



Summer Junior Squash Camp 2010

1802 Glenaire Drive, North Vancouver, BC , V7P 1Y1

www.evergreensquash.com

August 16 – 20 and August 23 – 27 , 2010

Program: 2 weeks : 4 hours (Mon- Fri): 10:00 – 2:00PM

Squash:

- Court movement and squash specific training for efficiency, quickness and reaction
- Drills to improve squash racquet skills: basic strokes and shots
- Strategy and tactics development
- Positive mental strength and critical thinking

There will also be other activities and sports to ensure the children have fun and acquire other sport skills through cross training:



- Soccer
- Dodge ball
- Basket ball
- Running



Beginners Junior Squash

For high energy kids that want to have lots of fun on the squash court. The children will play a series of games designed to help them develop hand-eye coordination, agility, balance, flexibility, fitness and basic racquet skills.

Intermediate Junior Squash

Have fun while becoming more competitive squash players. In addition to a large emphasis on the development of proper stroke production and footwork, the children will receive training designed to improve their aerobic and anaerobic energy systems, to increase their mental strength, and to develop winning tactics.

SQUASH PROFESSIONAL COACHES: Phil Arthur and Alicia Haneine

Cost per week: \$210 per junior (member) \$225 (non member)

** Program includes: Courts, balls, coaching, and equipment

e-mail for further information to: juniors@evergreensquash.com

Payment by cheque only to: Evergreen Squash Club (please send to above address)