

SUMMER 2019

SQUASH AND BEYOND

Since 2003



Dear Squash Players & Parents,

Like its home, Williams College, Squash and Beyond Camps attract young people of many parts. Some are writers, mathematicians or avid scientists. Others have a passion for travel and learning languages. Still others seek opportunities for community service. And there are some who just want to improve their driving skills — whether on the road or the golf course. What connects them all, however, is a love of squash and a desire to sharpen their game, whether it be for next season or a lifetime of playing the game.

Founded in 2003, Squash and Beyond combines squash training with some of the best and most well-known players and coaches in the world with educational and travel programs led by faculty from some of the nation's premier independent schools. Its base is the Simon Squash Center at Williams, a twelve-court facility at the very center of the College's beautiful campus in the Berkshire Mountains of western Massachusetts. Within a five minute walk is delicious food in the dining hall and at the restaurants that line Williamstown's iconic Spring Street. Not much farther are the cultural attractions of Williamstown: the world-renowned Clark Art Institute and the famous Williamstown Theater Festival are no more than a casual stroll away. Surely no summer squash camp is located in a more beautiful, cultured and safe environment than Squash and Beyond.

If you're looking for opportunity to not only improve your squash but to test yourself against international competition, or to become a better writer or increase your fluency in a foreign language, or to simply have fun, a Squash and Beyond program should be central to your summer plans.

I look forward to hearing from you.

Sincerely,
Zafi Levy

Founder & Director, Squash and Beyond
Head Coach, Williams College
Men's & Women's Squash



SQUASH @ WILLIAMS

To keep young players motivated and energized, we balance intensive squash training with after-practice fun. A mix of group activities offers variety, outdoor exercise, and opportunities for campers to interact socially.

Helping each group to bond, our recreational programs contribute to a rich and memorable camping experience. Depending on the week and the weather, Squash and Beyond campers will take a break from squash training in one of the following popular activities:

Our partnership with **Crab Apple Whitewater** provides our campers with the experience of kayaking down the Deerfield River — a great way to see the Berkshires and to spend a warm summer day outside and active. The kayakers are easy to paddle and very stable, allowing campers a taste of white-water kayaking with minimal risk. Single kayakers are great for those 12 years old and over who want the freedom to challenge the river on their own, while bigger boats allow younger campers to enjoy the trip with an adult close by.

Ramblewild, only 20 minutes from the Williams College campus, is the premier aerial adventure park in the Berkshires, set on 10+ dedicated acres in the middle of over 1,400 acres of pristine New England forest. Courses meander from tree to tree at various heights throughout the forest and include elements like high wires, zip lines, balancing logs, rope ladders, cargo nets, suspended bridges, and more. Four of the eight courses cross over the ravine via zip lines that will keep you over 100 feet above the bottom.

Jiminy Peak Mountain Resort, located within a 20 minute drive from the Williams College campus, is the top adventure park in New England. The highlight of the park is the Mountain Coaster, first of its kind on the East Coast. Popular in Europe, the Coaster is thousands of feet of twisting, turning fun through the woods. You control your speed so you may take a leisurely ride or get your thrills at speeds up to 23 mph.

Other highlights of our after-practice programs include an evening soccer tournament, and movie night. In addition, during the hottest weather, we take campers to **Bosquet Water Park** in the Berkshires to enjoy an afternoon of swimming, miniature golf and go-carting.



