

# WORLD Class Squash Camp

with **Mike Way** is a fully staffed boarding camp for junior squash players interested in making significant improvements to their game. The size of the group will be limited to 20 players, and the camp will focus on improvement the technical, tactical, and physical understanding of players of all levels. In addition, **Bob Bowers**, the Physical Trainer for Canada's National Squash Training Centre, will be working with small groups of players throughout the week to develop and individual training plan for each player. They will be tested for speed, flexibility, fitness, etc. There will be time to actually go through proper workouts, in addition to developing the skills and understanding to train effectively during the season.

WITH the small size of the camp will come increased individual attention from top-level coaches. We will divide into two groups of ten for the week (one group with the trainers while the other is with the squash coaches), maximizing the potential for improvement. Our aim is to offer the most comprehensive program possible for our players.

## Camp Features

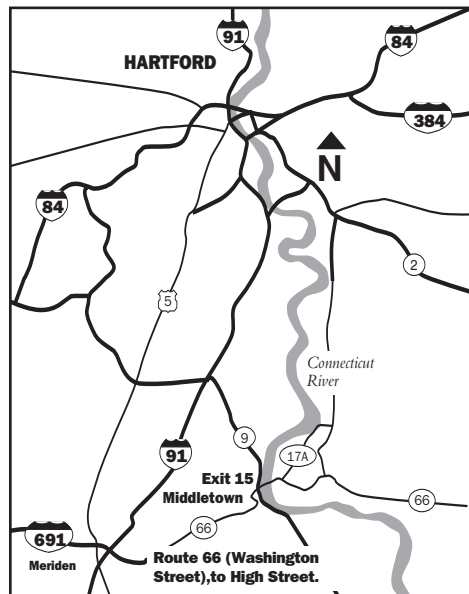
- Limited to 20 players, with a 4 to 1 or better player to coach ratio
- Fully licensed boarding camp
- Extensive one-on-one technical analysis of all aspects of the player's game, including physical testing by trainer Bob Bowers
- Drills/Conditioned games
- Video analysis
- Match play

## Topics Covered

- Technique
- Footwork
- Tactics appropriate to all levels
- Mental preparation
- Physical preparation/proper training techniques
- Development of individual training plan

## Facilities

- 8 international courts
- Ball machines
- Digital video analysis room
- 4,600 sq. ft. fitness center
- Indoor pool available every day



## Application

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date of birth \_\_\_\_\_

Male  Female

Telephone \_\_\_\_\_ (home)

\_\_\_\_\_ (work)

E-mail \_\_\_\_\_

Please indicate the program you are interested in:

- Session I:** July 8–13  
— Elite Juniors **Price:** \$1250
  - Session II:** July 15–20  
— Intermediate/Ad-vanced Juniors **Price:** \$1250
  - Session III:** July 22–27  
— Intermediate/Advanced Juniors **Price:** \$1250
  - Adult Weekend:** July 27–29 **Price:** \$ 450  
**Weekend with Mike Way & Graham Ryding** (includes housing)
  - Session IV:** July 29–August 3  
— Novice/Intermediate Juniors **Price:** \$1250
- \*Price includes room and board for Junior camps.  
Day campers subtract \$150

Signature of parent/gardian of adult applicant

A deposit of \$400 is required to reserve a spot. Full payment is required by June 1, 2007. Cancellations at least 30 days before session starts will get refund less \$35 office fee. Please make checks payable to:

## World Class Squash

Mail to:  
**Jon Goldstein**  
**Loomis Chaffee School**  
**Windsor, CT 06095**  
**(860) 687-6148**

## Daily Schedule

Time	Activity
7:30–8:30	Breakfast
8:45–12:00	Morning court session* or training session*
12:00–12:45	Lunch
12:45–4:00	Afternoon court session or training session
4:00–5:00	Time for extra court work with one of the coaches
5:00–6:30	Dinner/free time (pool is open)
7:00–8:00	Evening session (exhibition, video work, discussion)
8:00–10:00	Evening activity (movies, outdoor games, etc.)

\*Court Session will be with a group of 10 people, with 3 squash coaches.

\*Training session will be with a group of 10 players and 2 trainers, led by **Bob Bowers**.



## Coaching Staff

**Mike Way:** Internationally recognized coach of Jonathon Power (World #1), Graham Ryding (World #13) and Shahier Razik (World #30), and Head Coach of the National Squash Training Centre in Toronto, Canada

**Bob Bowers:** Level 3 coach and Physical Trainer for the National Squash Training Centre

**John White:** Former World #1, current World #11 and one of the most exciting players on the tour today

**LJ Anjema:** Dutch #1 and World #23

**Shahier Razik:** World #26, and Canadian #1

**Natalie Grainger:** Former World #2 and US Junior Coach

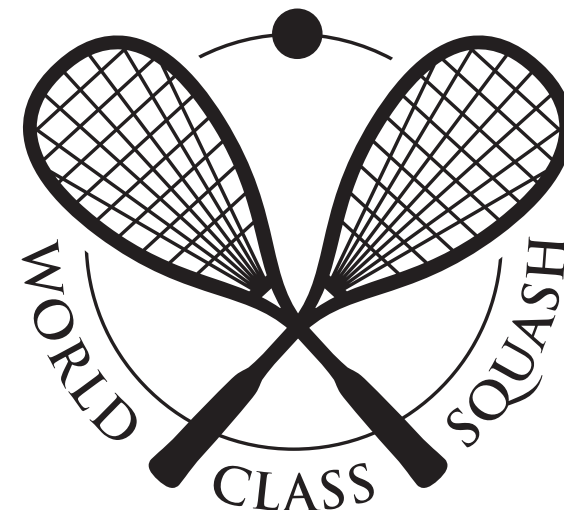
**Paul Price:** Former World #4 and British Open finalist

**Graham Ryding:** World #19

**Jon Goldstein:** Loomis Chaffee Boys Squash Coach and Director of World Class Squash

### Adult Weekend Mike Way & Graham Ryding July 27 – July 29, 2007

The Adult Weekend will offer participants the individual attention necessary to improve. Proper movement and hitting technique will be emphasized. Video analysis and ball machine work will be utilized. Though it is only a weekend, the individualized approach is sure to facilitate breakthroughs in each player's game. The weekend will be tailored to the individual fitness levels of the players involved. Because it is a small group, we can find time for different types of coaching activities (video analysis, discussion, etc.) that allow for recovery.



## Summer 2007 Camps

with

# MIKE WAY

at Wesleyan University, Middletown, Connecticut

“Come learn the modern game from the people who know it best.”

— Graham Ryding

### Session I: July 8–July 13

*Elite Juniors*

### Session II: July 15–July 20

*Intermediate/Advanced Juniors*

### Session III: July 22–July 27

*Intermediate/Advanced Juniors*

### ADULT WEEKEND: July 22–July 29

### Session IV: July 29–August 3

*Novice/Intermediate Juniors*