



HAMILTON Continental Squash Camp

Featuring Mike Way! Bring your game to a new level!

For further information, please contact:

Jamie King, Camp Director

Continental Squash Camp featuring Mike Way

Hamilton College

198 College Hill Road, Clinton, New York 13323

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www.hamilton.edu/athletics/summercamps.html



Session Dates:
Sunday - Friday Sessions

July 12-17, 2009 or July 19-24, 2009
Adult/Coach Weekend July 17-19, 2008

CONTINENTAL SQUASH CAMP MISSION

The Continental Squash Camp featuring Mike Way is an overnight boarding camp for intermediate and advanced junior squash players age 11-18 looking to take their games to the next level.

The camp strives to improve squash players technically, strategically, and physically to handle the demands of high level tournament, collegiate, and high school squash competition. Individual fitness training plans will be developed for each player by Beth Zeitlin, a certified physical trainer who has worked with top Canadian juniors. Beth will be working with groups throughout the week with extensive speed and agility testing and training. The individual technical and physical training program set up at the Continental Squash Camp will empower each player to achieve his or her skill improvement and playing goals.

The squash camp will focus on improvement and emphasize performance goals with practice time divided between on-court and fitness training. With the camp size limited to 24 players, each player will leave the camp feeling that he/she had the individual attention necessary for real improvement.

Camp Features

- Maximum 4 to 1 student to teacher ratio
- Physical testing and individual strength and conditioning program development
- Video and computer stroke and match play analysis
- Individual technical development
- Drills
- Conditioned games
- Match play



Facilities

- 10 new ASB international courts
- Ball Machine
- Digital Video Analysis
- New fitness area featuring state-of-the-art weight room, cardio equipment, and a 40 ft. climbing wall
- Indoor pool available to campers
- Hiking trails

COST OF PROGRAM

Cost of Camp for session for Boys and Girls, ages 11-18, July 12-17 or July 19-24, 2009 **\$1175** (includes room and board); Adult/Coach Weekend, July 17-19, **\$475** (includes room and board).

A deposit of \$250 is required to reserve a spot. Please make checks payable to: *Trustees of Hamilton College.*



HAMILTON
 Continental Squash Camp featuring Mike Way
 Camp for Boys and Girls ages 11-18
 *See yellow forms for Adult/Coach Weekend.

THE STAFF



Mike Way

Mike is the internationally recognized coach of Jonathon Power (world #1), Graham Ryding (World #13) and Shahier Razik (World #30), and Head Coach of the National Squash Training Centre in Toronto, Canada. Mike competed in the UK from 1974 to 1981 and then moved to Toronto. He played professional squash on the North American tour until 1991 and played for Canada in 1988. He has run international squash camps in the US and Canada for more than 20 years.



Jamie King

Camp Director. Jamie is in his eighth season as men's squash coach and director of racquet sports at Hamilton College. Jamie was racquets director and squash pro at Poughkeepsie (NY) Tennis Club as well as squash pro at the Chatham Club (NJ). Jamie graduated from Williams College where he was the squash team captain for two seasons. In his senior year, Williams was ranked third in the country. He is a certified squash coach in the U.S. and Canada. He has worked and assisted directing many camps on the east coast.

John White: Former World #1, John is the Head Men's and Women's Squash Coach at Franklin and Marshall.

Shahier Razik: Canadian #1 and World #21.

Beth Zeitlin: Beth is a certified physical trainer who has worked with top Canadian Juniors for many years. She provides creative and innovative ways to make off-court high energy physical training demanding yet enjoyable.

Name of Applicant: _____
 Address _____
 City _____ State _____ Zip _____
 Date of Birth _____ Male _____ Female _____
 Phone # (____) _____ Cell # (____) _____
 E-mail: _____
 Name of Coach: _____
 School/High School/Club: _____
 Number of years playing Squash: _____ National/regional/provincial ranking: _____
 Do you play for your high school team? Yes _____ No _____
 Which team? Varsity _____ JV _____ What position? _____
 Parent's/Guardian's Signature: _____
 Parent's E-mail: (Optional) _____
 I give permission for my child to be photographed or videotaped. Please initial here: _____

Choose session: July 12-17, 2009 July 19-24, 2009
 Cost for Camp: \$1175; (Includes room and board.)
 A deposit of \$250 is required to reserve a spot.

ENCLOSED IS: _____ My child's completed Health Record (inside this brochure)
 _____ \$250 deposit*
 *Please make checks payable to: Trustees of Hamilton College
 _____ Copy of Insurance Card
 _____ Parental Permission/Hold Harmless Agreement

For an additional \$20 processing fee, we can charge camp fees to your credit card.
 (Circle One) MC VISA Amex. Card
 Account Number: _____ Expiration Date: _____

In Case of Emergency, Notify: _____ Phone: _____

Complete and return this application form along with deposit, health record, copy of insurance card and parental permission/hold harmless agreement to:
Continental Squash Camp featuring Mike Way
 Attention: Jamie King, Camp Director
 198 College Hill Road, Clinton, New York 13323