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SQUASH

TOURNAMENT PREP TRAINING

AGES 9-14

BY INVITATION ONLY

MINIMUM US SQUASH RATING: 3.0+

**FOR EXPERIENCED PLAYERS COMMITTED TO
TAKING THEIR GAME TO THE NEXT LEVEL.**



SCHEDULE

Offered
4 sessions
per week



COMMITMENT

Choose the option
that fits your
development goals:

- 3 clinics per week
- OR**
- 2 clinics per week
+ 1 private lesson
per week



SESSION LENGTH

1 hour
15 minutes



ELIGIBILITY

By Invitation Only
Ages 9-14
US Squash Rating
3.0+ minimum

PROGRAM OVERVIEW

Tournament Prep Training is an invitation-only program designed for experienced junior players who are serious about accelerating their development and competing at a higher level in US Squash tournaments. Led by experienced tournament coaches, this program develops the complete player—on and off the court.

PLAYERS WILL DEVELOP:



Advanced tactical awareness and match strategy
Pattern recognition and decision-making under pressure



High-intensity movement, ghosting,
and court coverage



Individual technical refinement and stroke development



Tournament-specific drilling and conditioned games
Pressure-based scenarios and simulated match play



Squash-specific strength, endurance,
agility, and recovery



Mental toughness, focus, confidence,
and between-point routines

A HIGH-PERFORMANCE COMMITMENT



INVITE ONLY

This program is reserved for experienced players who demonstrate a strong work ethic, competitive mindset, and a desire to improve.



COMMIT TO YOUR DEVELOPMENT

Choose 3 clinics per week OR 2 clinics
per week + 1 private lesson.
Consistency drives results.



ACCOUNTABILITY MATTERS

Players are expected to arrive on time,
prepared, and ready to train. Effort,
focus, and professionalism are
expected at all times.



BEYOND THE CLINIC

Success comes from the work you put in
outside of practice. Players are strongly
encouraged to seek additional training
opportunities.