SUMMER 2019



SQUASH & EDUCATION

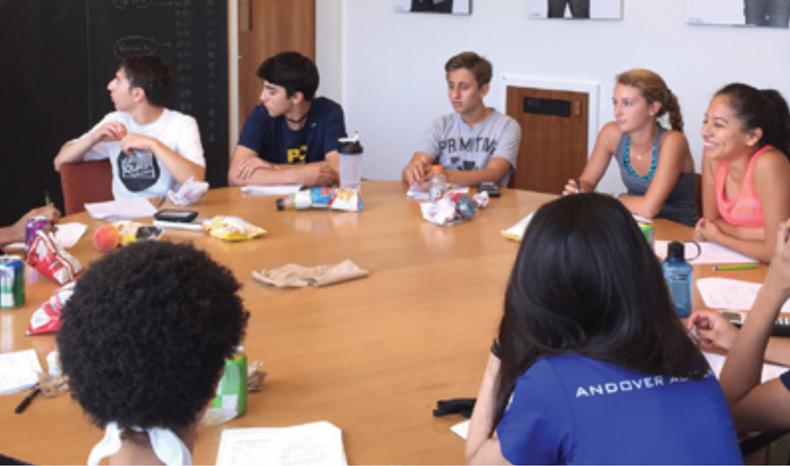
Over the past few years, some of our most popular programs have combined our signature squash and activities programs with writing and SAT/ACT prep courses. As is the case with everything we offer at Squash and Beyond, balance is the key: we want our campersto become better squash players and more effective students while having a fun summer experience they will remember all their lives.

Squash and Beyond is the only camp to offer educational programs as an optional component to the weekly squash program. led by master instructors from prominent boarding and day schools, many of whom are also accomplished juniors squash coaches, the program offers enrichment courses for students in grades 8-12 and, for rising seniors, classes that address the requirements of the college admissions process. Those who enroll in our educational programs follow the same training regimen as their strictly-squash fellow campers, but meet for classes each day during a 90-minute lunch break and occasionally after dinner. Each Squash and Beyond educational course is focused on achieving a closely defined objective by the end of the week, whether it be finishing an essay, mastering test-taking skills, or completing a service project.

The educational program for Summer 2019 includes the following courses: Mathematics, Writing, Science, French, Spanish, Writing the College Essay, ACT and SAT Preparation, and Music.

HIGHLIGHTS: 4:1 Player-to-Coach Ratio | 2:1 Player-to-Court Ratio | Video Analysis | Individual Instruction | Strength & Conditioning

SUMMER 2019



SQUASH & MATH

SESSION 1: July 21-26 (ages 12-16)

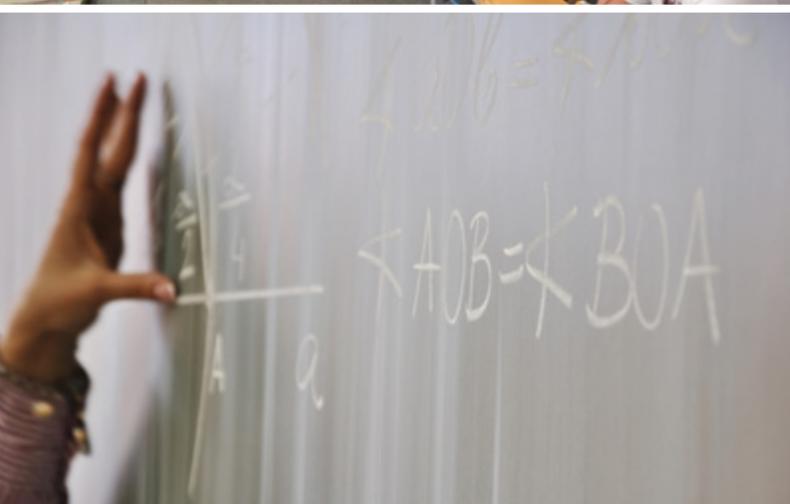
SESSION 2: July 28-August 2 (ages 10-14)

SESSION 3: August 4-9 (ages 12-18)



The Williams College Squash and Beyond Education program expands in the summer of 2017 to include a Mathematics component for middle school students. As with other Squash and Beyond education programs, our philosophy remains the same: helping students improve their squash game while also promoting their passion for math in a fun environment.

Students will take an entrance exam upon arriving to camp to assess his or her level. All levels will be academically challenging, but we will differentiate and pace accordingly. All students will focus on different levels of both algebra and geometry, the foundations of high school mathematics.



