*Masters UPDATE*



**Date 13th June 2022**

**Gerry Callanan**

Masters Secretary

[masterssecretary@irishsquash.com](mailto:masterssecretary@irishsquash.com)

# Summer Programmes for all Masters Players

Hi All

**This week sees the start of the master’s summer training with Derek Ryan and Alex Fuller**

Derek currently is strength and conditioning coach to Ali Farag and Mostaf Asal ,Derek will be doing a strength and conditioning sessions free online for the masters group funded by Irish Squash

***Mondays 6p-7pm Strength and Conditioning (suitable for all levels)***

***Thursdays 7pm-8pm Mobility and Activations Classes ( suitable for all levels)***

**To Register please register on sporty hq once and we will send you an online link to the classes each week**

**REGISTER BELOW**

**https://www.sportyhq.com/tournament/view/Irish-Masters-Summer-SC-and-Mobility-Training-2020-1**

**Alex Fuller current Womens World Ranked 31 will be doing a series of one day and weekend squash camps for Women over the next 3 months.**

These need to be signed up a week in advance of each session on sporty Hq there is a small charge for these which will include a light lunch.

The first camps will be 9th 10th July Dublin, the second camp will be second camp will be one day 24th July Dublin.

REGISTER BELOW

https://www.sportyhq.com/tournament/view/Irish-Masters-Summer-SC-and-Mobility-Training-2020

We will let you know on the future dates

provisionally they are 6/7 August,13/14 August. I will send on the entry links closer to the dates when confirmed

Yours

Gerry Callanan Masters Secretary