



WHEELCHAIR RUGBY

PERFORMANCE CAMP & CLINIC

POWER IN MOTION



WHEEL THROUGH THE COMPETITION

Clinic Coaches:
Ed Suhr & Will Groulx



ADAPT ADVANCED

9923 SW Arctic Drive | Beaverton, OR 97005

P: 503.646.8482 | www.adaptadvanced.com | jwarf@adapttraining.com

CLINIC COACHES

ED SUHR

Coach Ed Suhr has been teaching wheelchair rugby athletes for more than 20 years. A member of the USQRA Hall of Fame, Coach Suhr continues to create innovative ways to develop the tactical experience and enhance the individual skill level of players across all levels of function.

WILL GROULX

2010 USQRA Athlete of the Year Will Groulx brings his vast experience as a world-class player and USQRA clinic instructor to the 2010 ADAPT Wheelchair Rugby Performance Camp. Learn from the very best as Coach Groulx breaks down in-game techniques and tactics from the perspective of the athlete in game-style situations.

June 28 - July 2

AM Session: Power & Endurance (10 - 12pm)

Maximize muscular endurance to increase power and muscular efficiency while reducing recovery time, to minimize over-use injuries and mitigate effects of training.

PM Session: Skills & Strategy (1:30 - 3:30pm)

Work with coaches Ed Suhr & Will Groulx, on rugby strategy, tactics and skills and then put it to practice in live full court scrimmages.

COST: \$600

CAMP CAPACITY: 20 Athletes (First come, first serve)

CAMP INCLUDES:

- T-Shirt
- Supplemental Exercise Routines
- Pre & Post Testing
- 20 Hours of Training (Skills & Court Time)
- Lunches & Transportation Included



“ADAPT has played an enormous part in my rehab and training since my shoulder surgery. They've helped me recover and come further, faster than I would have otherwise. In addition, the performance training and instruction that I've received will continue to benefit me long after my rugby career has ended. Thanks ADAPT!!”

Will Groulx, US National Team & Gold Medal Beijing Olympics