

SUMMER SQUASHING

The US offers a plethora of opportunities to those who would rather sweat out the summer on court than on the beach. Joe Laredo investigates.

In Issue 1 we rounded up the squash courses on offer in the UK this year; here we look across the Pond, where most of the camps, as they're known in the States, are in the east, with just two on the Pacific coast. Again, it's juniors who are spoilt for choice, while there are limited options for adults. For contact details, see box.

JUNIOR COURSES

Starting in the north-east and working down and across, the Power Squash Academy in Dartmouth College in Hanover, New Hampshire comes up first. Run by John, Jonathan and Ian Power, it also offers some of the most expensive camps, costing a colossal \$3,500 (including accommodation; \$2,500 without) for either of the two-week Jonathon Power Intensive Camps (6-18 July and 20 July-1 August), the Ian Power Academy Weeks (22-27 June, 29 June-4 July, 3-8 August and 10-15 August) a still pricey \$1,025/500. Both camps are for 11- to 18-year-olds and involve fitness, flexibility and mental training and refereeing practice as well as coaching.

In neighbouring Massachusetts is Harvard University, Cambridge, whose 13-day Complete Squash Camps are even more costly: \$3,500 (residential) or \$3,000 (non-residential) for the Elite MasterClass (20 July-1 August) for advanced and elite players, and \$2,500/\$2,000 for the Complete Squash Basics camp (6-18 July), for beginners and intermediates. These accept 9- to 18-year-olds and offer yoga 'to provide focus' as part of an intensive training programme. Coaches include Satinder Bajwa, manager and mentor of the legendary Jansher Khan, and former world top 20 player Peter Hill.

At Williams College, Williamstown in nearby Berkshire County, Zafir Levy's Squash and Beyond Camps feature a glittering line-up of coaches, including Peter Barker, Nick Matthew, Peter Nicol, David Pearson and Alister Walker. There are eight week-long sessions between mid-June and mid-August, for various levels of ability and interest. The Super Elite Sessions (15-20 June, 22-27 June, 29 June-4 July and 10-15 August) are

for 14-year-olds and up and require a national ranking of at least 50; the Elite Sessions (6-11, 13-18 and 20-25 July) are for those aged at least 12 and 'in the middle of the pack'; and the SAB Extreme week (27 July-1 Aug) combines squash with fishing, rock climbing, kayaking and rafting. Prices range from \$1,220 to \$1,530 and include transport to evening activities as well as board and lodging.

Still in Massachusetts, budget Squash Bootcamps are on offer at the six-court Noble and Greenough School, Dedham on 16-20 June and 18-22 August for just \$385 (8- to 12-year-olds) or \$450 (13-18), though the price includes only 'snacks and drinks'. The younger age group is offered an introduction to the game, while the older group are expected to be school team members. Coaches are Doug Eng, Szilvia Szombati and Cliff Wenn.

The International Squash Academy offers camps in a variety of locations. At Groton School in Groton, Massachusetts (20-25 July) there is coaching from Dave and Hope Prockop (the latter currently women's world no.116); at the Pomfret School in Pomfret, Connecticut (3-8 August) the coaches are Tim Shea (former world no.34) and Philip Wilkins; at Trinity College in Hartford, Connecticut (13-18 July) it is Paul Assaiante and Reggie Schonborn (world no.150); and at the ten-court Lawrenceville School in Lawrenceville, New Jersey (15-20 and 22-27 June) Matthew Miller and Francis Odeh (former Nigerian no.1). Camps, which cost between \$995 and \$1,195 depending on the accommodation option you choose, include 'off-court offerings' such as swimming, talks, a movie night and an 'ice cream social'.

Connecticut is also the location for camps run by the Connecticut Squash Academy in Norwalk and Wesleyan and Yale Universities, while New Jersey boasts those at Princeton University. The CSA's UT Squash Camp (20-27 July), for boys and girls of all levels aged 10 to 14, takes place at the six-court Squashworks Centre in Salt Lake City with accommodation at the nearby Miners Club. The \$1,700 all-inclusive fee includes coaching by David Cukierman, an adventure programme comprising hiking, horse riding, mountain biking and white-water rafting, and return flights to Salt Lake City from New York.

World Class Squash is the name of Jon Goldstein's camps, weekly from 6 July to 1 August, at Wesleyan University in Middletown. It is open to players of all ages and abilities, who are divided among a galaxy of coaching stars including Laurens Jan Anjema, Sarah Fitz-Gerald, Shaun Moxham, David Palmer and Shahier Razik. The

residential fee is \$1,350, and a non-residential option is available.

At Yale, Gareth Webber's Ultimate Squash weeks (28 June-3 July, 6-11, 13-18 and 20-25 July, and 27 July-1 August) promise a hardly less impressive coaching team that includes Neil Harvey (week 1), Julian Illingworth (2), Shaun Moxham (3), John White (4) and Mark Allen (5). Catering for 7- to 18-year-olds of all abilities, the programme includes technical, fitness, mental and tournament training, one-to-one play with coaches, exhibition matches and evening activities – all for \$1,550 residential or \$875 non-residential.

