



## SUMMER SQUASH CAMP

AT

ST. JOHN'S HIGH SCHOOL

### 1. Introduction

We are excited to bring to you Squash Summer Camp at St. John's High School during the upcoming summer break. This program is specifically designed for beginner players and aims to introduce students to the fundamentals of squash in a fun, safe, and engaging environment. Through structured training, fitness sessions, and interactive games, students will gain foundational skills in squash while developing discipline, teamwork, and a love for the sport.

### 2. Objectives of the Camp

- Introduce squash as a healthy and enjoyable sport.
- Teach basic squash techniques including grip, footwork, strokes, and court movement.
- Promote physical fitness, hand-eye coordination, and agility.
- Encourage sportsmanship, teamwork, and confidence among participants.
- Provide a constructive and active summer experience for students.

### 3. Batch Details

S. No	Batch type	Dates	Days	Time	Age group	Fees
1	Summer camp 1	2 <sup>nd</sup> – 13 <sup>th</sup> June	Monday to Friday	9:00am-10:30am	8+	₹ 6,000/-
2	Summer camp 2	2 <sup>nd</sup> – 13 <sup>th</sup> June		10:30am – 12:00 noon	8+	₹ 6,000/-
3	Summer camp 3	16 <sup>th</sup> – 27 <sup>th</sup> June		9:00am-10:30am	8+	₹ 6,000/-
4	Summer camp 4	16 <sup>th</sup> – 27 <sup>th</sup> June		10:30am – 12:00 noon	8+	₹ 6,000/-
5	Summer camp 5	2 <sup>nd</sup> – 27 <sup>th</sup> June		9:00am-10:30am	8+	₹ 10,000/-
6	Summer camp 5	2 <sup>nd</sup> – 27 <sup>th</sup> June		10:30am – 12:00 noon	8+	₹ 10,000/-

### 4. Camp Structure

Each day will include a mix of:

- Warm-Up & Fitness Exercises: Stretching, coordination drills, and light cardio
- Skill Training: Basic strokes, serving, rally practice, and footwork
- Game Simulations: Friendly mini-games and practice matches
- Cool-Down Activities: Stretching, feedback sessions, and Q&A



## **5. Equipment & Safety**

- Students will have to get all necessary squash equipment (racquets, balls, safety goggles)
- Students must wear proper sports attire and non-marking sports shoes.
- Safety protocols, including hydration breaks and injury prevention measures, will be strictly followed.

## **9. Registration and Fee Structure**

- Registration Process: Via google form (please click [here](#) to register)
- Camp Fee per Student: Rs. 6000/- per student for 2 weeks & Rs. 10,000/- per student for 4 weeks

### **General guidelines to be followed by the parents/students for Squash Coaching in School: -**

1. All the parents are expected to pay the fees in advance for Summer Camp.
2. All players have to bring their own equipment (Racket, Squash Shoes, Squash Balls, eye wear) and the Academy will not be responsible for the same.
3. Only gel soled non- marking squash shoes are allowed inside the courts while playing. They should carry the shoes along with them and not wear them outside the courts.
4. Students are expected to carry water bottles for the sessions.
5. The students should be at the courts 10 mins before their allotted time.
6. No parking will be provided inside the school premises. Parents will have to pick & drop the students at the school gate at the time of session.
7. Students are expected to maintain decorum while using the facility and follow the guidelines set by the academy from time to time.
8. The students should attend the sessions regularly as per their allotted batch and timing for continuous improvement and skill development. In case of any non – availability for the session, the same shall be informed to the coach prior to the session.

**Siddharth Phutela**  
**Coach**  
**+91-9888821076**