



Summer Squash Camp 2019

At

Wimbledon Racquets & Fitness Club

27th – 30th August

County & Regional juniors all welcome!

"If you can't outplay them, outwork them." – Quote from Ben Hogan



Introduction

Wimbledon Racquets & Fitness Club is delighted to announce the dates of our four-day action packed summer squash camp!

The week will be led by Phil Rushworth and Jeremy Colton, alongside assistant coach Tina Fuselli.

The club's fitness & movement specialist Ian Burbidge will be delivering sessions on key aspects of fitness, movement and balance.

The camp is aimed at 11 to 18 year old county level or higher juniors.

The Summer Camp brochure includes:

- **The Coaching Team**
- **The Weekly Programme**
 - **Costs**
- **How to reserve your place**

Only 16 spaces available on a first come first served basis.

The Coaching Team



Left to Right: Jeremy, Tina & Phil

Head coaches Phil Rushworth & Jeremy Colton will be assisted by Tina Fuselli throughout the duration of the camp.

Phil is the current London & South East Aspire Head Coach and Jeremy is an assistant South Aspire Coach.

As a team, Phil, Jeremy and Tina have established high quality development academy and elite academy sessions at WR&FC during the season to help county, regional and nationally ranked juniors reach their targets.

They look forward to working with enthusiastic squash players for the duration of the week on the camp!



The Weekly Programme

Most days will include:

- Themed sessions with conditioned games based on learning through play
- Movement specific sessions (focusing on balance moving to & from the ball)
- Match play afternoon sessions include; play the pros, a doubles event & a handicap tournament
- Lunches will be included

Additional Sessions:

- Tactical Workshop
- Psychology Workshop

Social Activities:

- Pickleball & an outdoor sports activities
- Team Lunch at a local restaurant



Cost for the Week

(All-inclusive £220 Camp)

- WRFC Summer Camp T-Shirt
- 3 to 4 hours of practice time per day
- 45mins with the Fitness Coach each day
 - Lunch for 3 days at WR&FC
- Lunch out at local restaurant on final day
 - Pickleball & other team activities

Payments should be made to WR&FC by
Cheque, BACS or Credit Card.



Sign up Form

Name:

Age: Shirt Size: (S, M, L, XL).....

County & Ranking:

National Ranking:

Email Address:

Medical information:

Food Allergies:

Please tick to confirm your consent to any photos taken that will only be used for club promotional purposes.

Due to the club needing to organise advanced outside bookings please can you reserve your place no later than Friday 9th August.

If you do not have access to printing this form out then you can email the information through to phillip@wimbledonclub.co.uk where you can reserve your place.