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 BIRCH BAY ACTIVITY CENTER
 WWW.BBBPARKANDREC.COM



EPIC HEALTH & WELLNESS FEATURING BEMER
 WWW.BoomerAthletes.com

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MATT GOEBEL

FEBRUARY 8-9TH BIRCH BAY ACTIVITY CENTER

1-DAY BOOTCAMP \$160/PER PERSON
 2-DAY BOOTCAMP \$295/PER PERSON
 Intermediate/Advanced: Levels 3.5+



8 HOURS (2 hours instructional + 2 hours match play each day)
 Hours daily: 2:00-4:00 & 4:30-6:30

FRIDAY

STRATEGIES & TECHNIQUES: Dinking, 3rd/5th Drop Philosophy,
 Serve & Return, Doubles Strategy, Court Positioning

SATURDAY

STRATEGIES & TECHNIQUES: Groundstrokes, Volleys, Attacks, Lobs,
 Ernies, Mental Toughness, Doubles Strategy, Court Positioning



8:1 Ratio

FEBRUARY 7th @ 5-9pm (complimentary)

"How Pickleball Builds Both Health and Community"

Birch Bay Activity Center: 7511 Gemini Street, Blaine, WA 98230

Presentation: Fuel Your Pickleball Game with Oxygen!

+ Complimentary BEMER Session

Pickleball Drills (Paddle UP), Tips & Info plus Q & A

Watch the Pros Play...Tyson McGuffin & Matt Goebel

demonstrate how to win GOLD! Rotate in w/ the Pros

2018 USAPA NATIONALS GOLD MEDALIST (MENS DBLS)

2018 US OPEN BRONZE MEDALIST (PRO DOUBLES)

2017 ROCKY MNT SILVER MEDALIST (PRO DOUBLES)

2018 TOC GOLD MEDALIST (MENS DOUBLES)

2017 CANADIAN NATIONALS SILVER (PRO DOUBLES)

2017 INDOOR NATIONALS SILVER MEDALIST (PRO DBLS)

TO REGISTER: GO TO WWW.BBBPARKANDREC.COM

QUESTIONS: EMAIL INFO@BBBPRD2.COM