



Camp Dates

Squash

July 7th-11th

July 21st-25th

August 4th-8th **

“Elite” Week

**John White, Head Coach at Drexel and Former World #1 will be running this camp.

Tuition

Weekly tuition includes all camp activities and lunch. Tuition will be billed to your member number and will appear on your bill the month you child attends camp. Friends of members are welcome to attend camp for a single day. Please contact the Pro Shop for more information.

- Racquet Club Members for week 1 & 2: \$325
- Racquet Club Members for Advanced Week : \$575

Non Racquet Club Members will be charged an extra \$75.00 per week.

Registration

To register your child for camp, please fill out the Camp Registration form, available at the Pro Shop.

Please note: No child is permitted to start camp until all registration materials have been submitted.



General Information

Camp information is available from the Pro Shop located on the 4th floor.

Please contact:
The Pro Shop
215.772.1544, courts@rcop.com

**2014 Squash
Summer
Camps**
Ages 7-18

215 S. 16th St.

Philadelphia, PA 19102

Squash

Meals

Weekly tuition includes lunch and an afternoon snack. Lunches are kid friendly fare, along with fruit, drinks, dessert and other daily snacks. Parents will be responsible for any additional meals and snacks children may charge to club accounts. Please make sure you communicate your wishes with your child. Any dietary restrictions should be communicated to Rob Whitehouse.

Activities

On court activities are complemented by daily free time at the RCOP swimming pool. While at the pool, children are fully supervised by staff.

Camp Hours

Week 1 & 3:

7—10 yrs old: 9 am—12 pm

Lunch: 12 pm—1 pm

11– 18 yrs old: 1 pm—4 pm

Lunch: 12 pm—1 pm

Week 2:

10 am—3 pm (Lunch 12 pm– 1 pm)

Please Note:

Late pick up is available until 5:00 pm, at \$10.00 per child. Children will be supervised at all times. Children picked up after 5:00 pm will be assessed a late fee of \$10.00 per 10 minutes, which will be added to your bill.

Junior Squash Camps

The RCOP Athletic Director, Rob Whitehouse and his professional staff including, professionals James Asher, and John Lumley are hosting a comprehensive Junior Squash Camp during the 2014 Summer Months. The camp is tailored for players of all levels.

Highlights of camp include:

- Technical advice for more advanced stroke production
- Comprehensive drill sets with on-court demos from Professional Staff
- Singles and doubles drills and games
- On-court tactical advice

- Excellent individual attention, with a maximum of 5 students per staff member
- Intro to Court Tennis daily
- Development of Squash, specifically fitness and training routines.

Elite Week

RCOP is excited to offer “Elite Week” this summer, during the week of July 28th. The “Elite” camp format will be structured towards our Intermediate players to improve their tournament skills. Space is limited to 16 players; applicants will be accepted on a first come first serve basis. Please contact Rob Whitehouse before signing up.

Court Tennis

Camp participants will be given an introduction to the world’s oldest and most dynamic racquets sport.

Training will be conducted by some of the world’s top players and coaches.

Every Friday during camp, an Exhibition Match will be played at 3:00 pm:

James Asher

vs.

John White

Fitness

Three days a week, our professional staff will devote 45 minutes to fitness. The goal is to improve stamina and endurance on the Squash Court.

The staff will also focus on movement and quickness to improve your child’s game on the court.

Please Note: All participants must wear protective eyewear.