

Adult Weekend Squash Camp



at

**Coral Health & Fitness Club, Orchard Road, Hove, East Sussex
BN3 7BG Tel: 01273 731262**

**Saturday 21st and Sunday 22nd November 2009
10am – 4pm**

Coaches:

Mike Harris – Former England Junior Coach and Team Manager,
London, South East and South West Academy Director,
Coach to 3 European Champions and 7 British Champions,
Qualified England Squash Level 4 Performance Coach,
Level 2 & 3 Coach Tutor and Assessor

Ben Hutton – Coral Health & Fitness Head Coach,
Sussex Senior County Champion and Sussex Junior County Coach
Qualified England Squash Level 3 Coach

Cost:

£120 for the weekend

Includes a lunch time movement workshop
(Cheques made payable to Mike Harris)

An adult coaching weekend aimed at men and women of Club Team Player standard.
Come and have an enjoyable weekend of squash at Coral Health & Fitness Club,
Focusing on Developing Accuracy and Match Play
Plus meet & train with new players and enjoy a social evening in Brighton

Numbers will be limited so please book early to avoid disappointment

Accommodation can be organised on request for players who are travelling

Please bring food, or money to purchase lunch

To reply by email please send completed form to whimesy@gmail.com
If you have any queries please call Mike Harris on 07826 316065

Name	
County	
Playing ability	
Email address	
Contact Telephone No's.	

To return by post send to Mike Harris 13 Lullington Avenue, Hove, East Sussex, BN3 7EQ