

Cross Courts Summer Program 2013 Junior Development Camps

Overview

Summer is the perfect opportunity for players to focus on their game in preparation for the fall tournament and winter school squash seasons. For the beginner to the tournament player, these camps are designed to learn and improve stroke technique, tactical play, and footwork. A typical training day (depending on the group skill level) will consist of solo drilling, coaches feeding balls, pairs drilling, footwork drills, and match play. The emphasis of the training camps is on shorter daily sessions of high quality coaching and practice so that players can sustain their focus better and return refreshed and refocused the next day.

Camp Dates

June 10-14

June 17-21

August 19-23

August 26-30

Cross Courts Coaching Staff

Daniel Sharplin – Director of Squash

Dan is a native of New Zealand and has been playing squash for close to 30 years. He has worked with National Champions, State Champions and many players who have gone on to play collegiate squash. Current National +35 Champion
Current (7-time) MA State Champion
Former New Zealand National Champion & #1 player
Former National Coach of Luxembourg.

Simba Muhwati- Director of Junior Programming

Simba is going into his 6th year as the Assistant Pro at CCS&FC and works with many of our top ranked junior players.
Former MA State Team Champion
Former 4-time collegiate Team Champion at Trinity College
Former All-America honors
Former Zimbabwe National Team member to World Junior Champs

Gary Gargan – Assistant Pro

Squash coach at Yale summer camp
Assistant Coach at Dana Hall School
Former Zimbabwe National Team

Campbell Grayson – Current Touring Pro

Current World Ranking of #37
6 titles on the professional tour including a recent victory at The Houston Open
N.Z. Open Senior Champion and 2-time N.Z. National Senior Champion
N.Z. Junior National Champion & New Zealand Champion at the U13, U15, U17, and U19 levels.

Cross Courts Summer Camp Registration Form

Player Name.....Age.....

Squash Experience (rating/ranking, school teams, tournaments, etc.).....

Parents

Name(s).....

Address.....

E-mail.....

Phone number (home).....(cell).....(work).....

Week(s) –please circle the time & age/skill level-

June 10-14

9:30am – 11:00am (8 – 10 yrs. BEG)

11:00am – 1:00pm (11-13 yrs. INT/ADV)

2:00pm – 4:00pm (14 – 18 yrs. INT/ADV)

June 17-21

9:30am – 11:00am (8 – 10 yrs. BEG)

11:00am – 1:00pm (11-13 yrs. INT/ADV)

2:00pm – 4:00pm (14 – 18 yrs. INT/ADV)

August 19-23

9:30am – 11:00am (8 – 10 yrs. BEG)

11:00am – 1:00pm (11-13 yrs. INT/ADV)

2:00pm – 4:00pm (14 – 18 yrs. INT/ADV)

August 26-30

9:30am – 11:00am (8 – 10 yrs. BEG)

11:00am – 1:00pm (11-13 yrs. INT/ADV)

2:00pm – 4:00pm (14 – 18 yrs. INT/ADV)

Weekly Cost

\$295 for 9:30 a.m. – 11:00 a.m. daily group

\$395 for all other daily groups

\$60 for weekly fitness option

***Weekly cost for squash and fitness is non-refundable and there will be no pro-rated fees for non-attendance.**



Cross Courts/Iron Force Athletics

Elite Summer Training Program

Cross Courts and Iron Force Athletics have teamed up to offer a summer training program designed to prepare our elite high school athletes for success on the court. The program is an exploration into the proper components for sport specific development. As we have seen time and again this season, if you are not physically strong and conditioned you will not compete at the higher levels. This program is designed to develop the strong fitness base that is critical for success on the courts. We highly recommend players in the late afternoon sessions (2:00 p.m. – 4:00 p.m.) participate in these morning workouts.

Athletes can expect to:

- Functionally train squash specific movements
- Build body awareness
- Prevent injury
- Develop proper technique for strength training
- Improve athletic performance

Fitness Coach

Mike Casavant is the owner of Iron Force Athletics and a personal trainer at Cross Courts. He has been involved in fitness and sports throughout his life and specializes in power lifting, kettlebell training, interval training, athlete enhancement and bodybuilding. Mike is certified through the International Sports Science Association (ISSA), International Kettlebell & Fitness Federation (IKFF Level-1), and TRX. In addition to personal training, Mike is teaming with Cross Courts Squash and Prime Time Lacrosse this summer to offer strength and conditioning programs for elite high school and college athletes.

Fitness Option (for 14 -18 yr. olds only)

10:00 a.m. – 11:00 a.m. Mon., Wed., Fri.

Please circle the weeks you would like to participate:

June 10-14

June 17-21

August 19-23

August 26-30

Cost: \$60 for each weekly session



Release of Liability

I hereby do not hold Cross Courts Squash & Fitness Center, or any of its staff, responsible for any accident or injury sustained to my son/daughter while participating in activities at the club.

Signed:.....

Printed name:.....**Date**.....

Credit Card Information

Card Number:.....Exp. Date.....

Type of card (please circle):.....MC.....Visa.....AMEX.....Discover.....

Name (as it appears on card):.....

Billing Address:.....

.....

Security Code (on back of card, front of card on AMEX):.....

Signature:.....**Date:**.....