

Which Week/s?

Child's name _____

Would like to attend the Squash & Action Camp as follows: (Please tick)

Week 1

July 5th — July 9th

Week 2

July 12th—July 16th

Week 3

July 19th — July 23rd

Week 4

July 26th — 28th (3 day camp)

Week 5

August 2nd — August 6th

Payment

- BSRA Members \$235
- Non Members \$285
- Week 4 (3 days) \$141/\$171 (non members)
 - After Camp \$10 per day

Please make cheques payable to 'BSRA'

Total fee enclosed \$ _____

*A refund will be given if places are unavailable or the Camp is cancelled.

A Sneak Preview of a Typical Day

- 9.00am **Wicked warm-up**
- 9.15am **Drastic drills**
Learn and improve a different shot each day
- 10.30am **Well earned break**
- 10.45am **Tremendous tactics**
Use the shot of the day in a game situation
- 12.00pm **Crazy cool down**
- 12.15pm **Lovely lunch break**
- 1.30pm **Whizzy warm-up**
- 1.45pm **Terrific team games**
- 1.45pm **or.. Pool visits Tue/Wed/Thur**
- 3.30pm **Crazy cool down**
- 4.00pm **Sadly - the end of the day!!!**

Other fun stuff includes:

Racquetball, Squicket, Squgby, Squockey, Passball, Soccer, Badminton...POOL VISITS and lots more...!

Bermuda Squash Racquets Assoc



Squash & Action Camp Summer 2010

www.bermudasquash.com
BSRA Squash Club
Middle Road
Devonshire

Tel: (441) 292 - 6881
Fax: (441) 295 - 8718
E-mail: patrickf@bermudasquash.com

Bermuda Squash Racquets Assoc

Aim



The aim of the Squash & Action Camp is to give the Juniors a chance to improve

their skills and learn some new and exciting games through guided practice and competition. We view this camp as a positive growth experience, stressing cooperation and good sportsmanship.

The Squash & Action Camp will operate from:

BSRA Squash Club

Middle Road

Devonshire

Tel: 292 6881 Fax: 295 8718

The camp will be organised by

National Coaches

Patrick Foster and Denise Sommers

Camp Details

YOU WILL NEED TO BRING:

- A packed lunch, snack and plenty to drink
- Indoor non-marking sneakers
 - Outdoor sneakers
- Swim wear (when needed)

Programme

Open to 7— 14 year olds

Time

9.00am until 4.00pm

The club will be open from 8am for early drop off

After-Camp option to 5.30pm

is available at \$10 per day

Places will be limited to 24 per week.

Places are only confirmed by full payment.

To book, please complete the application form and return with the appropriate fee to:

(Cheques payable to BSRA)

Patrick Foster

Director of Squash & Action Camp 2007

P.O. Box HM 176, Hamilton HM AX

Phone: (441) 292-6881

Fax: (441) 295-8718

Email: patrickf@bermudasquash.com

Application Form

Child's Name _____

Date of Birth _____

Home Address _____

Emergency Contact:

Name _____

Telephone

H) _____ W) _____

E-mail) _____

(Email confirmation sent prior to camp)

Declaration Waiver

I hereby waive and release any and all rights and claims for damages, howsoever caused, which I or the applicant may have against the BSRA, The Camp Director and the staff. I confirm the applicant to be of sound mental and physical health, capable of participating in the Camp. In the event of injury or sickness, the Director and his staff have permission to arrange for medical care.

Signed _____

Parent or Guardian

