

SQUASH COURSES AND CAMPS

"SQUASH CAMPS ARE FRESH AND EXCITING. SOMETHING QUITE DIFFERENT FROM NORMAL COACHING," says Jonah Barrington, six-times British Open champion, who has been running squash camps at Millfield School in Somerset for the last 11 years. "Players have their minds opened to a multitude of coaching possibilities. The technique on the court, practising on their own, practising in groups, fitness on the court, fitness off the court, the mental side of the game. All this is going to be hungrily absorbed at a squash camp."

Every summer, at the Millfield Jonah Barrington Squash Academy Camps, the legendary champion leads accomplished juniors through his residential coaching courses. "We find the kids respond so well in groups," he explains. "A lot of the time they absorb the coaching tips unconsciously. And they're having fun on these camps, which helps them learn. It's a huge motivation."

Barrington believes it is difficult for players to get the same sort of motivation from normal one-on-one coaching at their regular squash club. In order to take their game to the next level, both adults and juniors need to remove themselves from the comfort zone of their local club and experience coaching at a squash camp.

Fortunately there are many experts all over the UK offering courses this year – both residential and non-residential, adult and junior. Here are some of the best.

West London (July)

Aimed at club players, this two-day adult squash course takes place at the Charing Cross Sports Club in Hammersmith, west London. The coaches are world top 100 player Ben Ford and the no.1 player from Sierra Leone, Issa Kamara. The £90 price (non-residential) includes lunch on both days.

Dates: 25–26 July 2009

Venue: Charing Cross Sports Club, west London

Tel. 07946 557502; email toniandbenford@hotmail.co.uk

South-east London (July/August)

Ben Ford is also running two non-residential courses at Bexley Lawn Tennis & Squash Rackets Club in south-east London

– one for adults and one for kids. The former (£135) is for players of team standard and above, the latter (£200) for juniors at county level and above.

Coaches include world top 20 players Peter Barker and Adrian Grant.

Dates: 27–30 July 2009 (junior) and 31 July–2 Aug 2009 (adult)

Venue: Bexley Lawn Tennis & Squash Rackets Club, south-east London

Tel. 07946 557502; email toniandbenford@hotmail.co.uk

South London (April)

Former world top 30 player Peter Genever hosts a two-day squash course at Dulwich Squash Club in south London, the weekend after Easter. Both technique and fitness will be covered. Price £150.

Dates: 18–19 April 2009

Venue: Dulwich Squash Club, south London

Tel. 07973 817468; email Tgarner@eventis-sports.com

Edinburgh (July)

Although this residential camp is aimed mainly at Americans, the organisers (Le Gassick Squash Camps) welcome British players, too. For intermediate to advanced juniors (14 and above), it combines squash coaching at Heriot-Watt University with local tourism (trips to St Andrews and the golf at the Open Championship). Price on application.

Dates: 5–19 July 2009

Venue: Heriot-Watt University, Edinburgh

Tel. 001 401 3511834; email campinfo@legassicksquash.com
legassicksquash.com

West Yorkshire (April)

Top coach Peter Edwards has been imparting his squash knowledge to the next generation for the last 18 years. Based at Chapel Allerton Lawn Tennis and Squash Club in Leeds, he is running two junior courses in April, aimed at 9- to 14-year-olds. Just £22.

Get mo

Need to kick-start your game? D skills? Maybe it's time to immerse for one of the many camps or co

Dates: 8 and 15 April 2009

Venue: Chapel Allerton Lawn Tennis and Squash Club, West Yorkshire
Tel. 07957 665323; email peter@squashcoaching.co.uk
www.squashcoaching.co.uk

West Sussex (May or June)

Held at the Bluecoat Sports, Health & Fitness Club, in the grounds of Christ's Hospital School, experienced coach Graham Stevenson's weekend courses are aimed at adults of any level. The £195 does not include accommodation, but there are many places to stay nearby.

Dates: 22–24 May and 26–28 June 2009

Venue: Bluecoat Sports & Health Centre, West Sussex

Tel. 01798 831428; email grahamstevenson@onetel.com

Surrey (August)

Former pro and Surrey County Coach Neil Frankland is running two squash camps this year – an adult one from 10 to 13 August and a junior one from 14 to 16 August, both at Epsom College

in Surrey. The emphasis is on both the coaching and the social side of squash, as one former client affirms: "There was a terrific camaraderie amongst the group right from the start," says Colin Watson, last year's Surrey Cup Team Captain. There are six squash courts available – four hard-backed and two glass-backed. Residential pupils stay in the dormitories of Epsom College and have access to other school facilities while they are there. Prices range from £135 for non-



Millfield Jonah Barrington Squash Camps

Learn, train and have fun with the best. Join Jonah Barrington, Ian Thomas, top pros Joey Barrington and Mohamed Shorbagy, and other tour players for the squash experience of a lifetime at the famous **Millfield School**.

The best tuition, the best coaching team and the best facilities at this celebrated School with the ultimate sporting ethos.

Enjoy the marvellous mix of fun and games!

2009 – Summer

Monday 27th July to Friday 31st July

Mixed National and County Level Juniors

Residential £425, non-residential £290 (including lunch)

For further information and/or application form go to:

www.millfieldenterprises.com

or call 01458 444320



PAUL HORNSBY & LEE BEACHILL SUMMER SQUASH CAMPS 2009

Tuesday 18th–Friday 21st August

4 days packed with on and off court squash training and workshops at Queen's Sports Club, Halifax with Paul Hornsby, England Squash Level 4 Elite Coach, plus two days with former world no.1 Lee Beachill

Minimum age: 11

Minimum standard: County

Cost: £250 (non-residential –

board & accommodation by arrangement)

for further details or to book a place contact Paul Hornsby on

07971 005634

or email paul@phornsby.wanadoo.co.uk

motivated

Desperate to hone your on-court skills? Motivate yourself in squash by signing up to courses on offer around the country

residential adults to £240 for residential juniors.

