

Berwyn's Elite Training BET

Primary Coaches - Joe Millman, Gina Stoker

Overview

A detailed annual plan to help you achieve the very best National Squash Ranking. The overall goal of achieving excellence in the National Squash Championships.

Under the care and supervision of a Primary Coach, each season will be planned and scheduled completely. The three month season will be scheduled with at least one parent present, the player and coaches.

Fall - Sept 1 - Nov 20th, 2016

Winter - Nov 27- Feb 26th, 2017

Spring - Feb 26th - April 30,2017

Who is this program for?

1. Players who are committed to working hard both as an individual and as a team player to enable the very best training partners and support in tournament play
2. This program is designed for the Elite athlete
3. Typically only for players who are in, or want to be in the Top 30 ranking or by coach's invitation

Planning and commitment

We will outline your annual plan. This will include specific tournaments we will attend as a team. It will include your training days both on and off court

Our annual plan will be broken down into seasons, Summer, Fall, Winter and Spring

Typical plan will include

1. Twice a week on court training. Small groups of three doing a mixture of condition game and drill sessions
2. One individual lesson a week with Primary Coach
3. Berwyn,s Elite training program T shirt

Optional Extra's

1. One playing lesson (with Mike Dolente or Josh Simon) each week, drills and matchplay. Cost \$35 per session.
2. Off court squash fitness training and flexibility training (with Josh Simon) Cost \$40 per session
3. Tournament coaching at all local predetermined US Squash tournaments Cost \$60 per match at tournament

What does it cost?

The fees are charged to your house account as they happen and should be paid monthly on your club account

It is understood that the Pro will organise and book all sessions with client. This will accommodate holidays etc. Individ lessons cost \$60, Groups sessions cost \$40 per 90mins

It is understood that this is a commitment, we book it and you understand no shows still get charged. We will obviously

work with you to ensure good communication and trust. Thank you

SIGN UP NOW or speak to one of our highly qualified staff