

*Which Week/s?*

Child's name \_\_\_\_\_

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

- Week 1**  
**July 4th — July 8th**
- Week 2**  
**July 11th—July 15th**
- Week 3**  
**July 18th — July 22nd**
- Week 4**  
**July 25th — 27th (3 day camp)**
- Week 5**  
**August 1st — August 5th**
- Week 6**  
**August 8th — August 12th**
- Week 7**  
**August 15th — August 19th**
- Week 8**  
**August 22nd — August 26th**

*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 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

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**Squash & Action Camp Summer 2011**

www.bermudasquash.com  
**BSRA Squash Club**  
**Middle Road**  
**Devonshire**

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

## 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 Andrew Mount

## 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](mailto: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



