

SUMMER SQUASH & FITNESS CAMPS 2014

DATES:

Session 1: June 9-13

Session 2: June 16-20

Session 3: August 18-22

Session 4: August 25-29



TRAINING OVERVIEW

Summer is the perfect opportunity for players to make changes and improvements to technique in preparation for the fall tournament and winter school squash seasons. For the beginner to the tournament player, these camps are designed to improve stroke technique, tactical play, and footwork. A typical training day will consist of a fitness workout and then an on-court session of solo drilling, coaches feeding balls, pairs drilling, footwork drills, and match play.

SQUASH SCHEDULE

June 9-13 & June 16-20

3:30pm - 5:30pm at Dana Hall School (Elementary/Middle School players)

5:30pm - 7:30pm at Dana Hall School (Gold Tournament Level & above/ HS Varsity players)

August 18-22 & August 25-29

9:30am - 11:30am at Cross Courts (Elementary/Middle School players)

11:30am - 1:30pm at Cross Courts (Gold Tournament Level/HS Varsity players)

FITNESS SCHEDULE (OPEN TO ALL LEVEL PLAYERS)

This summer we will be offering a fitness program designed to prepare our elite athletes for success on the court. This program is designed to develop the strong fitness base that is critical for success on the courts. Sessions are open to players of all levels but are highly recommend for our serious tournament players.

June 9-13 & June 16-20

10:00am- 11:00am at Cross Courts

August 18-22 & August 25-29

5:00pm - 6:00pm at Cross Courts

WEEKLY COST*

\$395 - Squash Only

\$525 - Squash & Fitness

COACHES

Daniel Sharplin, Simba Muhwati, Gary Gargan,
Alex Grayson, and Campbell Grayson

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

Camps are open to members and non-members.

CROSS COURTS SQUASH & FITNESS

SUMMER CAMP REGISTRATION

2014

DATES

<input type="checkbox"/> Session 1: June 9-13	<input type="checkbox"/> Squash only	<input type="checkbox"/> Squash & Fitness
<input type="checkbox"/> Session 2: June 16-20	<input type="checkbox"/> Squash only	<input type="checkbox"/> Squash & Fitness
<input type="checkbox"/> Session 3: August 18-22	<input type="checkbox"/> Squash only	<input type="checkbox"/> Squash & Fitness
<input type="checkbox"/> Session 4: August 25-29	<input type="checkbox"/> Squash only	<input type="checkbox"/> Squash & Fitness

PLAYER INFORMATION

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

Parents Name(s).....

Address.....

Email.....

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

Clothing Size (please circle).....YM.....YL.....YXL.....S.....M.....L.....

PAYMENT INFORMATION

Please charge the credit card on file with Cross Courts.

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:**.....

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