



MU.D.C.A.T. ©



MU.D.C.A.T. for Racquetball © Multi-Discipline Circuit Aptitude Training

This class draws performance enhancing applications from other exercise science disciplines in physical skills, mental skills and racquetball skills.

Visual-motor- There is a whole separate industry called sports vision that deals with object tracking, depth perception, eye movement, and focus. We will do select exercises that are specific to racquetball.

Balance and stability- Balance occurs when an objects weight is evenly distributed. The amount of force needed to make an object unbalanced determines it's stability. The more force required to do this means the object is more stable. This class trains the crucial movements in racquetball while maintaining both balance and stability.

Proprioception- This describes your awareness of your body in space and time. Now it is referred to as body- eye coordination. We train this in racquetball specific exercises.

Physical skills- Most everyone has heard of cross-training with weights, interval training or other off court activities.. Here you are building a body to compete with. We will incorporate several of these exercises as well.

Mental Skills- PST (psychological skills training) doesn't have to be done when you are alone in a quiet room. This class incorporates well known techniques like visualization/imagery, focusing and self talk techniques in to your on- court training.

Learn how to integrate techniques from other disciplines into your on-court training.

Two classes are available at the Crystal City Club during the Christmas Classic Tournament

**Thurs - Dec 10th 4:00pm-5:30pm &
Fri - Dec 11th 9:30am-11:00am**



Taught by Jo Shattuck, WPRO #10, AMPRO Clinician, IPRO Coach II

**\$45 per person, max 10 per class Pre-registration required:
www.racquetballacademy.com/eventregistration.html**

All skill levels, fitness levels & body types can participate in this circuit style class.

**Contact :joshattuck@racquetballacademy.com
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