

ADULT AND JUNIOR SQUASH CAMPS 2018 (Copenhagen - Denmark)

3th
Edition

DATES

Official Filler:

24th - 26th August 2018.



Organized by:

Tino Casas, International Squash Coach, Spanish National Senior and Junior Coach 2006-2015, ESF 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 socializing together.



5

Enjoy the fantastic city. Contact us for details of the camp; travel; accommodation information and the package offered by WorldEnjoyer 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.

Perception, 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. Tactical 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 637 444 889

Email: info@worldenjoyer.com

Payment will be made by bank transfer.

Book early and get a discount.

Loyalty discounts for previous customers.

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.ksknet.dk

Sport Facilities - København Squash Klub

Vester Søgade 50b, 1601 København V, Denmark

Copenhagen Squash Club (KSK) was founded November 17, 1942 and is the oldest squash club. KSK have 3 lanes located centrally in the inner city, which is approximately 200 active members all year round. The club has qualified coaches, a master elite team, five men's teams and two women's teams, an active training and competitive environment as well as very social friendly members.

“ This is my third camp with Worldenjoyer and at the end of every experience I am already thinking to plan out when the next camp is and how to save days off from work to attend it. What I have always liked about Tino is his coaching but, at the same time, his professional approach to teach you squash and how to enjoy playing it. ”

Cristiano from Italy🇮🇹