Central to the curriculum will be the engaging opportunity to connect math with sports, money, and other real life applications. Specifically, students will explore the concepts of quadratic behavior, which is how the physics of sports can be described mathematically. The parabolas they study will mirror those of a long home run, a field goal in football, an arching three-point basket made in basketball or a lob in tennis or squash. They will also delve into the many geometric shapes found in everyday life, such as compound interest and the basics of probability. There will be games, projects and fun problems, to challenge students on all levels.

HOW IT WORKS: The Squash & Math program offers the same level of squash training as any other squash session during the summer at Squash and Beyond Camps, combining twice-daily training with a 90-minute math workshop during lunch break. After dinner, campers will participate in fun outdoor activities through 9 PM. The program will run for six days, beginning on Sunday afternoon.

MEET THE TEACHER Robert Thistle is the Mathematics Department Chair at Mount Greylock Regional High School in Williamstown, MA. He has been teaching for 29 years and has taught every high school mathematics course, from Algebra 1 to AP Calculus. Mr. Thistle, who has been on the faculty of the Squash and Beyond Education program for three years, has over a decade of experience teaching SAT/ACT courses, and was the 2014 recipient of the Kapteyn Award for excellence in teaching, given annually in the Berkshire region. Mr. Thistle is also the boys varsity basketball coach at Mount Greylock.



SUMMER 2019

SQUASH & WRITING

SESSION 1: July 21–26 (ages 12–16)

SESSION 2: July 28–August 2 (ages 10–14)

SESSION 3: August 4–9 (ages 12–18)

This hands-on program is designed to help student-athletes ages 10–18 develop the qualities that set the most successful writers apart: enthusiasm, confidence, and curiosity. By experimenting with style, form, and a range of genres from memoir to sports writing, participants will build rhetorical awareness while acquiring a better sense of who they are as writers. During each writing session, campers will write, discuss, and engage in interactive writing exercises, all in a supportive environment. Campers will also receive individualized feedback about their writing from the instructors. The program is limited to 12 participants, and campers will complete a total of 20 hours of writing instruction throughout the week. Writers of all levels are welcome.

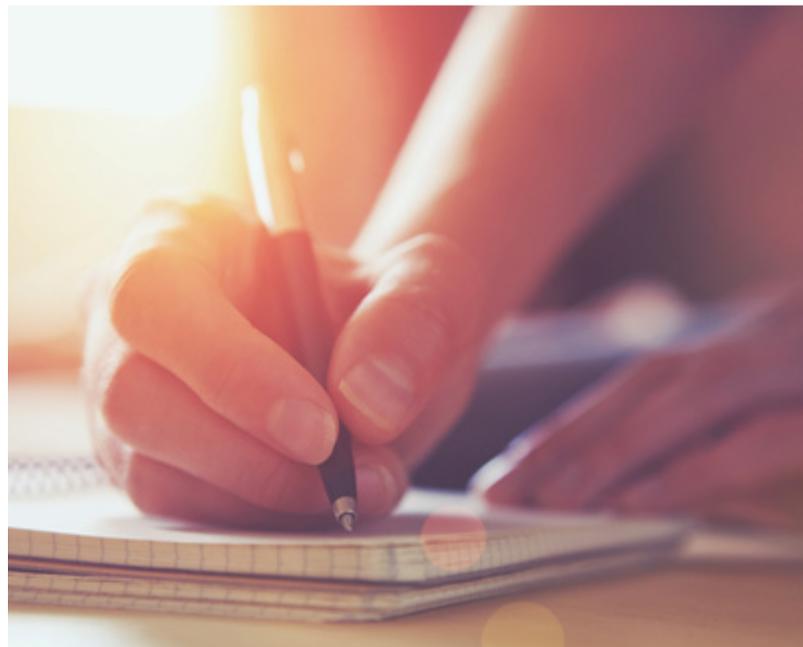
The workshop is headquartered at Williams College's Paresky Center, just above the dining hall, but takes advantage of other inspiring, writing-friendly venues within walking distance of the squash courts and dormitory.

