-2069 or email her at [angela\\_c44@hotmail.com](mailto:angela_c44@hotmail.com).

## Application

*This information is required for setting up the tests and for corresponding with participants.*

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Physician: \_\_\_\_\_ Date of last physical: \_\_\_\_\_

Element	Date(s) Offered	Cost	Your Selection (Mark with an X)	Cost of your selection
VO2 Max Testing	February 16	\$250		
Mental Training Seminar	March 2	\$150		
WEBA Analysis	April 12, 13	\$200		
Technical/Video Analysis	April 12, 13	\$200		
Bronze Medal Package		\$500		
Silver Medal Package		\$750		
Gold Medal Package		\$1000		
TOTAL				

My payment of \_\_\_\_\_ is being made by check (attached or enclosed).

My payment of \_\_\_\_\_ is being made by credit card:

Name on card: \_\_\_\_\_

Card type: \_\_\_\_\_ Card number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ 3 digit ID # on back of card: \_\_\_\_\_

*VO2 Max Test payments due February 14<sup>th</sup>. All other payments must be received one week prior to the testing date. Refunds will only be made in the event of cancellation or technical difficulties on the part of Pocock.*