



**Rose Bowl Masters
Presents:**

Rich Abrahams Robert Strands' Super Sessions

Date: July 18th, 2010

Time: 9am-4pm

Location: Rose Bowl Aquatic Center

Cost: \$125

Checks:

**Robert Strand
488 E Claremont St
Pasadena, CA 91104**

Paypal and other questions:

R1Strand@aol.com

Sanction #: 330-028

Participants must be registered with USMS and you will sign a waiver upon arrival at the clinic



RICH IS THE FASTEST SPRINTER IN THE WORLD AND FOR HIS AGE (65) MIGHT BE THE OVER-ALL BEST SPRINTER IN THE WORLD.

BOB HAS DOMINATED BREASTROKE FOR 20 YEARS AND WAS RECENTLY ELECTED TO THE INTERNATIONAL SWIMMING HALL OF FAME.

BETWEEN RICH AND BOB THEY HAVE SET OVER 100 MASTER WORLD RECORDS AND 150 NATIONAL RECORDS.

THESE SESSIONS WILL CONCENTRATE ON "PREPARATION AND EXECUTION" OF YOUR PRIME RACE OBJECTIVE I. E. NATIONALS, REGIONALS OR YOUR BACK YARD GRUDGE MATCH WITH YOUR KID!!!

THE PROGRAM WILL FEATURE IN POOL RACE WORK, STARTS AND TURNS WITH VIDEO, DRYLAND WEIGHT TRAINING, TOPICS SUCH AS "MAINTAINING EXCELLENCE OVER TIME" RACE STRATEGY DISCUSSIONS, NUTRITION, "CONFRONTATION OF THE AGING PROCESS", RACE DAY FOCUS-WHAT WORKS FOR YOU AND HOW TO FIND OUT, MAJOR Q&A AND IN CLASSROOM STUDY WITH HIGHLIGHT VIDEO SWIMS. EACH SWIMMER WILL RECEIVE A CD WITH HIGHLIGHTS OF THE DAY AND A CATERED LUNCH FROM NOON TILL ONE O'CLOCK