

JUNIOR ACADEMY SQUADS

WINTER 2025



Membership is required to enroll in squash clinics.

| AGES | MEET | DAYS | 2025 DATES | BLACKOUT DATES | COST |
|----------------------------------|---|---|--|----------------|-------------------|
| ACES AGES 6 - 8 | The Aces Academy is perfect for young players with competitive aspirations. Students will receive hands-on instruction focused on developing specific racquet skills and an understanding of the fundamental grip, swing, and shots. Coaches will provide lesson plans dedicated to learning competitive drills and game play. 2 sessions / wk Total (20 sessions) | Tuesday Thursday 3:45 - 4:30 PM | January 7 through March 13 | None | \$1,500 Member |

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|---------------------------------------|--|---|--|---|-------------------|
| T TITANS AGES 8 - 11 | The T Titans Junior Academy is designed for maturing squash players with competitive aspirations. Our dedicated team of coaches will instruct students on new shots, skills, and tactics including playing offensively and controlling "The T". Coaches and students will work together to develop a winning strategy focused on expanding shot selection options and speeds of play. 3 sessions / wk Total (26 sessions) | Monday Tuesday Thursday 4:45 - 5:30 PM | January 6 through March 13 | <u>Mondays</u> Jan. 20 Feb. 3 Feb. 10 Feb. 17 | \$1,950 Member |

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|--|---|---|--|---|-------------------|
| STRIKERS AGES 11 - 14 | The Strikers Junior Academy is dedicated to competitive players looking to master the mental, physical, and technical aspects of squash. Players receive intensive coaching aimed at developing their own unique playing style and best prepare them for competitive play. 3 sessions / wk Total (26 sessions) | Monday Tuesday Thursday 5:45 - 6:30 PM | January 6 through March 13 | <u>Mondays</u> Jan. 20 Feb. 3 Feb. 10 Feb. 17 | \$1,950 Member |

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|--|---|---|--|---|-------------------|
| JUNIOR LEGENDS AGES 14 - 18 | The Junior Legends Academy is for experienced players looking to compete in national junior sanctioned tournaments. Sessions will focus on developing a culture of success through intense drills, match play, and helping players develop their own unique playing style. 3 sessions / wk Total (26 sessions) | Monday Tuesday Thursday 5:45 - 6:30 PM | January 6 through March 13 | <u>Mondays</u> Jan. 20 Feb. 3 Feb. 10 Feb. 17 | \$1,950 Member |

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|--|--|---|--|----------------|-------------------|
| HIGH PERFORMANCE AGES 14 - 18 <i>(US Squash rating 3.5+)</i> | The High Performance Academy is designed for young athletes looking to prepare for upcoming tournaments. Our coaches will provide intensive training in techniques, strategy, fitness and mental preparation. Participants will refine their skills in a competitive environment. 2 sessions / wk Total (20 sessions) | Tuesday Thursday 5:45 - 7:30 PM | January 7 through March 13 | None | \$3,500 Member |

SEASONAL GROUP SESSIONS ARE PAID FOR ON A USE IT OR LOSE IT BASIS. CREDITS ARE NOT OFFERED FOR MISSED SESSIONS AND THERE ARE NO MAKE UP SESSIONS. NON-MEMBERS MAY TAKE ONE TRIAL CLINIC FOR A FEE BEFORE FINALIZING ENROLLMENT. PLEASE VISIT OUR WEBSITE TO REVIEW ALL CLINIC POLICIES.

VERSION 11-13

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