



Elite Summer Squash Camp for U17 and U15 Players

Squash Dome, Puchstrasse 21 A-8020 Graz, Austria www.squashdome.at

05. August – 11. August 2018

The Weekly Camp includes:

- Full-board accommodation (hotel or squash club camp, breakfast, lunch and dinner)
- 10 hours training/coaching to improve the players game per day
 - + 5 hours of squash training with special technic and movements training each day
 - + 2 hours physical workout and coordination training each day
 - + 2 hours interactive sports and video analysis of your own game each day
 - + 1 free day excursion

Maximum of participants, schedule

- 2 groups of 8 players each age group
- The Camp starts at Sunday, 5th of August at 18:00 (06:00 pm)
- The Camp ends at Saturday, 11th of August at 15:00 (3.00 pm)

Oranisation:

- 2 international coaches, 1 assistant coach
- 1 Fitness Coach

Staff:

- **Guest coach Ashraf Hanafi (EGY) – Head Coach Egypt National Team**
- **Eduard Stepanek** (International Coach, Former National Coach Austria, Austrian Champion 81, Austrian Team Champion 81, 83, 85, Austrian Champion Seniors +35, +40, +45, +50 and +60, National Coach experience in Spain, Portugal, Italy)
- **Patrick Strobl** (FH Sport, Wiener Neustadt, Austria, Under the Top 20 Austria)

Facilities – Squash Center:

- 1 Glass Court + 7 Glass back wall Courts +Theory room

Facilities - Fitness:

- Running Track +Fitness Devices

Restriction for Participation:

- Minimum of 2 Entries in an European Junior Tournament
- Top 10 National Ranking U15 or U17

Information and Bookings:

- Eduard Stepanek (e.stepanek@a1.net) Tel +43 650 9228385)

Entry Fee:

- 750,- Euro (hotel + all included) or 500 Euro (squash club camp + all included) payable till 1st July 2018 to receiver: Racket Dome Sportverein
Bank: Raiffeisenbank Stmk SWIFT: RZSTAT2GXX
IBAN: AT29 3800 0000 0433 4561