

# *Paul Hornsby & Lee Beachill Summer Squash Camps 2009*

Dates: Tuesday 18<sup>th</sup> - Friday 21<sup>st</sup> August

**4 Days of squash training at Queens Sports Club, Halifax with Paul Hornsby, England Squash Level 4 Elite Coach, including 2 days with Former World Number 1, Lee Beachill.**

## **Daily Schedule:**

10.00-12.00	Technical Session
12.00-1.00	Lunch
1.00-1.30	Presentation & Workshop
1.30-3.30	Tactical Session & Match play
3.30-4.00	Fitness

\*There will be a BBQ and Presentation running until 5pm on the final day (Friday) of the squad.

**12 Places available to players of county standard and above.  
(Minimum age 11)**

Cost- £250.00 per child which includes

- 8 x 2 hour on court sessions with Paul Hornsby
- 4 x 2 hour sessions with input from Lee Beachill.
- 2 x 30 minute workshop presentations by Paul Hornsby
- 2 x 30 minute workshop presentations by Lee Beachill
- Use of all facilities (including Olympic standard running track)
- Lunch on all 4 days
- BBQ & Prizes on final day of course
- Training pack of all themes and workshops covered throughout course

## On court sessions will include

- Technical analysis and advice
- Tactical awareness and shot selection
- Efficient movement and footwork patterns
- Match analysis
- Conditioned games
- Matchplay

## Fitness sessions include

- Ghosting
- Circuit Training
- Track Sessions

## Workshops and presentations

**These are designed to encourage players to take into consideration the mostly overlooked aspects of performing at their best. These include:**

- Mental preparation
- Goal setting
- Dealing with pressure
- In match concentration techniques

## Applications

For more information or to receive an application form:

Contact Paul Hornsby on 07971 005634 or email  
[paul@phornsby.wanadoo.co.uk](mailto:paul@phornsby.wanadoo.co.uk)

**\*\*Full board accommodation can be arranged at an extra cost- speak to Paul when applying for the course.**

# *Paul Hornsby & Lee Beachill Summer Squash Camps 2009*

**Dates: Tuesday 18<sup>th</sup> - Friday 21<sup>st</sup> August**

## **Application Form**

Childs Name		
Date of Birth		
County		
Ranking	County	National
Parents Name(s)		
Tel No	(H)	(M)
Email Address		
Address		
Accommodation required? (payable separately by arrangement)		

### **Terms, Conditions & Expectations**

1. Applications will only be accepted when accompanied by a cheque for the full amount. Only 12 spaces are available on a first come, first served basis.
2. Full Refunds will only be given up until 14 days prior to the start of the camp (4<sup>th</sup> August). Any withdrawals from the camp after this date will be entitled to a 50% refund, unless a replacement player can be found.
3. All players applying must be at least 11 years of age and are expected to be of county standard or above. No refund will be given for players who feel 'out of their depth' once the camp has started.
4. All players are expected to be enthusiastic and positive in addition to being respectful of all coaches and club staff at all times. Players understand that foul and abusive language will not be tolerated and the use of alcohol, tobacco or drugs (which are not medically prescribed) are prohibited at all times. Any player failing to adhere to this will be dismissed from the camp at their parent's expense.

**I agree to the terms, conditions & expectations above and enclose a cheque for the amount of £250.00 made payable to PAUL HORNSBY**

Signed \_\_\_\_\_ (Player)

Signed \_\_\_\_\_ (Parent/Guardian)

Date \_\_\_\_\_

**Return to:  
Paul Hornsby, Queens Sports Club, Moorlands View, Savile Park,  
Halifax HX1 2XQ**