

ADULT AND JUNIOR SQUASH CAMPS 2018 (Dublin - Ireland)



DATES

OPTIONS:

27TH - 29TH DECEMBER 2018.

2nd
Edition



Organized by:

Tino Casas. International Squash Coach. Spanish National Senior and Junior Coach 2006-2015. ESF Level 2.

GOALS 2018:

1

Train with an international squash coach.



2

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



3

Maximum individual attention.



4

Good training for British Junior Open 2019.



5

Improve your accuracy on court.



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.

SQUASH CAMP SCHEDULE:

Thursday:

Group A 10.00 - 1.00pm

Group B 2.00 - 5.00 pm

Adult 6.15 - 8.15 P.M.

Objectives: Accuracy in the Back Corner and Stamina.

Friday:

Group A 10.00 - 1.00pm

Group B 2.00 - 5.00 pm

Adult 6.15 - 8.15 P.M.

Objectives: Accuracy in the Front Corners and Movement.

Saturday:

Group A 10.00 - 1.00pm

Group B 2.00 - 5.00 pm

Adult 6.15 - 8.15 P.M.

Objectives: Pace and competition. Visualization and Determination.





CAMP FORMAT 2018

Number of participants:

9 participants per group:
2 x Elite/Competition group
1 x Adult group

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: +35 387686 8168 / +34 637 444 869

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 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 easygoing but, at the same time, his professional approach to teach you squash and how to enjoy playing it. ”

Cristiano from Italy/UK

DATES: 27th - 29th December 2018.

Day 1 Group A 10.00 - 1.00pm Group B 2.00-5.00pm

Day 2 Group B 10.00-1.00pm - Group A 2.00-5.00pm

Day 3 Group A 10.00-1.00pm - Group B 2.00-5.00pm

Adults: 3 Days (6.15 - 8.15pm)

Juniors Elite: €130 for club members and €140 for non-members.

Adults: €85 for club members and €95 for non-members.

Deadline for registration: 15th December, 2018.

VENUE – ACCOMMODATION:

Sport Facilities: Mount Pleasant Squash Club: Mount, Pleasant, Ranelagh, Dublin 6.: www.mountpleasantltd.ie

3 high quality glass back courts. Parking.

To register and book a place follow the link and select the appropriate time slot:

<https://doodle.com/poll/tcp52tw6cq3hrqk>