Dates: 10–13 August and 14–16 August 2009

Venue: Epsom College, Surrey
Tel. 07737 0502989; email
neil@franklandsquashmatters.co.uk
www.franklandsquashmatters.co.uk

Somerset (July)

Former British Open champion and one of the most experienced squash coaches in the world, Jonah Barrington has seen some highly accomplished junior players grace his courts during the 11 years that he has been running Millfield Jonah Barrington Squash Academy Camps at Millfield School in Somerset.

The courses – aimed at 8- to 16-year-olds – cost £425 for a residential (staying in

the school dormitories) or £290 for non-residential. "This is a squash opportunity of a lifetime," states the course brochure. And that's probably not too much of an exaggeration.

Dates: 27–31 July 2009

Venue: Millfield School, Somerset

Tel. 01458 444320; email
office@millfieldenterprises.com
www.millfieldenterprises.com

North-west London (July and August)

There are four junior courses being held at the LA Fitness club in Northwood, in the north-west suburbs of London this summer (all non-residential). Two of them are aimed at 11–13-year-olds, and two at 14-year-olds and above. The price is £100 for five days.

560601; email Derek@squash-coach.co.uk

Hampshire (July/August)

Universal Squash has been running squash camps all over the world since the mid-1980s. This year their UK camps are being held at Lee-on-the-Solent Tennis, Squash & Fitness Club, just west of Portsmouth, on the south coast, in July and early August. Prices are £265 for non-residential and £370 for residential.

Dates: 12–19 July, 19–26 July and 26 July–2 August 2009

Venue: Lee-on-the-Solent Tennis, Squash & Fitness Club, Hampshire
Tel. 02392-550381; email
Tim.Vail@Sky.com

West Yorkshire (August)

You can't go far wrong with a former world no.1 as your coach. This August, at the Queen's Sports Club in the West Yorkshire town of Halifax, Lee Beachill will be helping at two junior camps. They are aimed at 12-year-olds and above, of at least county standard. Price £250. Accommodation is available at extra cost.

Dates: 10–13 and 17–20 August 2009

Venue: Queen's Sports Club, West Yorkshire

Tel. 07971 005634; email
paul@phornsby.wanadoo.co.uk

Yorkshire (August)

York Squash Rackets Club is the venue for two junior courses, one in early August, the other in late August. The £45 price does not include accommodation, although this can be arranged for an extra fee.

Dates: 3–7 August and 24–28 August 2009

Venue: York Squash Rackets Club, York
Tel. 07949 289536; email
mbridson@qms.n-yorks.sch.uk

Dates: 21–25 July and 24–28 August 2009

Venue: LA Fitness, Northwood, London
Tel. 01923 266722 or 07887

WHAT ABOUT FURTHER AFIELD?

Why not combine squash coaching with a holiday abroad? There are dozens of courses available, the majority in the USA.

Egypt: World no.1 Karim Darwish is one of the coaches at the ATCO Training Camp for juniors in Cairo, in June. The extravagant fees include a visit to the pyramids and a cruise on the River Nile (www.atcosquash.com)

Egypt: Former world no.1 Amr Shabana hosts two-week junior squash camps in Cairo, in June and July, with visits to the pyramids and Nile cruises included (www.prodigyeg.com)

Mexico: Junior camp in August in the Mexican beach resort of Puerta Vallarta (02392 550381; bryanunisq@aol.com)

South Africa: Fancy combining a squash camp with a safari and World Cup football? Next year, in June and July, Universal Squash is organising a tour to South Africa that coincides with the World Cup. Planned highlights include Cape Town, Johannesburg, Durban, the Garden Route and a 'shark dive'. Aimed at teenagers of all levels, the price tag will be north of £5,000 (02392 550381; bryanunisq@aol.com)

USA: Adult and junior courses in the Californian city of San Diego (www.chris.walker.net)

USA: Brown University, in Rhode Island, is the venue for an adult squash camp in late June (www.legassicksquash.com)

USA: Former world No.1 Peter Nicol is head coach at two squash camps held over the summer – one in Connecticut and one in Pennsylvania (www.nicolchampionsacademy.com)

USA: Elite junior camp in Philadelphia in late August (02392 550381; bryanunisq@aol.com)

USA: Five weeks of junior camps in California and Rhode Island over June and July with the Talbott Squash Academy (www.tsasquash.com)

Multiple countries: Universal Squash has organised a European tour for juniors that takes in Spain, Germany and Holland – 24 June–13 July 2009 (02392 550381; bryanunisq@aol.com)

peteredwards squashschool Easter Junior Squash Program

Racketball Handicap Tournament
14th April
3pm to 4.30pm
Entry fee £4

Squash Camps
8th–15th April
9.45am to 3pm
9 to 14 years
Cost £22 includes lunch

Peter Edwards Squash School
Chapel Allerton LT & SC
Wensley Avenue, Leeds LS7 3QX

Mini Squash Coaching
9th–16th April
10.30am to 11.15am
6 to 9 years Cost £5

England Squash Graded Tournament
17th April
D1/2 E1/2 F1/2
9.45am start
Entry fee £8

Tel 0113 2266622 or 07957 665323
Email peter@squashcoaching.co.uk
Web www.squashcoaching.co.uk

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