



FASSP Squash Summer Program

In our ninth year of running summer camps, our staff is committed to elevating the game of every player who comes into the program. We are thrilled to once again run a thoroughly efficient summer program for your child.

At FASSP Squash, your child will improve in every aspect of his or her squash game. We emphasize technique, game strategy, proper footwork, shot selection, and fitness. During our nine-year tenure in the Fairfield/Westchester County area, our students have won national championships, represented their schools teams, and have even been selected to represent the US team at international events. This summer, in addition to the camps at the Southport Racquet Club, FASSP Squash will be running programs at two other locations.

- **Sportsplex-Stamford**

49 Brownhouse Rd Stamford CT 06902

- **St. Luke's School**

377 North Wilton Rd New Canaan CT 06840

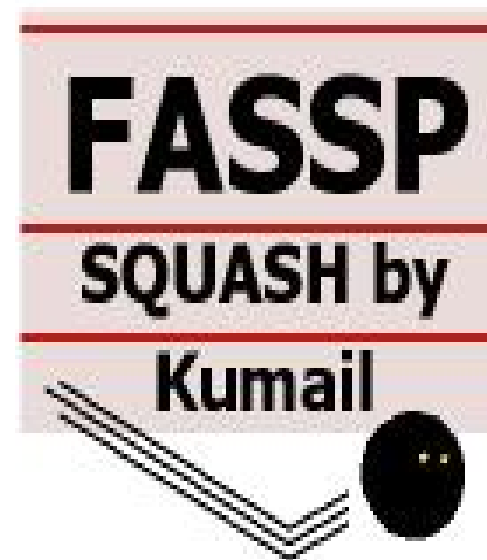
For More information contact Kumail Mehmood

Phone: 203.536.4308

Email: kumsha1976@yahoo.com

The Daily Routine at FASSP Squash Camps

Each day we select a theme varying from basic fundamentals (straight drives and cross courts) to deception (volleys drops, straight drops, and cross drops), court movement, and game strategy. A strong fitness base is an important part of squash play. Our camps focus on building speed and endurance using ghosting, plyometrics, spinning, and track work. We also include video analysis. All of our coaches will assist campers in reaching their squash goals.



Southport Racquet Club's Junior Squash Camps Summer 2010

Finesse
Accuracy
Strength
Speed
Perception



FASSP Squash
49 Brownhouse Rd
Stamford CT 06902
203.536.4308 work
203.359.3431 fax



FASSP SQUASH

SUMMER CAMPS 2010

FASSP FOCUS

- TECHNIQUE
- GAME STRATEGY/MATCH PLAY
- SHOT SELECTION
- COURT AWARENESS
- MOVEMENT/FOOTWORK
- FITNESS



Our summer camps are geared toward a range of levels, starting with beginner to advanced. From any skill level, we will make sure that your child gets closer to his or her maximum potential. We are fully committed to improving every player's game.

FASSP Coaches and Top PSA players

Coaches

Our summer camps are led by FASSP head coach, Kumail Mehmood, a former PSA player and highly experienced coach. Kumail's staff includes an extraordinary team of PSA players/coaches. They bring considerable experience, and knowledge of squash to improve each student's squash game. The camp will also feature a Special Guest Coach Day with world champion and current World Number 1 player Ramy Ashour.

Special Guest Coach Day!

With Ramy Ashour
Current World #1 Champion. Ramy will bring his top-level expertise for one day during the camp week of July 13– July 17!

We are delighted to bring Ramy Ashour to the Southport Racquet Club for a Special Guest Coach Day to inspire our Junior Squash Players!

Half-Day Camp Weeks at SRC

July 13– July 17: 9am-12pm or 1pm-4pm

July 26–July 30: 9am-12pm or 1pm-4pm

August 9–August 13: 9am-12pm or 1pm-4pm

Camp Fees per Week

\$450 a week for half-day camps

Registration

Complete the application below and return payment to:
FASSP Squash
c/o Kumail Mehmood
49 Brownhouse Rd.
Stamford, CT 06902

Name: _____ Age: _____

Address: _____

City: _____ Zip: _____

Daytime phone: _____

Cell phone: _____

Email: _____

WAIVER:

I agree to abide by the rules & regulations set forth by, FASSP/Southport Racquet Club and its staff. In consideration of my being permitted to participate at FASSP/Southport Racquet Club and camps. I, the undersigned, hereby release & hold harmless FASSP/Southport Racquet Club 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) _____



FASSP Squash 49 Brownhouse Road Stamford CT 06902 203.536.4308

Email: kumsha1976@yahoo.com