

# Junior Performance Camp

## Dates & Times

July 30th to August 3rd  
Monday to Friday  
10AM to 4PM

## Cost

Day Rate: \$45+hst  
Week Rate: \$175+hst

Please **RSVP** your spot for individual days or full weeks by contacting **Graeme**.

WINDSOR SQUASH &  
FITNESS CLUB

2475 McDougall Ave.  
Windsor, ON, N8X 3N9

Phone: 519-966-2141

E-mail: [squash@windsorsquash.ca](mailto:squash@windsorsquash.ca)



The Performance Camp will teach advanced techniques and tactics deployed at Regional and National levels. The format of each day will be based on learning to train smart and practice effectively making the most of the time available.

This Camp is aimed at **juniors who play in regional or national tournaments** and are serious about the game. Each player will receive a file and a DVD to take away along with feedback to ensure learning continues after the week.

For More information, please contact **Graeme** at 519-966-2141 or [\*\*squash@windsorsquash.ca\*\*](mailto:squash@windsorsquash.ca)

- *Advanced Strategies*
- *Applying and handling pressure.*
- *How to train like a pro*
- *DVD to take home*

