

Grant Williams

DREAM FEARLESSLY

TEAM USA ATHLETE

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EXPERIENCE

UPCOMING...

IRT Junior World Championship, Team USA

December, 2024 - Guatemala City, Guatemala

IRT Junior World Championship, Team USA

November, 2023 - Tarija, Bolivia

USAR Junior Nationals

June 2024 - Pleasanton, CA

June 2023 - Pleasanton, CA

June 2022 - Des Moines, IA

June 2021 - Des Moines, IA

MOHSRA Middle School League, St. Louis, MO

January 2020 - February 2024

USAR Tournaments, St. Louis, MO

Yearly, October 2021 - Present

- St. Louis Open

- Blizzard Tournament

- Holiday Charity Tournament

- Missouri State Championship

- Mizzou Racquetball Club Fundraiser

- MOHSRA Winter Rollouts

US OPEN, Minneapolis, MN

October 2022

TRAINING

Coach Jim Winterton

February 2022 - Present

Virtual training with Coach Winterton. He prescribes racquetball workouts that are completed and sent back to him by video. Coach Winterton evaluates the videos and sends detailed feedback that is then incorporated into the next day of training.

SKILLS

Effective Communicator

Leader

Coachable

Able to take coaching feedback and apply it to my training and games.

AWARDS

All American 14u

2nd Place Gold Division,
Singles

National Doubles Champion

3rd Place Gold Division,
Mixed Doubles

USAR National Junior

Championships

June, 2024

Papa Nicholas Shamrock
Tournament

2nd Place, Elite

March, 2024

MOHSRA State Tournament

1st Place

February, 2024

MOHSRA Winter Rollout,

1st Place

December, 2023

Team USA 16u

November, 2023

All American 16u

2nd place Gold Bracket

USAR National Junior

Championships

June, 2023

MOHSRA State Tournament,
2nd Place - Middle School

Bracket

February 2023

All American 12u

3rd place Gold Bracket

USAR National Junior

Championships

June, 2022

Coach Jenn Stack

July 2022-Present

Strength and Agility Training bi-weekly in person.

Workouts incorporated throughout the week in independent training.

Team USA Training Camp

August 2023

Olympic Training Center, Colorado Springs, CO

Elite Training Camp

July 2024- St. Louis, MO

July 2023- St. Louis, MO

July 2022- Colorado Springs, CO

Junior US OPTC Racquetball Camp

February 2023

Olympic Training Center, Colorado Springs, CO

Middle School United Racquetball Team

November 2022-February 2024

Middle School team that competes in the MOHSRA (Missouri High School

Racquetball Association) league

#1 Ranked player on team

Lafayette Racquetball Team

January 2020-June 2022

Middle school team that competes in the MOHRSA league.

GOALS

Tournament Travel

I would like to travel to USAR tournaments throughout the United States so that I can compete against a variety of athletes and continue to challenge myself. In St. Louis, I am a top junior competitor. My goal is to hold that rank throughout all tournaments in the US.

Medal at 2024 Junior World Championships

I am determined to train my hardest leading up to the 2024 World Junior Championships in December. I would like to place number one in my divisions, fourteen under singles and 14 under doubles, and make my country proud by bringing home the gold for them.