



JUNIOR SQUASH CLINICS

GREENS FARMS

ACADEMY

Why squash?

The game of squash is one of the fastest growing racquet sports in the country. The strong interest in the game amongst children and adults alike is driven by several factors:

- It is an ageless sport that can be enjoyed at any skill and age level.
- It is played indoors and thus lends itself to climate zones such as ours.
- Squash is considered the healthiest sport of all (*Forbes Magazine*, http://squash2016.info/healthy_lifestyle)
- The clever, fast-paced technical and tactical game is being played at most of the top colleges in the United States and also being recognized as one of the top three extracurricular sports that can assist in college placement.
- Squash is widely popular at the Middle and Upper School levels as well; the U.S. high school squash national tournament is the largest of all squash events in the world, hosting nearly 2,000 competitors.

Why squash at GFA?

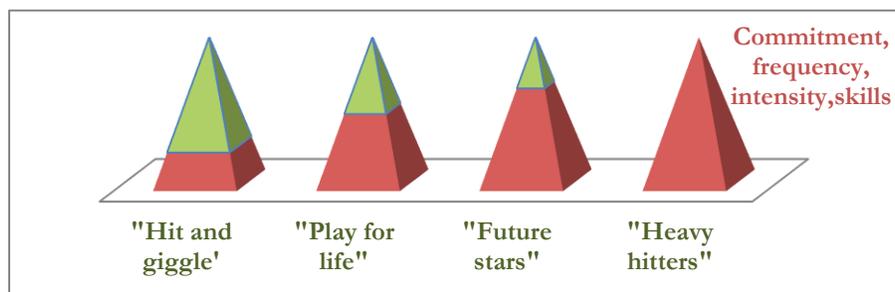
Green Farms Academy — with its brand new state-of-the-art, six-court squash facility and its experienced squash teaching professionals — is well positioned to offer a broad set of options to Fairfield Country families. Beyond being the home of the “GFA Dragons” squash team, the program is also hosting programming for children at all ages and levels from a beginner to nationally ranked college-level athletes.

What is GFA’s squash and teaching philosophy?

The GFA squash clinics teach young players in a team setting that creates a culture of camaraderie, well suited for long-term optimal development. Team-based classes provide an environment where all participants can learn, practice, and perfect skills against various opponents, styles, and pressure situations. Our program philosophy is keeping the “fun” as the main component while focusing on individuals, helping them reach their full potential. Learning the game of squash is just one of many challenges each student will face — the time spent in the program will also help form and build character and attitude. Beyond squash we take pride in developing life skills such as a strong work ethic, respect, handling winning/losing, displaying sportsmanship, and exhibiting professional behavior.

What are the class options?

The program is structured based on age, ability, level and attitude offering solutions for all squash needs.



"Hit and Giggle" mini/beginner classes:

This program is designed to introduce the great game of squash to Lower and Middle School children, providing fundamental skills and enjoyment while learning the game. The clinics focus on game rules and strategy, learning the basic shots, movement, improving physical fitness, introducing squash ethics and most of all having fun during the process. Best suited for ages 7-9. Each clinic lasts 60 minutes, and you can choose between once or twice per week (more details on next page).

"Play for Life" recreational classes:

This program focuses on players ages 9 and over who want to pick up a sport for achieving a healthy mind and body. Beginners often just simply recognize the fun and joy of moving the body (and mind!) while running around the squash court. From this pure enjoyment many players learn to recognize, appreciate, and overcome challenges as they see themselves improve. The combination of constant positive encouragement and fun games will not only keep the interest up amongst recreational or beginning players, it will also make some students fall in love with the game. Each clinic lasts 90 minutes, and you can choose an option between once or twice per week (more details on next page).

"Future Stars" intermediate classes:

This program focuses on more developed children of all ages, and will introduce the element of competition into training in preparation for U.S. Squash tournaments and middle school matches, while continuing to improve all aspects of squash skills. Program participants already have the basic knowledge under their belt and are keen to improve their strategy, technique, tactics, physical fitness, and mental toughness. The classes will include 90-minute on-court sessions and 30 minutes of sport-specific fitness education and training (see below "Tough Cookies"). You can choose between once or twice per week (more details on next page).

"Heavy Hitters" advanced classes:

This program is by invitation only for nationally ranked tournament players and high school-aged team players who are highly committed to their squash games and continuous development. The classes will include 90-minute on-court sessions and mandatory 30-minute sport-specific fitness education and training (see below "Tough Cookies"). You can choose an option between playing once or twice per week (more details on next page).

"Tough Cookies" sport-specific performance training classes:

Working out outside of playing your favorite sport is an essential part of an athlete's development. Our regular fitness exercise classes are offered as an option for every child regardless of age. A stronger body will highly increase sports performance, confidence, and plays a huge role in injury prevention. Most importantly educating the young about the importance of fitness will lay the foundation for a healthier and happier lifestyle. The content takes into consideration the seasonal tournament schedule (pre, mid, peak, post), strength, cardio endurance, agility, flexibility, speed, balance, muscle recovery, and healthy growth.

- Foam rolling (trigger point release methods)
- Yoga (power, restorative, vinyasa flow)
- Plyometrics (explosive training for increasing power, fast muscle reaction)
- Interval training
- Bodyweight training
- Aerobic/anaerobic training

Winter class schedule 2016-17

December 5–March 5 2017

(11 weeks, no classes December 19-January 1)

“Hit and Giggle”:

Ages 7-9: Fridays 5:30–6:30PM or/and Saturdays/Sundays 9:00–10:00AM

1 Day per Week Session Price: \$418

2 Days per Week Session Price: \$795

“Play for Life”

Ages: 9-up

Saturdays/Sundays 10:00–11:30AM and 11:30AM–1:00PM

1 Day per Week Session Price \$627

2 Days per Week Session Price: \$1,190

“Future Stars”:

Tuesdays/Thursdays 6:00–8:00PM

1 Day per Week Session Price \$792

2 Days per Week Session Price: \$1,520

“Heavy Hitters”:

Monday/Wednesday, 6:00–8:00PM

1 Day per Week Session Price \$792

2 Days per Week \$1,520



Where can I learn more? Are there additional resources?

For more information about the sport in general and the GFA program specifically, the following resources might be of help:

- More information on the sport/its history: [https://en.wikipedia.org/wiki/Squash_\(sport\)](https://en.wikipedia.org/wiki/Squash_(sport))
- US Squash (national governing body) has great information: <https://www.ussquash.com/>
- Junior playing rules, FAQs; <https://www.ussquash.com/junior/faqs/>
- US Junior tournament FAQs: <https://www.ussquash.com/?s=junior+tournaments>
- US Junior National Team: <https://www.ussquash.com/inaugural-us-squash-academy-paving-team-usa-player-pathway/>
- Professional squash: <https://psaworldtour.com/>
- Program testimonials and references from GFA parents: Available upon request
- Contact the Program Director Attila Agh: aagh@gfacademy.org