

Squash

Summer 2010



Featuring

- Summer Camps
- Summer Programs
- Lesson and Training Information
- And more Squash!

Squash Committee

Committee: Ian Buchanan (Chair), Anne Marie Reinson, Allyson Kjenner, Sharon Clark, Leon Marciak, Lori Balch, Tamara Linklater, Brooke Rothwell, Steve Wilk (Board Rep)

Squash Sectional Annual General Meeting – Wednesday, May 27TH at 6:00 pm in the Courtside Room

Squash Professionals

Jeff Williams, Head Professional

Our Head Pro is ready and willing to take you and your game to the next level. Jeff has been with the Club for over 7 years and competes at the Open level. Many juniors that Jeff has coached over the years have gone on to enjoy success at the local, Provincial and National level.



Julie Multamaki

The wonder from down under has been with the Club for just under a year and has proven to be a smash hit with members. Julie has great insight into the game and gives the Club another great asset to claim in the Squash area.



VIDEO ANALYSIS PACKAGE

Individual Cost - \$100 (Inc. GST)
2 Person Cost - \$60 each (Inc. GST)
Included:

- Video Taping of Match
- DVD of the Match played
- DVD of the video analysis
 - o All of the winners struck
 - o All of the errors made



This Dartfish software breaks down the match to multiple 7 sec clips then categorizes the clips into your Winners, errors, etc. You then receive a DVD that allows you to watch your 20 winners in a row, then you watch your 20 errors in a row. From this information you can learn your strengths and more importantly your weaknesses and how to work towards correcting those weaknesses. To book an appointment, please contact Jeff Williams.

Beginner Package - \$220.00 (inc. GST)

- 3 - 45 Minute Squash Lessons
- Black Knight Racquet
- Black Knight Eyeguards
- 2 Dunlop Squash Balls

Want to learn the game of Squash. Get started properly with this great starter kit! For \$220 you get 3 - 45 Minute lessons with Jeff Williams, a Black Knight Bandit 2 Squash Racquet, a set of Black Knight Stiletto eye guards, and 2 Dunlop Squash Balls. What a great way to start swinging! Please contact Jeff Williams directly.

Jeff Williams or Julie Multamaki is always available for lessons. Please contact 780-482-0394 or email jeff.williams@royalglenora.com for more information.

JUNIOR SQUASH

Beginner Intermediate Junior Squash Camp

This program is for kids that are starting to play and/or up to kids who have participated in the Tournament Kids Program throughout the season. The focus throughout the week will be racquet Skills, Rules of the Game and basic tactics. Minimum 4 participants.

Price: \$90.00

Ages: 8 to 12 years

Weeks available: July 12th - 15th, August 9th - 12th and August 16th - 19th

Time: 9:30 am until 11:30 am

Code: SBC1, SBC2, and SBC3

JUNIOR SQUASH

High Performance Training Camp

This Training Camp will focus on Pre-Season Planning, Pre-Season Physical Preparation, Stroke Analysis and Movement Analysis, and more. Minimum 4 participants.

Cost: \$120 + GST

Ages: 12+ Years

Date: August 23rd - 26th

Time: 1:00 pm - 4:00 pm

Code: SHPC

Adult Squash Programs

"A" Grade Training Program

Men's Level 1 & 2 Interclub Players and Women's Level 1 Interclub Players are welcome!! This is a great session to improve fitness, tactics, and racquet skills. Minimum 6 participants.

Day of Week: Monday Evenings

Summer Session: May 17th - July 26th

Time: 6:00 pm - 7:30 pm

Cost: \$100.00 + GST

Code: SAAT

“C” Grade Training Program

Men’s Level 3 - 5 Interclub Players and Women’s Level 2 & 3 Interclub Players are welcome!! This session will focus on racquet skills, court movement and tactics. Minimum 6 participants

Day of Week: Tuesday Evenings
Summer Session: May 18th – July 27th
Time: 6:00 pm – 7:30 pm
Cost: \$75.00 + GST
Code: SACT

Early Morning Training

Come out bright & early to train before going to work! This program includes training, on court fitness, drills and games. If evenings are busy for you come out with us in the mornings! Minimum 6 participants

Day of Week: Tuesday & Friday Mornings
Summer Session: May 26th – July 31st (20 Sessions)
Time: 6:30 am – 8:00 am
Cost: \$200.00 + GST
 *Add 25% if less than 8 participants
 Minimum: 6 Participants
CODE: SAEMT

Squash Summer League**Includes:**

- Ø Summer League Souvenir
- Ø Black Night Opening night with lots of draw prizes!
- Ø 12 weeks of organized squash
- Ø Doubles squash drop in when you aren’t playing your scheduled match
- Ø Drink tickets to use throughout the Summer League

The Squash Summer League keeps on getting better and better every year! The league always attracts players from all levels to come and compete. Last year there was 112 participants. This year there will be a maximum of 96 participants. The league runs for 12 weeks and then there is a wind up party on the last day – Wednesday July 29th.

Royal Glenora Members are recommended to register before Sunday April 25th. On the Monday April 26th the League will open up to Non-Members to make sure the League is filled appropriately. So make sure you sign up early! **Maximum 96 Participants.**

Day of Week: Wednesday Evenings
Summer Session: May 26th – August 11th (12 weeks)
Time: 6:00 pm – 9:00 pm
Cost: \$60.00 + GST (\$160.00 + GST for Non-Members)
Code: SASL

**Squash Box League**

Need to find new players to compete against? The Squash Box League will begin in June and will be ongoing. This will be an organized box league that organizes 4 matches per month against players at your level of play. **There is both a Men's and a Women's Box League available. Women are welcome to compete in the Men's Box League, however to do so they must participate in the Women's Box League as well.** This Box League is part of the GigaSports Website so it will be easy to access as you book your Squash Courts. To register please contact Jeff Williams at jeff.Williams@royalglenora.com or 780-482-0394

Day of Week: 4 Matches in a month—Flexible times

Summer Session: Monthly

Cost: \$10.50 including GST

Registration Deadline: May 24th **Starts:** June

Code: SABL

Doubles Squash

The Doubles Drop-in runs alongside the Squash Summer League. That way people from Summer League and those just coming down to play Doubles can keep the court busy all night! All levels of players are welcome. Come as an individual or as a team. This is a great way to learn how to play doubles while still getting some squash in.

Day of Week: Wednesdays

Summer Session: May 26—August 11

Cost: FREE

Code: DROP IN



