

## Rates

Group clinics are designed for 10-15 athletes over a 4-hour period. Personal Instruction is offered for 1 to 3 athletes per hour depending on the skills being taught.

### Group Clinics.

Group clinics, 4 hours long, are specifically designed for 10-15 athletes at only \$60 per student.

### Personal hourly Instruction

1 athlete	2 athletes	3 athletes
\$80	\$45	\$35

### Important Tips and Information

Athletes should arrive at least 15 minutes prior to the session for a solo warmup. Sessions goals should be arrived at, prior to the lesson, with the athlete's head coach or parent. This is easily accomplished with a telephone call. Only Cash is accepted for payment and is required in advance of the session.

Email: \_\_\_\_\_

Call: \_\_\_\_\_



*"We were completely impressed with Raj. Motivational, compatent and thorough, we can't wait to see him again."*

*Email  
booking@rajbhavsar.com  
or call 713.287.1612 to  
schedule your Group Clinic or  
Personal Instruction Session.*



\_\_\_\_\_  
*Athlete name*

\_\_\_\_\_  
*Level* *Gender m or f*

\_\_\_\_\_  
*Address*

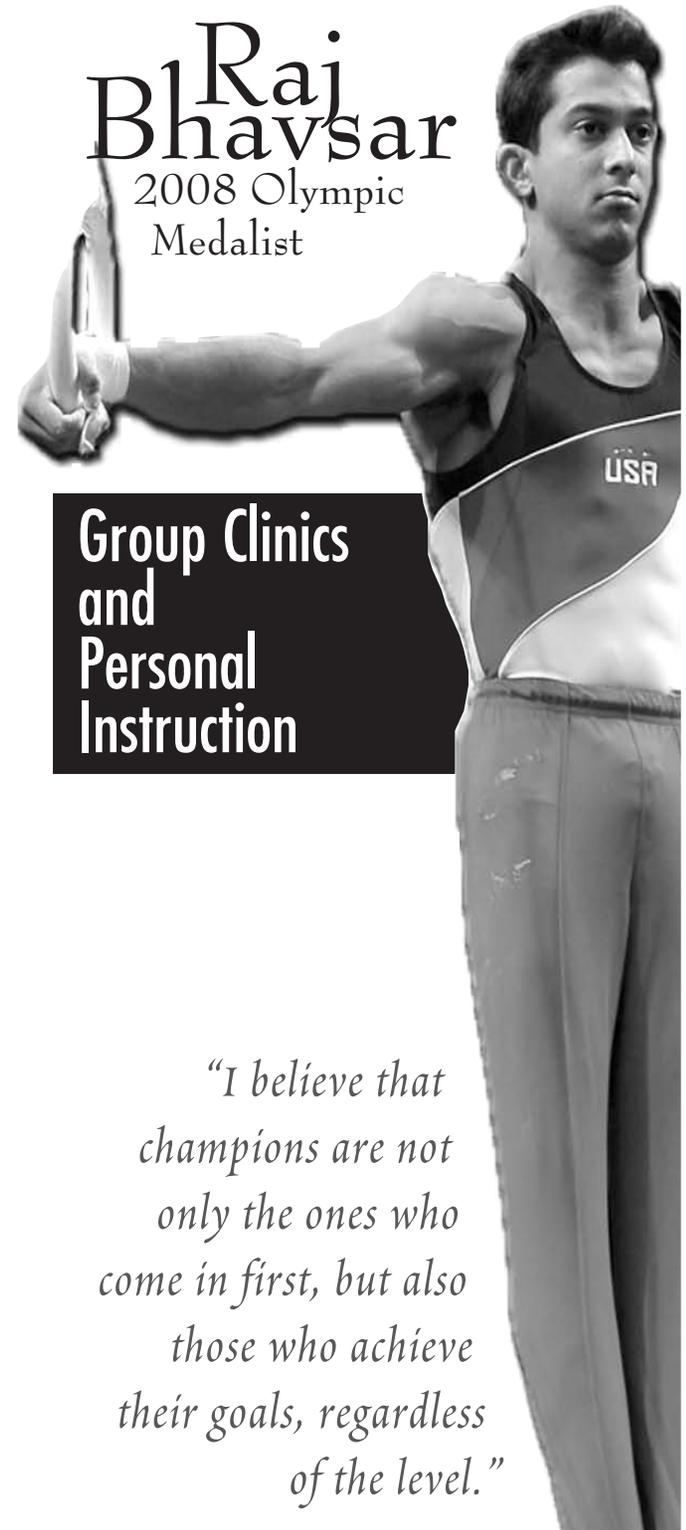
\_\_\_\_\_  
*City, State, Zip*

\_\_\_\_\_  
*Mobil phone*

\_\_\_\_\_  
*Email*

# Raj Bhavsar

2008 Olympic Medalist



## Group Clinics and Personal Instruction

*"I believe that champions are not only the ones who come in first, but also those who achieve their goals, regardless of the level."*



# Raj Bhavsar

**2004, 2008 Olympic Teams**

**2001, 2003 World Teams**

**Ten Time National Team**

**USAG National Champion**

**NCAA Champion**

*“My programs can be taught to groups or individuals, depending on the need.”*

I believe that champions are not only the ones who come in first, but also those who achieve their goals, regardless of the level. Experience has proven that personal instruction and targeted, small group clinics are instrumental in developing skill levels and confidence, and has often been the deciding factor in the careers of successful athletes.

Over the last 25 years, I have been fortunate to work under the world’s finest coaches and National team staff. The knowledge and experience I have gained enables me to offer a wide variety of topics that are of benefit to athletes and coaches. My intention is not to replace existing instruction, but to augment the instruction each athlete already receives. I am fully prepared to customize each session to meet the specific needs of each athlete.



## **Power Clinics Include**

**Expert Coaching of all levels, boys and girls**

- ▶ gymnastics fundamentals
- ▶ new skill development
- ▶ technique refinement

**Autograph and Picture opportunities**

**Video review**

- ▶ educating gymnasts through video playback

**Motivational Speaking**

- ▶ Raj’s story to the Olympic Podium and how he never gave up.
- ▶ proper goal setting and planning.



- ▶ Mental game mastery.
- ▶ NCAA programs and career opportunities as a gymnast.
- ▶ question and answer session.

***Email booking@rajbhavsar.com***