

A WORD FROM MARK TALBOTT

I spent 3 great years in school at Mercersburg Academy. Last year I was invited back to my old school to open their amazing new squash facility and was really excited by their enthusiasm to build a squash program and their obvious love for the game. I have known Brian since he first came to the States in 1999. He has worked for me as one of my coaches since then. He is an outstanding coach and has a wonderful rapport with the kids. I have also had the pleasure of getting to know and working with Natalie. She is one of the best players in the world and has an outstanding ability to coach at every level. With their experience and knowledge of squash in the United States, I believe that you would gain immensely from attending their camp.

Mark Talbott

MARTIN HEATH

Martin achieved a highest world ranking of No.4. He has represented Scotland on many occasions, most notably he was a part of the team that won the European Championships and came 4th in the World Teams in 2004. He holds a BSc from Glasgow University and is currently the Head Coach at Rochester University.



PATRICK CHIFUNDA

Patrick is the Assistant Pro at Results the Gym, Washington, DC, while still maintaining his semi-pro status. He is an outstanding player with incredible speed and huge heart. His highest World Ranking is No.92. He has represented Zambia on many occasions in international competition, most notably at the Commonwealth Games in '98 and '02, he will be once again flying his country's flag at the 2006 Games.

MICK ROBBERDS

Mick was born in Sydney, Australia. His illustrious cousins happen to be the Martin family, and he has similar talented genes. At 19 he was invited to join the Australian Institute of Sport, and was coached by Geoff Hunt and Rodney Martin. He reached a World Ranking of No.60 before following a career in coaching. He is currently the Head Pro at the Hartford Golf Club.



COLLEGE PLAYERS AND COUNCILLORS

LILY LORENTZEN

Lily is one of the best US Juniors ever produced. She has won 3 US U19 National titles and played No.1 for the US in the '03 and '05 World Junior Champs. In '05 she made the quarter finals of the individual event and lead her team to a record 4th place. She did not lose a match at No.1. Lily has played for the US senior team at the Pan American Games and is currently ranked No.55. She represents the Harvard squash team as their No.1.



JAKE GROSS

Jake has been an outstanding player from Washington DC. He is a Junior at Tufts University, where he has been the No.1 player for 2 years. Jake finished his U19 squash with a highest ranking of 2. He was a member of the US Junior Team twice and finished 6th in the US Junior Open '04 and 4th in the US Junior Closed '05.



These two outstanding players will be heading up the college players and will be accompanied by 2 others to help with on and off court duties. They can provide a link between juniors and the next step into collegiate squash.

AIRPORT PICK-UP

If you are planning to fly, we are offering an airport pick-up from Ronald Reagan National Airport (DCA) to the campus. Mercersburg is approximately a 90min drive from Washington DC. Please contact us for more information on this service.

MERCERSBURG CAMPUS AMENITIES

Mercersburg is a superb prep school with the best rooms and amenities. Students will have the following available to them:

- Fully Air-Conditioned rooms and dorm.
- A common room in each dorm equipped with kitchen, tv, dvd and comfortable seating.
- Access to all facilities on the campus including the indoor pool, track, table tennis and fuse ball tables.
- Student Union with big screen tv for movies and shop.
- All bed linen will be supplied at the camp.
- Excellent food. All diets will be catered for, just indicate this on the application.

T-Position Summer Squash Camps 2006 Mercersburg Academy, PA.

Directed By:
Natalie Grainger and Brian O'Hora



MERCERSBURG ACADEMY
300 East Seminary Street, Mercersburg, PA 17236
www.mercersburg.edu

CAMP DATES

WEEK 1 JULY 9th - 14th
WEEK 2 JULY 16th - 21st



T-Position. Creating Excellence.
www.tposition.com

142 F Street SE
Washington DC 20003
United States of America

Phone (Brian): 1 202 460 0527
E-mail: briano@resultsthegym.com
Phone (Natalie): 1 202 250 1324
E-mail: natgno1@hotmail.com

T-Position Squash Camp Program

WHAT WE'RE ABOUT

T-Position is dedicated to creating excellence. We have created the best possible learning environment. Our world class coaching staff has been picked for their unique squash abilities, charisma, enthusiasm, enormous experience and talent. Mercersburg Academy boasts a state of the art squash facility and we promise to make every squash camper's experience fun and memorable.



DAVENPORT SQUASH CENTER

SQUASH STUDENT ELIGIBILITY

T-Position Squash Camps welcome all juniors from ages 13-18 years old, from the novice to nationally ranked players.

WHAT THE STUDENT CAN EXPECT

A student's ability will be assessed in the first session of the camp and he/she will be placed in groups of similar standard. These groups will be monitored throughout the week and players showing great improvement will have the opportunity to move up.

The camp maintains a 2 to 1 student to coach ratio for all technical work, with a maximum ratio of 4 to 1 at all other times. Students will be given individual attention and a journal to note down their performance, strengths and areas to improve.

The topics that will be covered are technique, fitness and training, tactical awareness and mental preparation. We will be using video analysis throughout the week to aid us in all these areas.

In the evenings, we will have fun activities arranged both on and off the campus.

T-POSITION COACHING STAFF

NATALIE GRAINGER (Director)

Natalie is a former World No.1 and current World No.5. She has represented South Africa on numerous occasions, including winning 2 bronze medals at the Commonwealth Games in 1998. She was also the Assistant National Junior Women's Coach to the 2003 and 2005 US Junior Teams. Natalie is the President of WISPA.



BRIAN O'HORA (Director)



Brian represented Ireland internationally in both juniors and seniors. He holds a BSc in Sports Coaching and Kinesiology from UWIC (University of Wales Institute Cardiff,) one of the leading Sporting Institutions in the UK. He is currently the Head Pro at Results the Gym, Washington DC, and coaches a number of top nationally ranked juniors. He is also Varsity coach to Gonzaga High School and has been Head Coach at the Talbott Squash Academy.



MARK ALLEN Mark is a former English International. He holds the highest coaching credentials, SRA Level IV. He has been the National Coach for Guernsey and recently the Head Coach to the US Junior Women's Team that was placed a record 4th in the World Junior Team Event. He was part of the England team that won the World Junior Championship Team Title. He has been Head Coach at the

Talbott Squash Academy on numerous occasions. And is currently the Head Pro at the San Francisco Bay Club

FIONA GEAVES

Fiona has over 20 years experience on the tour and she has held a top 10 World Ranking for much of this time. Her highest World Ranking is No.5. She has represented England in both juniors and seniors multiple times. She won the coveted British National Champion title in 1995 and she holds 2 bronze medals from the 2002 Commonwealth Games. She won the British Open O'35 title in '03 and '04 making her the best masters player in the world.



CAMP APPLICATION FORM 2006

Name

Address

City, State, Zip

Home Phone

Cell Phone (Student)

E-Mail Address

Age Date of Birth

School

Parent/Guardian Name

Parent Cell Phone

Parent Work Phone

Parent E-Mail

Parent Signature

Emergency Contact

Phone

CAMP WEEKS and FEES

Check the boxes for the camp weeks you would like to attend

<input type="checkbox"/>	WEEK 1	July 9th - 14th	\$1200
<input type="checkbox"/>	WEEK 2	July 16th - 21st	\$1200

- In the event of a cancellation 21 days prior to the start of the camp, a \$50 cancellation fee is charged. There will be a 50% refund for any cancellations inside 21 days.
- Make check payable to: T-Position
- Send check and application to: T-Position, 142 F Street SE, Washington DC 20003

Please let us know if we need to cater for any special dietary needs. All can be met.

.....

.....