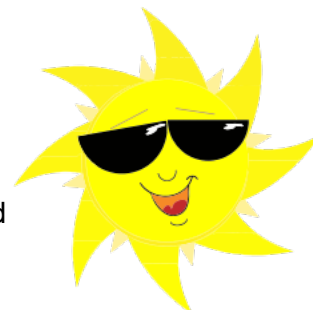


# Berwyn's Summer Squash Camps 2019

Whether you are beginner, intermediate or an elite player the coaching Staff at Berwyn Squash & Fitness Club are highly qualified and highly motivated to take your game to the next level.



## **Flexible Sign up - Weekly or Daily**

Please checkmark the boxes labeled (**Whole week**) to sign up for the entire week, for Individual days of camp please write in the days you would like to attend under the (Daily) column that works for you.

Camp Weeks	Full Day Whole Week	Half Day Morning 9-12am Whole Week	Half Day Afternoon 1-4pm Whole Week	Full Day Daily M.T.W.Th.F	Half Day Morning 9-12 Before lunch Daily M.T.W.Th.F	Half Day Afternoon 1-4 After lunch Daily M.T.W.Th.F
June 17 <sup>th</sup>						
June 24 <sup>th</sup>						
July 15 <sup>th</sup>						
July 22 <sup>nd</sup>						
August 12 <sup>th</sup>						
August 19 <sup>th</sup>						
August 26 <sup>th</sup>						
Cost	<b>\$700</b>	<b>\$375</b>	<b>\$375</b>	\$175	\$99	\$99

## **10% discount for sign ups of 3 or more full day weeks per individual**

Would you like Lunch included for an additional \$15 per day? Yes/No

Student Name \_\_\_\_\_ Parent Name \_\_\_\_\_

Email \_\_\_\_\_ Parents Work/cell \_\_\_\_\_

Please forward registration form and check payable to:

Berwyn Squash & Fitness Club, 625 Cassatt Road, Berwyn, PA. 19312

Tel applications accepted with Visa or MasterCard

Tel: 610-647-6375

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Zip \_\_\_\_\_

**LIABILITY WAIVER: I agree to hold Berwyn Squash & Fitness Club, their employees, agents, directors and officers harmless from any and all loss, claim, injury, damage or liability sustained or incurred by me as a result of my participation in Berwyn's Squash Camps for Excellence 2019.**

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

## **DAILY CAMP SCHEDULE**

<b>9:00 am - 11:00 am</b>	<b>Squash</b>	<b>Technical Coaching with emphasis on swing mechanics and efficient movement on the court</b>
<b>11:00 am – 12:00 noon</b>	<b>Activities</b>	<b>Mixture of fun athletic activities, great cross training</b>
<b>12:00 - 12:30 pm</b>	<b>Lunch</b>	<b>Ordered to the club daily, please feel free to bring lunch with you if you are not interested in the meal plan</b>
<b>12:30 pm - 1:00 pm</b>	<b>Activities</b>	<b>30 mins of stationary activities with focus on player evaluation, rules of the game and Assessment of Professional Match Play</b>
<b>1:00 pm - 3:00 pm</b>	<b>Squash</b>	<b>Focus on tactical game play as well as building on the themes of the morning session.</b>
<b>3:00 pm - 4:00 pm</b>	<b>Fitness</b>	<b>Mixture of different fitness sessions throughout the week to help with general conditioning and injury prevention.</b>

### **What you need to know for your week of camp**

- **Friday's squash will involve tournament play for a chance to show off all that you have learned.**
- **Squash equipment can be provided if needed.**
- **Lunch will be ordered to the club each morning, please feel free to pack a lunch for picky eaters and let us know of any allergies.**

### **Check list**

**Rackets**

**Protective Eyewear**

**Court Sneakers**

**Outdoor Sneakers**

**Water Bottle**

**Lunch & Snacks**