



ADULT AND JUNIOR SQUASH CAMPS 2018 (Copenhagen - Denmark)

3rd
Edition

DATES

Open Day:

24th - 26th August 2018.



Organized by:

Two Czech International Squash Coach Special National Senior and Junior Coach 2005-2015, ESS Level 2.

GOALS 2018:

1

Train with international squash coaches and World Class Players. More than 200 camps since 2004. Receive high quality instruction from our experienced international coaching team. More than 15 years coaching.



2

A unique strength of our camps is the high ratio of coach to player ensuring maximum individual attention.



3

The programme will cover all aspects of player development including technique, tactics, movement and physical training.



4

We cater for all levels of squash and offer a relaxed style of camp with players and coaches working and socialising together.



5

Enjoy the fantastic city. Contact us for details of the camp; travel; accommodation information and the package offered by WorldSquash for this unique opportunity.



SQUASH TRAINING:

Our programme will focus on your technique and help develop your physical capacity whilst taking into consideration your age and physical development. We will also work with you to improve your mental toughness:

- ✓ Sessions of stretching and relaxation.
- ✓ Develop a personalised action plan for you to take away and work on.
- ✓ Individual coaching sessions tailored to your specific needs.
- ✓ Video analysis and seminars to improve your tactics.
- ✓ Sport psychology and visualisation to help you achieve your personal squash goals.

SQUASH CAMP SCHEDULE:

Friday

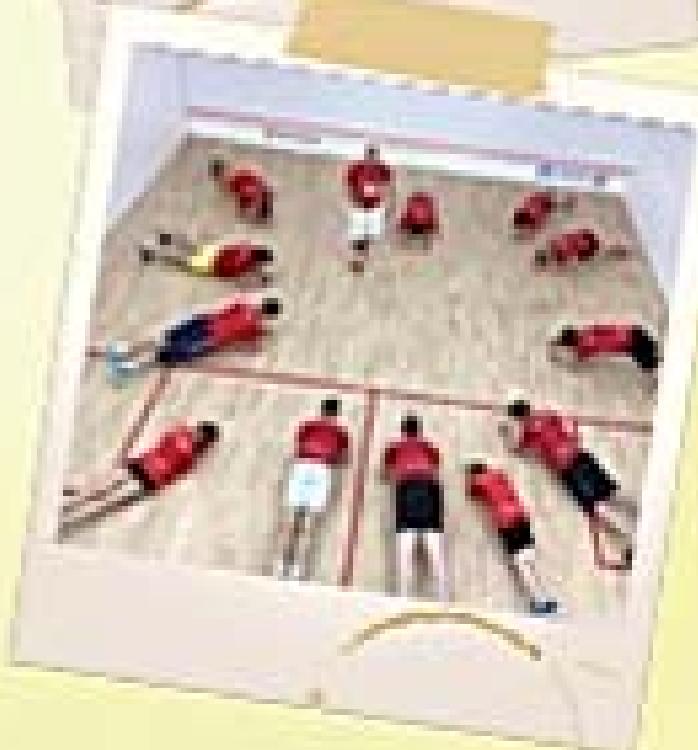
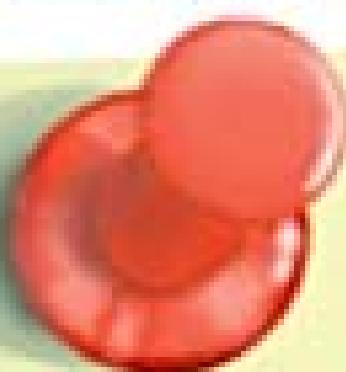
16.30 Squash Session 1st group.
Strategie, Decision, Action.
19.00 Squash Session 2nd group.
Skills and accuracy, Balance.

Saturday

09.00 Squash Session 1st group.
Technical work on court, tactical game exercises. Improve your skills, movements and accuracy on squash court.
11.00 Squash Session 2nd group.
13.00 Eat & Relax.
16.00 Squash Session 1st group. Technical work including Matches between players and coaches, Stretching session and prevent injuries.
18.30 Squash Session 2nd group.
Dinner Camp

Sunday

10.00 - 14.00 - Strategy, Determination, Competition. The last day we will have a small competition between both groups and a closing ceremony.





CAMP FORMAT 2018

Number of participants:

Maximum of 18 participants per week.

Organization:

1 Camp Coordinator.

1 International Squash Coach. Tino Casas: Former professional player, International Squash Coach. Spanish National Senior and Junior Coach 2006-2015. ESF Level 2.

Since World Enjoyer was established, Tino has coached as well as mentored over 1000 pupils from South Africa, India, Sweden, Indonesia and 21 other countries from all over the world. He has held camps not only in Spain but in Norway, France, Denmark and 10 countries more. World Enjoyer is expanding every year, establishing itself steadily in the world of squash.

INFORMATION AND BOOKINGS

Telephone: 0034 637 444 869

Email: info@worldenjoyer.com

Payment will be made by bank transfer.

Book early and get a discount.

Loyalty discounts for previous customers.

“This is my third camp with World Enjoyer and at the end of every experience am already thinking to plan out when the next camp is and how to save days off from work to attend it. What he does is brilliant. His is his energy but, at the same time, his professional approach to teach you squash and how to enjoy playing it. **”**

Cristina from Italy

99

DATES: 24th – 26th August 2018.

Registration before August 1, 2018: 160€.

Registration after August 1, 2018: 190€.

Deadline for registration: 15 days before the date.

VENUE – ACCOMMODATION: www.lsknet.dk

Sport Facilities - Lebekholtens Squash Club

Vester Søgade 52B, 1671 Lebekholt V, Denmark

Gyldenløves Squash Club (GSC) was founded November 17, 1942 under the oldest squash club. GSC have 3 halls located centrally in the inner city, which is approximately 200 active members makes one of a city. The club has qualified coaches, a master-wife team, the youth teams and the women's team, an active training and competition tournaments as well as many social oriented matches.