

FIGS ACADEMY CAMPS 2019

This summer **The Figs Academy** will be providing a series of in-depth squash Camps. All Camps will be held at the Figs National Squash Center in **Riccione**, with our coaches **Marcus Berrett** and **Timothy Simpson**, and will be open to players of all ages and levels. It is also possible to organize customized Camps, on alternative dates to those scheduled.

For information and costs please contact: Email: academy@federsquash.it Telephone: +39 0541 79 08 94

Camp - Dictating Play

Date: 6-7 July 2019

Age: 15+ **Level:** All levels

Coaching Staff: Marcus Berrett, Tim Simpson

Participants: Maximum 12

Objective: To give players the tools they need to dictate the flow of the game. If you can control the opponent, you can control the rallies, if you control the rallies, you win the match.

Content: Controlling the T - Changing height and pace – Variation – Shot options – Controlling the opponent's movement - Video Analysis

Example program: Saturday 6 - Sunday 7 July:

09.30 – Welcome and morning presentation.

10.00 > 12.00 – Routines and conditioned games

12.00 > 15.00 – Lunch

15.00 > 15.45 – Workshop

15.45 > 17.00 – Conditioned games and matchplay

17.00 End of session

Cost: € 140.00

Registration by 28/06/2019 - email academy@federsquash.it

The registration fee includes a t-shirt and a kit of technical material. **Figs membership (mandatory for participation) is not included.**

Camp – How to Improve (2)

Date: 05-09 August 2019

Age: 15+ **Level:** All levels

Coaching Staff: Marcus Berrett, Tim Simpson

Participants: Maximum 12

Objective: How to improve is a question that interests all players. We aim to give players an understanding of what they need to do to become better squash players. We will take an in depth look at how to best develop the fundamental skills of technique, tactics, mental strength and physical capabilities.

Content: Training and practice philosophy / Technique - Learning through the senses / Tactics – Developing the squash brain / Physical - The physical requirements of the squash / Mental - Winning Mentality

Example program: Monday 15 July – Friday 19 July:

09.30 – Welcome and morning presentation.

10.00 > 12.00 – Routines and conditioned games

12.00 > 15.00 – Lunch

15.00 > 15.45 – Workshop

15.45 > 17.00 – Conditioned games and matchplay

17.00 End of session

Cost: € 350.00

Registration by 05/07/2019 - email academy@federsquash.it

The registration fee includes a t-shirt and coaching pack. **Figs membership (mandatory for participation) is not included.**

Camp Pre-Italian Open Masters

Date: 17-19 September 2019

Age: 15+ **Level:** All levels

Coaching Staff: Marcus Berrett, Tim Simpson

Participants: Maximum 12

Objective: To prepare players both mentally and physically for competition. Our goal is to help players arrive at the event relaxed, full of confidence and ready to express themselves freely.

Content: Rhythm and timing for clean and confident hitting / Game plans for different playing styles / Playing to your strengths / Adapting to Masters Competition / Winning Mentality / Video Analysis

Example Program: - Tuesday 17 – Wednesday 18 Sept

09.30 – Welcome and morning presentation

10.00 > 12.00 – Routines and conditioned games

12.00 > 15.00 - Lunch

15.00 > 15.45 – Workshop

15.45 > 17.00 – Conditioned games and matches

17.00 – End of session

Thursday 19

10.00 Morning Presentation

10.30 > 11.30 Grooving

12.00 – End of Camp

PROMOTION!!! Cost of Camp + Entry to Italian Open Masters: € 190,00

Registration by 30/08/2019 – email academy@federsquash.it

The registration fee includes a t-shirt and coaching pack. **Figs membership (mandatory for participation) is not included.**