

ADULTS SQUASH CAMPS 2015-2016 (Lanzarote - Canary Islands)

DATES

OPTION A: 4th-8th of December 2015.

OPTION B: 6th-10th of June 2016.

We can accommodate different durations
of days to suit your travel requirements.



Organized by:

Tino Casas. International Squash Coach. Spanish National Senior and Junior Coach 2006-2015. ESF Level 2.

Borja Golán. Professional Squash player. Former Number 5 in the world (April 2014).

GOALS 2015-2016:

1

Receive high quality instruction from our experienced international coaching team. Train with Borja Golan, one of the best players in the world, and also train with Tino Casas, international squash coach.



2

Enjoy the fantastic sporting facilities at a world class sports resort on the island of Lanzarote in the Canary Islands.



3

The programme will cover all aspects of player development including technique, tactics, movement and physical training.



4

We cater for all levels of squash and offer a relaxed style of camp with players and coaches working and socialising together.



5

A unique strength of our camps is the high ratio of coach to player ensuring maximum individual attention. Contact us for details of the camp; travel to Lanzarote; accommodation information and the package offered.



SQUASH TRAINING:

Our programme will focus on your technique and help develop your physical capacity whilst taking into consideration your age and physical development. We will also work with you to improve your mental toughness:

- ✓ Sessions of stretching and relaxation.
- ✓ Develop a personalised action plan for you to take away and work on.
- ✓ Individual coaching sessions tailored to your specific needs.
- ✓ Video analysis and seminars to improve your tactics.
- ✓ Sport psychology and visualisation to help you achieve your personal squash goals.

Leisure Activities:

- ✓ Jameos del Agua.
- ✓ National Park Timanfaya / Las Montañas de Fuego.
- ✓ Mirador del Río.

SCHEDULE:

8.30 Breakfast.

10.00 Physical training.

11.00 On court....

13.00 Squash relaxation....

13.30 Lunch.

14.30 Rest.

16.30. Leisure activities. Trips.

21.00. Dinner and sleep.





CAMP FORMAT 2015 - 2016

Number of participants:

Maximum of 18 participants per week.

Organization:

1 Camp Coordinator.

1 International Squash Coach.

Borja Golán – Profesional Squash Player.

Former Number 5 in the world (April 2014).

INFORMATION AND BOOKINGS

Telephone: **0034 637 444 869**

Email: **squash@worldenjoyer.com**

Dates: **December 2015 - June 2016**

Payment will be made by bank transfer.

***Book early and get a discount –
Loyalty discounts for previous customers.***

- Option A: **4th-8th December 2015.**

Registration before October 1, 2015: 510€.

Registration after October 1, 2015: 560€.

- Option B: **6th-10th June 2016.**

Registration before April 1, 2016: 510€.

Registration after April 1, 2016: 560€.