



Junior Development: Summer Squash Camp

July 8th thru August 30th | Monday - Friday

Schedule subject to change. Any changes will be announced by March 31, 2019.

Ox Ridge Squash Program

Squash at Ox Ridge Club is designed to ensure that every player acquires a thorough understanding of the game of squash, develops a love for the game and has fun in the process. Whether you are a newcomer, have a solid squash foundation, or you are an elite player wishing to push yourself to the absolute limit, Ox Ridge Summer Camps will accelerate your development and raise your goals.



Head Squash Professional, Will Newnham

Will Newnham has tailored the Ox Ridge Summer camp experience to provide the knowledge and skills needed to take your game to the next level. A top England Junior, a Professional Squash Association (PSA) competitor, a senior coach at Princeton Squash Camp, and an “All American” at the University of Rochester (with a BA in Psychology), Will Newnham and his assistant professionals provide expert coaching for novice, intermediate and advanced players.

Levels of Play Guidelines

Beginner — *Incomplete swing. Still working on consistent contact and direction. May have played a handful of times or not at all.*

Intermediate — *Good consistency, and a variety of shots. Able to serve effectively and construct a rally. Get depth from the back corners.*

Advanced — *Has purpose with each swing & can drive the ball and boast from the same spot. Plays tournaments regularly.*

Daily Program

Monday — Forehand & Backhand rails — hitting rails to targets, rotating rails, service practice and matchplay

Tuesday — Forehand & Backhand drops — hitting drops to targets drills, and drop incentive conditioned games

Wednesday — Forehand & Backhand volleys & boast — volley feeds, and volley incentive conditioned game

Thursday — Forehand & Backhand lobs — lobbing off of the boast, and cut-line conditioned game

Friday — Ghosting, introducing deception, deception incentive conditioned games and matchplay

Fees

1 session = 2 hours/day for 5 days, Monday-Friday

Member Pricing: 1 session (10 hours) \$375 | 2 sessions (20 hours) \$630 | 3 sessions (30 hours) \$900 | 4 sessions (40 hours) \$1140

Non-Member Pricing: 1 session (10 hours) \$425 | 2 sessions (20 hours) \$714 | 3 sessions (30 hours) \$1020 | 4 sessions (40 hours) \$1292

50% deposit due now upon registration to guarantee your space. The remainder is due by May 31st, 2019.

Attire and Equipment

Protective eyewear/goggles, non-marking indoor athletic footwear is required.

Equipment will be available for purchase in the Ox Ridge pro shop. Summer Camp t-shirts will be supplied (S, M, L, XL)

Please bring a snack and beverage.

Registration Form

Please circle the 2-hour session(s) that you wish to participate in.

Week	Beginner Morning	Beginner Afternoon	Beginner Afternoon	Intermediate Morning	Intermediate Afternoon	Intermediate Afternoon	Advanced Morning	Advanced Afternoon	Advanced Afternoon
July 8-12	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm
July 15-19	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm
July 22-26	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm
July 29-Aug 2	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm
Aug 5-9	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm
Aug 12-16	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm
Aug 19-23	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm
Aug 26-30	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm	9-11 am	12-2 pm	3-5 pm

* There will be a 1-hour break between all sessions

Please fill out and sign the attached form and send it to Ox Ridge with your deposit to reserve your space. ALL PLAYERS MUST HAVE A VALID WAIVER, MEDICAL FORM, AND FULL PAYMENT PRIOR TO START OF THE SESSION.

Name _____ Date of Birth _____

Address _____

City/State/Zip _____

Parent/Legal Guardian _____ Emerg Contact _____

E-Mail _____ Phone/Home _____ Cell _____

Allergies including Medications, Bee Stings, Food: _____

Please indicate preferred size for Camp T-Shirt (Check One) Sm _____ Med _____ Lg _____ XL _____

Include 50% deposit with this registration to guarantee your space. The remainder is due by May 31st, 2019.

Waiver

I understand and accept the inherent risks involved in racquet sports or in the presence of horses. Therefore, I/We freely and willingly agree to hold the ORR&RC, Inc. and its officers, stewards, employees, and landowners harmless from any liability for bodily injury occurring to myself, members of my family or my guests, as a result of my participation in the summer camp. The said hold harmless agreement shall extend to all activities engaged in by myself, members of my family and my guests, including but not limited to, racquet sports, equestrian events and land owned by the ORR&RC, Inc. and/or its landowners.

I/We have completely read and understood the foregoing and fully consent to the provisions contained therein and furthermore I/We agree to abide by them.

SIGNATURE OF PARENT OR LEGAL GUARDIAN

x _____ Date _____

Where to send completed registration forms

Send completed registration forms to Ox Ridge Riding & Racquet Club, 512 Middlesex Road, PO Box 1067 Darien, CT 06820
 Fax: 203.655.4528 Email: j.sullivan@oxridge.com

Questions? If you have any questions, please do not hesitate to contact Judy Sullivan at 203-655-2559 or j.sullivan@oxridge.com