

## GOALS 2018

- 1 Train with international squash coaches. Receive high quality instruction from our experienced international coaching team.
- 2 Enjoy the fantastic sporting facilities at a sports club in the city of Milano in beautiful Italy.
- 3 The program will cover all aspects of player development including technique, tactics, movement and physical training.
- 4 We cater for all levels of squash and offer a relaxed style of camp with players and coaches working and socialising together.
- 5 A unique strength of our camps is the high ratio of coach to player ensuring maximum individual attention. Contact us for details of the camp; travel to Milano; accommodation information and the package offered by WorldEnjoyer for this unique opportunity.

Joar K. - Norway

"I think the camp was very good. I think it was nice that you checked our technique at first. And that you had good exercises that was good for our level. I think it was the right amount of physical exercises too. I have nothing bad to say about the camp, and I think you made the most of the time we spent on court."

”

**isostar**

## DATES

13<sup>th</sup> April 2018  
14<sup>th</sup> April 2018  
15<sup>th</sup> April 2018

4 hours a day  
2 in the morning  
2 in the afternoon

Worldenjoyer guarantee  
minimum 8 hours course  
per person.



Poli Squash - Milano



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https://www.polisquash.com



Centri Sportivi  
Aziendali e Industriali



COMITATO PROVINCIALE  
C.S.A. In. MILANO



**Book Early and get a discount** - Payment will be made by bank transfer.

>> Option A: 13th-15th April 2018.

>> Registration before 25th March, 2018: 150€.

>> Registration after 25th March 2018, 2018: 170€.

Deadline for registration: 11th April, 2018.



**squash camp  
in milano (italy)**

13th, 14th and 15th April 2018



**2nd Edition**  
Adult / Junior Squash  
Camps 2018



## SQUASH TRAINING 2018

Our programme will focus on your technique and help develop your physical capacity whilst taking into consideration your age and physical development. We will also work with you to improve your mental toughness:

- ✓ Sessions of stretching and relaxation.
- ✓ Develop a personalised action plan for you to take away and work on.
- ✓ Individual coaching sessions tailored to your specific needs.
- ✓ Video analysis and seminars to improve your tactics.
- ✓ Sport psychology and visualisation to help you achieve your personal squash goals.

### Leisure activities:

- ☀ Tourism in Milano.

Vidar - Norway

"It was great having you here. One thing is to have fun, but it is a lot more fun improving and having progress. Next time we meet you will see the improvements.

”

## CAMP FORMAT 2018

### Maximum of participants:

18 per week  
2 groups of 9.  
One Competition/Atdvance group.  
One Intermediate/Beginners group.

### Organization:

1 Camp Coordinator.  
1 International Squash Coach.

## STAFF



### Tino Casas

CEO Worldenjoyer.  
International Squash Coach.  
Former Professional Squash Player.  
More than 180 camps runned.  
Spanish National coach  
(Junior and Seniors 2006-2015).

Since World Enjoyer was established, Tino has coached as well as mentored over 1000 pupils from South Africa, India, Sweden, Indonesia and 21 other countries from all over the world. He has held camps not only in Spain but in Norway, France, Denmark and the Netherlands. World Enjoyer is expanding every year, establishing itself steadily in the world of squash.

## Sport Facilities - Venue PoliSquash

Polisquash is located in the heart of Cittastudi, the nearest metro station is Piola which is a ten minute walk away from the club. Polisquash has 4 squash courts.

All players will have access to the four courts, gym and shower during the stage at Polisquash.

### LIST OF THE HOTELS NEARBY

<https://www.bbhotels.it/aparthotel-citta-studi/>  
<http://www.hoteldieci.it/>  
[https://www.hotelcittastudi.it/#!/page\\_home](https://www.hotelcittastudi.it/#!/page_home)



## SQUASH CAMP SCHEDULE

### Friday:

17.00 Squash Session, 1st group. Perception, Decision, Action.  
19.00 Squash Session, 2nd group. Perception, Decision, Action.

### Saturday:

09.00 Squash Session, 1st group. Technical work on track, tactical game exercises. Improve your skills, movements and accuracy on squash court.  
11.00 Squash Session, 2nd group. Technical work on track, tactical game exercises. Improve your skills, movements and accuracy on squash court  
11.00 or 13.00: Eat & Relax.  
16.00 Squash Session 1st group, including Matches between players and coaches, Stretching  
18.30 Squash Session 2nd group, including Matches between players and coaches, Stretching  
Dinner Camp

### Sunday:

10.00 - 14.00 - Strategy, Determination, Competition.

*The last day we will have a small competition between both groups and a closing ceremony.*

