

Berwyn's Squash Academy

Group Training – FALL 2019

Under the direction of Berwyn Squash and Fitness Club Professionals, we plan to introduce invitation-only Elite and Pro Clinics for junior players with established technical and athletic squash abilities.

The program will consist of two levels – Elite(High school) and Pro(Middle School)

This 8 week intensive program is intended for middle and high school players who desire to improve on-court techniques and strategies that will allow them to play at higher levels, including US Squash ranking tournaments.

Throughout the program, players will participate in:

- Off-court training designed to improve agility, power and endurance while stressing safety and the importance of flexibility
- On-court technical sessions focused on match play issues, such as situational awareness, shot selection and variation and proper technique
- Match play - with the express purpose of incorporating learned components and applying them to the “chess-match” that is competitive squash.

The Elite and Pro Clinics will run in eight week sessions

Session One – September 9th thru Nov 2nd

Monday Thru Friday, Five days per week

Pro level – 3.30-4.45pm, Players aged 10-14 years

Elite Level – 4.45-6.15pm, Players aged 12-18 years

Session Two – Nov 4 thru Dec 20, seven week session, 6.15-7.45pm

Pro level – 6.15-7.45pm, Players aged 10-14 years

Session Three – Jan 6th thru Feb 28th , eight week session, 6.15-7.45pm

Pro level – 6.15-7.45pm, Players aged 10-14 years

Cost:

BSFC Members - \$720.00 per 8 week session(\$18 per clinic)

UP TO FIVE DAYS PER WEEK – BEST OPTION!!

Once a week same day each week BSFC Member - \$280.00. (\$35 per clinic)

Twice a week BSFC Member option - \$560.00. (\$35 per clinic) You choose which specific days to come

Dropin Fee: \$40

Berwyn Squash and Fitness aims to provide an engaging, entertaining and competitive squash experience by combining the latest in tactics and technical skills, directed off-court instruction, physical conditioning and incorporating the mental and psychological aspects of the beautiful game of squash.

For more information please contact Dominic Hughes 610-647-6375

Sign up by emailing dominic@berwynsquash.com with Session # you would like to do

