

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 an 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

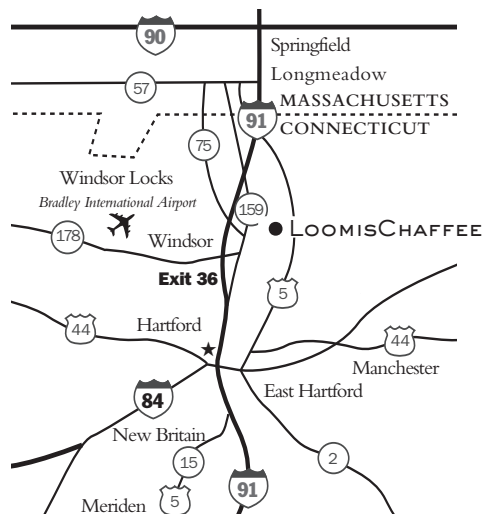
- Limited to 20 players, with a 4 to 1 or better player to coach ratio
- Fully licensed boarding camp
- Extensive one-on-one technical analysis of all aspects of the player's game, including physical testing by trainer Bob Bowers
- Drills/Conditioned games
- Video analysis
- Match play

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 2–7— Novice/Intermediate Juniors
Week with **Paul Price** **Price: \$1100**
- Session II:** July 9–13
— Intermediate/Ad-vanced Juniors
Week with **John White** **Price: \$1100**
- Session III:** July 15–20
— Intermediate/Advanced Juniors **Price: \$1100**
Week with **LJ Anjema**
- Adult Weekend:** July 20–22 **Price: \$ 450**
Weekend with **Mike Way & Graham Ryding** (includes housing)
- Session IV:** July 22–27
— Intermediate/Advanced Juniors
Week with **Natalie Grainger** **Price: \$1100**

*Price includes room and board for Junior camps.

Day campers subtract \$140

Signature of parent/gardian of adult applicant

A deposit of \$400 is required to reserve a spot. Full payment is required by June 1, 2006. 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, and one of the most exciting players on the tour today

LJ Anjema: Dutch #1 and World #28

Natalie Grainger: Former World #2 and US Junior Coach

Paul Price: Former World #4 and British Open finalist

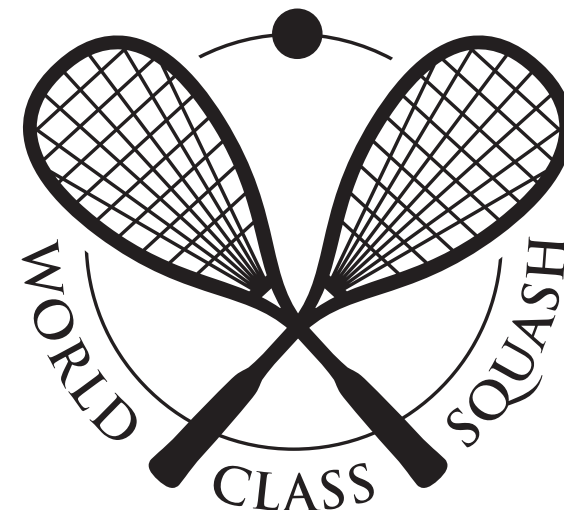
Graham Ryding: World #13

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

Adult Weekend Mike Way & Graham Ryding

July 20 – July 22, 2006

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 2006 Camps

with

MIKE WAY

at Loomis Chaffee School Windsor, Connecticut

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

— Graham Ryding

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Novice/Intermediate Juniors
Week with PAUL PRICE

Session II: July 9–July 13

Intermediate/Advanced Juniors
Week with JOHN WHITE

Session III: July 15–July 20

Intermediate/Advanced Juniors
Week with LJ ANJEMA

ADULT WEEKEND: July 20–July 22

Weekend with MIKE WAY & GRAHAM RYDING

Session IV: July 22–July 27

Intermediate/Advanced Juniors
Week with NATALIE GRAINGER