

*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 Coach.

Wolverhampton coach.

Cons:

Talks too much

## THE CLUB:

Head Squash Coach: Chris Ryder

[www.wltsc.com](http://www.wltsc.com)

Wolverhampton Squash Club has made a significant impact on the professional game in recent years – winning the Premier Squash League (PSL) in 2005 and then hosting men's and women's PSA world tour events in 2006 & 2007. This season's winners were Lee Beachill and Laura Lengthorn-Massaró. This seems to have had a positive impact for the club players as the 1<sup>st</sup> Mens team claimed their second successive Midland League title in 2007! The club is also home to several junior county champions so it is certainly on the way up.



*Above: View over the club balcony towards tennis courts*



Wolverhampton  
Summer Junior Squash  
Camp 2008 12<sup>th</sup>-14<sup>th</sup>  
Aug



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

Contact: Chris Ryder 07971986926  
or [cwyder@hotmail.com](mailto:cwyder@hotmail.com)

# WHAT'S IN THE CAMP??

The camp lasts from Tues to Thurs 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.

N.B.: Please bring your own packed lunch.

# OPTIONS

## 12.00pm – 1.00pm

Mini Squash, A Perfect introduction to squash using small rackets and bigger balls, making rallying easier

***£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

***£30 for 3 full days for members***

***£40 for non-members***

# APPLICATION FORM

I would like to take part in the Wolverhampton Squash Camp taking place on 12<sup>th</sup>-14<sup>th</sup> 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 Please make cheques payable to Colin Whitney and send to

43 Conduit Lane, Bridgnorth, Shropshire, WV165BX

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

---