

Berwyn's Summer Squash Camps 2017

Whether you are beginner, intermediate or an elite player the coaching Staff at Berwyn Squash & Fitness Club are highly qualified and highly motivated to take your game to the next level.

Flexible Sign up - Weekly or Daily

Please checkmark the boxes labeled (week) to sign up for the entire week, for Individual days of camp please write in the days you would like to attend under the Daily column that works for you.

Camp Weeks	Full Day Whole Week	Half Day Morning Whole Week	Half Day Afternoon Whole Week	Full Day Daily M.T.W.Th.F	Half Day Morning Before lunch Daily M.T.W.Th.F	Half Day Afternoon After lunch Daily M.T.W.Th.F
June 19-23						
June 26-30						
July 17-21						
July 24-28						
August 7-11						
August 14-18						
August 21-25						
Cost	\$700	\$350	\$400	\$175	\$75	\$99

10% discount for sign ups of 3 or more full day weeks per individual

Would you like Lunch included for an additional \$15 per day? Yes/No

Student Name _____ Parent Name _____

Email _____ Parents Work/cell _____

Please forward registration form and check payable to:

Berwyn Squash & Fitness Club, 625 Cassatt Road, Berwyn, PA. 19312

Tel or Fax applications accepted with Visa or MasterCard Tel: 610-647-6375, Fax:

610-647-9764

Check here to charge to house account (BSFC Members only) []

Credit Card # _____

Exp. Date: _____ Zip _____ Total Cost _____

LIABILITY WAIVER: I agree to hold Berwyn Squash & Fitness Club, their employees, agents, directors and officers harmless from any and all loss, claim, injury, damage or liability sustained or incurred by me as a result of my participation in Berwyn's Squash Camps for Excellence 2016.

SIGNATURE _____ DATE _____

DAILY CAMP SCHEDULE

9:00 am - 11:00 am	Squash	Technical Coaching with emphasis on swing mechanics and efficient movement on the court
11:00 am - 11:30 am	Activities	Mixture of fun athletic activities, great cross training
11:30 am - 12:30 pm	Lunch	Ordered to the club daily, please feel free to bring lunch with you if you are not interested in the meal plan
12:30 pm - 1:00 pm	Activities	30 mins of stationary activities with focus on player evaluation, rules of the game and Assessment of Professional Match Play
1:00 pm - 3:00 pm	Squash	Focus on tactical game play as well as building on the themes of the morning session.
3:00 pm - 4:00 pm	Fitness	Mixture of different fitness sessions throughout the week to help with general conditioning and injury prevention.

What you need to know for your week of camp

- **Friday's squash will involve tournament play for a chance to show off all that you have learned.**
- **Squash equipment can be provided if needed.**
- **Lunch will be ordered to the club each morning, please feel free to pack a lunch for picky eaters and let us know of any allergies.**

Check list

Rackets

Protective Eyewear

Court Sneakers

Outdoor Sneakers

Water Bottle

Lunch & Snacks