

SQUASH SUMMER CAMPS 2010

These Camps will run for 3 weeks during the school holidays and players should choose which week most suits their ability. Most of the activity will be Squash related but there will also be strength and conditioning sessions and other group activities.

The sessions will run from 10.00 a.m. to 4.00 p.m. each day and lunch is included.

WEEK 1 TUESDAY 20TH JULY TO THURSDAY 22ND JULY

COST £30

BEGINNERS

Played for less than a year

WEEK 2 TUESDAY 27TH JULY TO THURSDAY 29TH JULY

COST £30

INTERMEDIATES

Played competitive Squash for more than one year

WEEK 3 TUESDAY 3RD AUGUST TO THURSDAY 5TH AUGUST

COST £30

ADVANCED

Academy / talent squad level

These are guides for selecting which camp is most suitable. Please check with Robin (as from 12th July) if you have any questions.

Please complete entry form (obtainable from court 2 gallery) and return to office.

SQUASH SUMMER CAMPS 2010

NAME _____

AGE _____

CLUB _____

WEEK REQUIRED _____

CONTACT TEL. NO. _____

DIETARY REQUIREMENTS _____

MEDICAL CONDITIONS _____

PAID (please tick)

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PAID (please tick)