

Over the past seven years our juniors have reached top ranking levels in the national ranking, captained their school teams and eventually gone on to Ivy League schools to play on their teams. Some have also represented the USA national team around the globe. We are committed to improve every aspect of every junior that comes into our program. Whether you are a beginner, intermediate, or an advanced player, our program will bring you to the next level, meanwhile developing a passion for this wonderful game.

Our Squash Facilities

Sportsplex

Our facility offers three recently renovated squash courts, state of the art cardio and weight equipment, swimming pool, a surround sound spinning room and much more.

St. Luke's

The School has one of the best athletic centers with four new Anderson built squash courts and a fitness room.



FASSP Squash

49 Brownhouse Rd.
Stamford, CT 06902
Phone (203) 536 4308
Fax (203) 359 3431

FASSP Squash
Presents

2008 Summer Squash Camps

at Sportsplex & St. Luke's



**AN EXTENSIVE JUNIOR
DEVELOPMENT PROGRAM FOR ALL**

Directed by Kumail Mehmood
Head Coach Sportsplex and
St. Luke's School
Former Top 50 Player in the World

Fundamentals of our Summer Program



Head Coach
Kumail Mehood
(Stocton Photo, Inc.)

Technique: Technique is an important part of a player's game. Right technique is crucial so the player is efficient in hitting the ball.

Strategy: Proper strategy is the ladder for a player to get to the next level, especially preparing them for tournament play.

Deception: Whether it's from the front or the back of the court, using deception to attack always gives you the upper hand.

Movement: Our Head Coach will work on each individual, on their movement from front and back of the court so they can move efficiently during a match.

Fitness and Speed Work: Our camps strongly emphasize and work each player according to their fitness needs to improve their speed to move on the court.

Match Play: Each day players challenge and play games with other campers, some of which are recorded for video analysis.

Stretching: Before the day starts and at the end of the day, the players do a supervised 15 minute stretching session, which helps them avoid injury and be more flexible.



Complete the application below and return payment to:

FASSP Squash
c/o Kumail Mehmood
49 Brownhouse Rd.
Stamford, CT 06902

Name: _____

Age: _____

Address: _____

City/State: _____

Zip: _____

Day phone: _____

Cell phone: _____

Email: _____

WAIVER:

I agree to abide by the rules & regulations set forth by, Fassp/Sportsplex/St. Luke's & its staff. In consideration of my being permitted to participated at Fassp/Sportsplex/St. Luke's and camps. I, the undersigned, hereby release & hold harmless Fassp/Sportsplex/St. Luke's staff from all claims, losses, damages or expenses because of personal or bodily injury incurred in conjunction with the above mentioned program.

Signature (Parent/Guardian)

CAMP WEEKS & FEES at Sportsplex

All Sessions: \$800
* Elite Weeks with Former World Champions Jonathan Power & Thierry Lincou \$1000
First Session: 9:00AM-3:00PM
Second Session: 11:00AM-5:00PM

June 9th-13th
June 16th-20th
*June 23rd-27th
June 30th-July 4th
July 7th-11th
July 14th-18th
**July 21st-25th
**July 28th-August 1st
August 4th-8th
August 11th-15th
August 18th-22nd
August 25th-29th

at St. Luke's

All Sessions \$450
1:00PM-4:00PM
June 23rd-27th
June 30th-July 3rd
July 14th-18th
July 21st-25th
August 18th-22nd

*Dates w/ Jonathan Power

Sessions \$1000
June 23rd-27th

**Dates w/ Thierry Lincou

Sessions \$1000
July 21st-25th
July 28th-August 1st