



Steve Hatch Racing and Training Boot Camp Programs – 2010 - 2011

Program Overview: Steve Hatch Racing and Training Boot Camps offer a complete fitness and riding program that will jump start and dramatically improve your riding experience. These camps are all about having fun while expanding your knowledge of how to be in better shape for your riding and sharpening up your riding skills. We have programs designed to match every rider level from beginner/kids to the Pro Racer. Steve Hatch brings forward the latest in training, nutrition and mental focus including work on balance, mental programming, core strength, cardio, flexibility and of course, the proven Steve Hatch training program that is guaranteed to improve your riding skills. Steve's camps are specifically designed to give you the edge over your competition or if not competing, to become a better, more fit and more skilled rider. .

This year we have several different camps each focusing on a different type of riding – including a WORCS camp, a GNCC camp, a Moto camp, several “Fun Camps” and special camps designed just for kids. While the overall structure of each camp is similar, each program is tailored to bring focus to the unique aspects of each type of racing or riding. The WORCS, GNCC and MOTO Camps have an intense schedule focused on racing and each will include guest appearances by Pros that Steve has trained over the years such as Ryan Sipes (moto), Taylor Robert (WORCS) and Nate Kanney or Eric Bailey (GNCC). The Fun Camps have a less intense schedule with an emphasis on fun and learning but still focusing on the basics of fitness, training and lots of riding practice. The Kids camps are a great way to help your kids enjoy the sport by building their riding skills in a totally fun and safe environment. Regardless of which you choose, these camps will be challenging, fun and deliver the skills and confidence you need for a successful riding or racing season. You will leave with the knowledge you need to jump start and continue your training program and to be the best that you can be!

All camps are open to all levels and ages of riders but limited in size to insure a great training experience. We recommend that those interested in racing focus on the more intense camps and those interested in learning in a less intense environment choose the Fun or Kids camps. We will break into groups of similar skills and physical ability within each camp program so that every individual can progress at their own pace. The idea here is to insure each rider works on the most important things for their riding level on a pace that works for them. Our program will get you that jump start on your training from where ever you are today.

A typical training camp day for the WORCS/GNCC/MOTO program will look like this:

6am-7am-breakfast
7am-8am-mental scripts
8am-11am-riding
11am-12am-yoga
12-1pm-lunch
1-3pm-relax
3pm-4pm-full body workout (core, upper and lower body)
4pm-5pm-cardio-bicycle, hike, rower
5pm-6pm-relax
6pm-7pm-dinner
7pm-8pm-teach/talk-mental, exercises, how to win
8 pm-bed

A typical training camp day for the Fun and Kids Camps will look like this:

8am-9am-breakfast
9am-12am-riding
12-1pm-lunch
1-3pm-relax
3pm to 5pm-balance and skills
5pm to 6pm- talk on different subjects, suspension, fitness, how to practice, ect.
6pm-7pm-dinner
7pm on Free time.

On top of the great training experience, another benefit of the SHR camps is the great Arizona weather and riding opportunities. For those of you stuck in a colder climate or looking for some new riding experiences this is a perfect opportunity to get some riding and training in one of the best riding areas in the U.S. ! This years camps are also timed to coincide with some great local racing events including the AMRA events and Phoenix Supercross on January 15, 2011 (this camp can include walking the pits with Steve)

SHR Riding Camps will be held in Fountain Hills, Arizona at the Grinding Stone MX Park. This is a terrific facility with five great tracks, all types of terrain including an Enduro Cross track and lots of areas for us to set up all the different events. You can check out the track at www.grindingstonemx.com and if you have some extra time while you are in Arizona, we can hook you up with additional riding opportunities in the surrounding area.

Training Camp Dates

<u>Date</u>	<u>Event</u>	<u># of Days</u>	<u>Cost</u>
Nov-26, 27, 28 (Fri to Sun)	MX	3	\$599
Dec- 5 (Sun)	Kids-MX	1	\$199
Jan-8 to 12 (Sat to Wed)	WORCS	5	\$999
Jan-13 to 15 (Thu to Sat)	FUN (AZ-sx-15)	2 ½	\$499
Feb-1 to 5 (Tue to Sat)	GNCC	5	\$999
Feb-11 to 13 (Fri to Sun)	FUN	3	\$599
Mar-19, 20 (Sat/Sun)	FUN/Kids	2	\$399
Mar-26, 27 (Sat/ Sun)	Kids MX	2	\$399

Remember you never get a second chance to make a first impression meaning that first race or first ride sets the tone for the season. You need to be ready so sign up today!

To sign up or get more information e-mail Steve Hatch at steve@stevehatchracing.com or call 480-242-6502. Please include your name, the camp you wish to attend and a phone #.

Other Camp Information and Resources:

Where to stay-

http://www.arizonahotels.com/city/fountain-hills/?src_aid=1003~G~Fountain-Hills-Arizona-hotels~exact&gclid=CJqw7LKh86QCFQwDbAodyBqZig

Camping

-Camping will be allowed at the track facility (no water or electric hook ups)

-Campsite with hook ups down the road about ¾ of a mile- www.eagleviewrvresort.com

Free Time for family-things to do- <http://phoenix.about.com/cs/cityattract/a/fhillsattract01.htm>

list activities-golf, shopping, tours, movies, ect.