Rival university Princeton's Squash Camps 2008 feature Mike Johnson, coach of Australian squash legends Rodney Martin, Rodney Eyles and Sarah Fitz-Gerald. The junior weeks, open to 10- to 18-year-olds at all levels, are 5-10, 12-17 and 26-31 July and 2-7 August and the cost is \$1,075 residential or \$865 non-residential. The university has an incredible 15 courts (as well as two swimming pools and many other sports facilities), and New York City is just an hour away.

Just up the coast is the 11-court Brown University in Providence, Rhode Island, where Stuart le Gassick is running the ever-popular leGassickSquash Camps (15-20 and 22-27 June) for intermediate to advanced 13- to 18-year-olds. Joining le Gassick (the University's Head Coach) are Roger Flynn (Scottish National Coach), Paul Frank (Scottish High Performance Coach) and Bill McNally (US Olympic Committee Coach of the Year 2007). The \$1,490 residential (\$900 non-residential) fee includes social events as well as 'double' coaching sessions; one happy camper summed up the experience: 'so much fun and so incredibly helpful to me'.

Over in New York state are the Continental Squash Camps (13-18 and 20-25 July) for intermediate and advanced players aged 11 to 18 at rural Hamilton College, Clinton, which offers campers the use of a swimming pool, climbing wall and 'state-of-the-art weight room' as well as ten squash courts. The principal attraction is Mike Way, coach of Jonathon Power, Graham Ryding and Shahier Razik, who is assisted by camp director Jamie King, Sally Cockburn and Beth Zitlin, and the focus is on 'improving squash players technically, strategically and physically to handle the demands of high-level competition'. The residential fee is \$1,175 (no non-residential option).

Down in Pennsylvania, Berwyn Squash & Fitness Club's Squash Camps for Excellence (21-25 July and 11-15, 18-22 and 25-29 August) feature former world no.1 John White,



along with Dominic Hughes, Enamullah Khan and Amy Milanek, who offer 'innovative practice and training routines' for \$750 excluding accommodation, with a half-day option.

Finally, on the California coast, there are kids' camps at the San Francisco Bay Club and San Diego Squash Club. The Bay Club's GoKidscamps, which run weekly from 9 June to 29 August (there are also camps in April), are aimed at a younger age group than most others, from 6 to 14, and combine squash with other sports, including racketball, tennis and badminton, swimming, soccer and basketball, though the focus is on

squash and tennis. Camp director and principal squash coach is Dominique Chiquet and the cost is \$455.

The San Diego Surf and Squash Camps down by the Mexican border, which run weekly from 6 July to 17 August, also mix squash with another activity – in this case surfing, which takes up the mornings. For the afternoons' squash sessions, open to players of all abilities, former world top ten player Chris Walker is joined by Peter Nicol's former coach, Neil Harvey, Indian champion Riwik Bhattacharya and Busani Xaba. The cost is a hefty \$1,900.

ADULT COURSES

Williams College's Squash and Beyond Camps and Wesleyan University's World Class Squash Camps are for players of all ages. For a dedicated adult session, the choice is between Hamilton College, which offers a three-day Adult/Coach Camp on 18-20 July for \$475 (including room and board), Princeton, which runs a three-day Adult Clinic from 8 to 10 August, and Yale, whose Adult Weekend, for all levels, coached by Mike Allen and costing \$750, runs from 1 to 3 August (though it ends at 2pm on the Sunday). For further details of these courses, see Junior Section.

DATES	VENUE	AGE	LEVEL	COST \$	WEBSITE	EMAIL (OR VIA SITE)
9/6-29/8	San Francisco Bay Club, CA	jr	all	455	www.gokidscamp.com	dchiquet@pacbell.net
15-27/6	Brown University, RI	jr	inter-adv	900/1,490	www.legassicksquash.com	campinfo@legassicksquash.com
15/6-8/8	various	jr	all	995-1,195	www.campsquash.com	support@campsquash.com
15/6-15/8	Williams College, MA	jr	inter-elite	1,220-1,530	www.squashandbeyond.com	zlevy@williams.edu
16/6-22/8	Noble & Greenough Sch, MA	jr	all	385-450	www.learnsquash.com	(via site)
28/6-1/8	Yale University, CT	jr/ad	all	875/1,550/750	www.ultimatesquash.com	(via site)
5/7-7/8	Princeton University, NJ	jr/ad	all	865/1,075/	www.princetonportscamps.com	ramsay@princeton.edu
6/7-1/8	Dartmouth College, NH	jr	elite	2,500/3,500	www.jpsquash.com	b.nadine.power@dartmouth.edu
6/7-1/8	Harvard University, MA	jr	all	2,000-3,000	www.css-sport.com	info@css-sport.com
6/7-1/8	Wesleyan University, CT	jr/ad	all	1,350/	www.worldclasssquash.com	jon_goldstein@loomis.org
6/7-17/8	San Diego Squash Club, CA	jr	all	1900		chris@walker.net
13-20/7	Hamilton College, NY	jr/ad	inter-adv	1,150/475		jking@hamilton.edu
20-26/7	Squashworks, Salt Lake City	jr	all	1,700	www.ctsquash.com	dcukierman@hotmail.com
21/7-29/8	Berwyn S&F Club, PA	jr		750/-	www.berwynsquash.com	(via site)

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