



"the healthiest sport"

JUNIOR SQUASH CAMP – 2010

"FLEXIBLE SCHEDULE" - Weather will determine the duration of training and number of beach visits. Water breaks will be given frequently regardless of weather.

Tuesday 19th January

11am	Introduction Meeting – South Adelaide Squash Centre
11.15am	3 player drills/King of the Court/ Small Group Coaching
1pm	Lunch break – South Adelaide Squash Centre
2pm	Individual Coaching/Match Play
3pm	Go to accommodation/Light Snack
4pm	Movies
6.30pm	Dinner
8pm	Outdoor Activities

Wednesday 20th January

7am	Run/Stretch Session
7.30am	Breakfast
9am	Restricted games/Quarter Court/Small Group Coaching
10.30am	Fitness Stations
11.00	Morning Break
11.30	Match Play/individual Coaching
1pm	Lunch – Warradale
2pm	Indoor Activities
4pm	Beach
6pm	Dinner

Thursday 21st January

7am	Jog/Relay Races/Stretching
7.30am	Big Breakfast
9.30am	Routines/Group Coaching
10am	Three Quarter Court/Individual Coaching
11.30am	Visit Glenelg
12.30am	Lunch in Glenelg
2.30am	Match Play – South Adelaide Squash Centre
4pm	Indoor Games – Warradale
6pm	Dinner
7pm	Beach

Friday 22nd January

7.30am	Breakfast & Pack Up
9am	Fun Games – South Adelaide Squash Centre
11am	Finish – Depart for home