

ON COURSE

Joe Laredo finds out what UK courses are on offer in 2008 for squashaholics young and not so young.



January is traditionally the month for booking summer holidays; it is also the time to put your name down for spring and summer squash courses if you don't want to find yourself left out in the warm. There are courses for all ages and abilities, though not in all parts of the country; for some reason, they are concentrated in the (sunny?) south.

JUNIOR COURSES

Juniors have no excuse for idling away their holidays, with plenty of intensive squash programmes to choose from. For elite players – from county to national level – there is the Jonah Barrington Squash Academy at Millfield School in Street, Somerset, which is offering an Easter course from 31st March to 4th April and a summer course from 28th July to 1st August. The content of the courses is similar, but the summer dates should attract more players. The legendary Jonah Barrington, six times British Open champion, is joined by Millfield's Head Coach, Ian Thomas, to offer flexible, fun but focused squash training. The cost of each course is £265 (non-residential) or £390 (residential). Details can be found on www.millfieldschool.com or by phoning the school on 01458 442291/444320.

Also for serious juniors are the courses run at the UK Squash Academy in Hertfordshire, where coaches John Milton and Paul Selby aim to 'take you as far as you want to go'! As well as evening, day and weekend courses, there are two summer camps: 28th July to 1st August for youngsters of all ages up to county standard and 13th to 17th August for county, regional and national players of all ages. The lower-level course includes technique training, tactical and movement work, practice routines and match analysis, while the elite course offers fitness training, conditioned training games, pressure sessions, practice matches, and advice on organising an in-season training programme and devising a

balanced tournament schedule. Both courses run for a full five days and cost £200 (non-residential) or £300 (residential – participants stay with local families). The venue is the prestigious Bishop's Stortford club, which boasts six courts as well as extensive playing fields within a safe environment. Visit the website, www.uksquash.co.uk, for details and phone John (07989 343688) or Paul (07775 523161) to book.

Former Scottish international and current Surrey County Coach Neil Frankland accepts players from beginner to national standard on his four-day summer Frankland Squash Matters Junior Squash Camp (11th to 14th August). Intensive squash coaching with fault-finding video analysis is combined with recreational sports, including table tennis, badminton, volleyball, football and swimming, as well as activity evenings at Epsom College in Surrey, which boasts ten squash courts, an indoor pool and two huge sports halls. There's a choice of residential (£240) or non-residential (£180) attendance. Visit www.franklandsquashmatters.co.uk or ring Neil on 01932 336499/07737 050289 for details.

As we went to press, Bryan Patterson assured us that his Universal Squash Camps, traditionally held at Chichester Squash Club in Sussex, were to go ahead as usual but could provide no details, and the Universal website, www.universalsquash.com, was down.

For those with a sense of adventure (and deep pockets), there are summer camps in other (sunnier?) parts of the world, including Spain, Mexico, the US and Canada, run by a variety of organisations and institutions; details will be provided in the next issue of *The Squash Player* – order your copy now!

ADULT COURSES

In the UK, adults have less choice of courses – a weekend course with GS Squash in West Sussex or from one to three days with Frankland Squash Matters in Surrey – so all the more

reason to book early.

Level 4 coach Graham Stevenson, operating as GS Squash, offers 15 hours of coaching to a maximum of 12 players in groups of no more than four. Participants can be at any level – from 'improver' to club team member – and any age from 18 upwards. The emphasis is on technical matters, with the aim of refining your racket skills. 'Bad habits often limit what you can do,' says Graham, who also works on tactics – improving shot selection and reducing error – and fitness. 'Fun with hard work' is how Graham sums up the weekend at the recently refurbished three-court Storrington Squash Club, midway between Horsham (Surrey) and Worthing (Sussex), and the £185 price includes home-made meals but not accommodation, which is available nearby. Courses are run approximately every month, the first one of the year being on 25th–27th January. For further details, visit www.squashplayer.co.uk/gssquash or phone Graham on 01798 831428.

Neil Frankland of Frankland Squash Matters is also a Level 4 coach (one of only 12 in the country) and also takes a technical approach, using video analysis to identify each player's strengths and weaknesses. He accepts players up to World Masters standard. There's one coach for every five players, including several PSA members, and the enviable facilities at Epsom College in Surrey include ten squash courts and a swimming pool. The adult camp is from 15th to 17th August and includes other sporting activities as well as three full days of squash coaching (four hours a day). The course and meals cost £135 and there's the option to stay at the College for just £45 extra. Visit www.franklandsquashmatters.co.uk or ring Neil on 01932 336499/07737 050289 for details.

If you fancy combining a squash course with a trip to the States, there are summer camps in Connecticut, New Jersey and Rhode Island ... Details in the next issue of *The Squash Player* – make sure you are getting it.

DATES	COURSE	LOCATION	AGES	LEVELS	COST	PHONE (NON-RES/RES)	WEBSITE
25-27/1 etc.	GSS	Storrington SC, Sussex	18+	improve -club	£185/NA	01798 831428	www.squashplayer.co.uk/gssquash
31/3-4/4	JBSA	Millfield Sch, Somerset	-18	elite	£265/£390	01458 442291 01458 444320	www.millfieldschool.com
28/7-1/8	JBSA	Millfield Sch, Somerset	-18	elite	£265/£390	01458 442291 01458 444320	www.millfieldschool.com
28/7-1/8	UKSA	Bishop's Stort. Herts	-18	to county	£200/£300	07989 343688 07775 523161	www.uksquash.co.uk
11-14/8	FMS	Epsom Coll, Surrey	-18	begin -national	£180/£240	01932 336499 07737 050289	www.franklandsquashmatters.co.uk
13-17/8	UKSA	Bishop's Stort. Herts	-18	county -national	£200/£300	07989 343688 07775 523161	www.uksquash.co.uk
15-17/8	FMS	Epsom Coll, Surrey	18+	up to world	£135/£180	01932 336499 07737 050289	www.franklandsquashmatters.co.uk