

Elite / Junior Race Walk Camp

Tuesday, Dec. 30, 2024 – Sunday, Jan. 5, 2025
Imperial Beach, 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 December 30, 2024.
- Attendee needs to meet the entry time criteria to be announced by November, see the Race Walk Camp Invitation for further details go to usaracewalking.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

Coaches:

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

GENERAL DAILY SCHEDULE

YMCA Surf Camp, Imperial Beach, CA

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	Short lectures
11 pm	Lights out

Discussions may include:

- Training philosophy
- Sport psychology
- Nutrition
- Strength Training

More information and application available at www.usaracewalking.org

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