

The video analysis tape will be kept securely on site at the club at all times and kept strictly confidential. All coaches are CRB registered and Level 3 England Squash qualified.

THE COACHES:

CHRIS RYDER

Pros:

World No. 38.

Wolverhampton Head Coach.

Cons:

Laughs at own jokes far too often.

COLIN WHITNEY

Pros:

Irish Junior Coach

Wolverhampton coach.

Cons:

Talks too much

THE CLUB:

Head Squash Coach: Colin Whitney

Leamington Tennis and Squash Club

Guys Cliffe Avenue

Leamington

The club in Leamington has an extremely active squash section. There are over 20 adult leagues and the club has mens and ladies teams in the Midland and Warwickshire leagues.

The junior section has over 40 juniors playing and there are coaching sessions on Thursdays, Fridays and Saturdays.

The Club also has two professional players based at the club, Chris Ryder and Leonie Holt

Leamington Junior Summer Camp

26th-28th August



A fun and action-packed 3 days including coaching from a world top 50 player.

Contact: Chris Ryder 07971986926
or cwryder@hotmail.com

Colin Whitney 07779524820

WHAT'S IN THE CAMP??

The camp lasts from Tuesday to Thursday culminating with a handicap tournament on the final afternoon.

A variety of activities that include:

- All-round technical coaching from professional players & coaches
- Video analysis of technique
- Plyometrics, circuit training, outdoor training.
- Exhibition match
- Fun warm-ups: dodgeball or football

All sessions will involve time on court with the coaches. Use of small groups will ensure that everybody gets quality attention to their game.

The aim is to make you technically improve as much as possible throughout the course. However, we'll have fun doing it, with plenty of variety and interest.

OPTIONS

12.00pm-13.00pm

Mini Squash and Beginners.

Aimed at players between the ages of 6-11 and also players who are just starting the game.

£15 for all 3 morning sessions for members

£20 for non-members

1.30pm – 3.30pm

Intermediate and advanced players. Skills and drills Conditioned games and match analysis

£25 for 3 full days for members

£30 for non-members

APPLICATION FORM

I would like to take part in the Wolverhampton Squash Camp taking place on 26th-28th August.

Name of student:

Age:

Emergency contact details:

Name of contact:

Relationship to student:

Address:

Tel – Home:

Mobile:

Mornings only/Full day

I enclose a cheque/cash for £ ____, made payable to Colin Whitney. 43 Conduit Lane, Bridgnorth, Shropshire, WV165BX

In order to use video analysis we must have parental consent by signing below here