



Squash Camps For Excellence

Summer 2023

Dates:	Weekly Price
June 19-22, 26-29.	2 hour session: \$250.00
July 10-13, 17-20, 24-27.	4 hour session: \$450.00
August 14-17, 21-24, 28-31.	6 hour session: \$650.00

**Format: Each camp will run
Monday thru Thursday**

Three sessions per day
Morning session 9.30-11.30am
Mid-Day session 12-2.00pm
Afternoon session 2.00-4.00pm

Campers can do 1, 2, or 3 sessions per day

Full day campers should bring own lunch and bring some outdoor athletic shoes

Non Berwyn Members will pay extra \$50 per session

WHY NOT CREATE YOUR OWN GROUP OF SIX FRIENDS ?

Your own customized Camp

Camps include:

Technical Skill- Stroke and movement mechanics

Tactics – building shot sequences and patterns in order to execute better match strategy

Performance – building speed, strength and agility on court

Mindset – Managing emotions, building toughness

Match Tactics & Strategy – Identifying opponents strengths and weaknesses.

Setting the tone in match play, dictating play and responding to opponents tactics

SEE OVER

Registration Information

Name _____

Address _____

Tel # Home _____

Parents Work/cell _____

Please circle camp/Session

June 19-22,

Morning session 9.30-11.30am, Mid-Day session 12-2.00pm, Afternoon session 2.00-4.00pm

June 26-29

Morning session 9.30-11.30am, Mid-Day session 12-2.00pm, Afternoon session 2.00-4.00pm

July 10-13

Morning session 9.30-11.30am, Mid-Day session 12-2.00pm, Afternoon session 2.00-4.00pm

July 17-20

Morning session 9.30-11.30am, Mid-Day session 12-2.00pm, Afternoon session 2.00-4.00pm

July 24-27

Morning session 9.30-11.30am, Mid-Day session 12-2.00pm, Afternoon session 2.00-4.00pm

August 14-17

Morning session 9.30-11.30am, Mid-Day session 12-2.00pm, Afternoon session 2.00-4.00pm

August 21-24

Morning session 9.30-11.30am, Mid-Day session 12-2.00pm, Afternoon session 2.00-4.00pm

August 28-31

Morning session 9.30-11.30am, Mid-Day session 12-2.00pm, Afternoon session 2.00-4.00pm

Sign up now by calling the club with credit card 610-647-6375

Or forward registration form and check payable to:

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

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 2023

SIGNATURE _____

DATE _____