HOW IT WORKS: The Squash & Writing program offers the same level of squash training as any other squash session during the summer at Squash and Beyond Camps, combining twice-daily training with a 90-minute writing workshop during lunch break. After dinner, campers will participate in fun outdoor activities through 9 PM. The program will run for six days, beginning on Sunday afternoon.

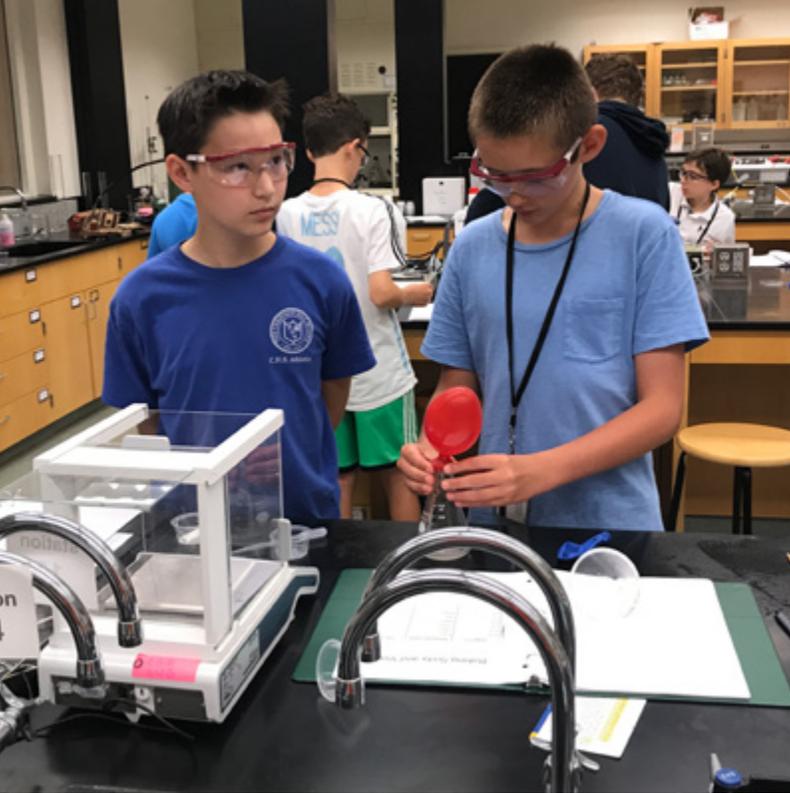
MEET THE TEACHER Jim Moore, chairman of the English department and director of the squash program at Blair Academy, is also the faculty advisor to the literary magazine. A writer of fiction and non-fiction, Jim has served as board chairman



of Writers & Books, a literary organization with over 5,000 members in Rochester, NY. Before becoming a full-time teacher, Jim directed the college counseling offices at Blair Academy and Savannah Country Day School in Georgia; he also served as director of alumni relations at the University of Rochester's William E. Simon Graduate School Business. Jim earned a B.A. in English from Cornell University and has been a Squash and Beyond staff coach, writing teacher, and international trip leader since 2012.



SUMMER 2019



SQUASH & SCIENCE

SESSION 1: July 28–August 2 (ages 10–14)

The Williams College Squash and Beyond program will expand in the summer of 2018 to include a Science component for middle school aged students. As with other Squash and Beyond education programs, our philosophy remains the same; helping students improve their squash game while also promoting their passion for Science in a fun environment.

As part of the Squash and Science Camp participants will conduct chemical experiments every day in a Williams College laboratory. After an initial introduction to laboratory equipment and techniques, camp participants will begin testing hypotheses through experiments that will reveal fundamental principles of the molecular world.

The topics covered during the week-long experience will include the fundamental nature of all the stuff in the universe, the structure and properties of substances in terms of the forces that hold atoms and molecules together, and the principles of chemical reactivity examined through a variety of chemical reactions.

At the end of each lab the instructors will demonstrate a series of chemical mysteries that will set the stage for the next day's experiments.

HOW IT WORKS: The Squash & Science program offers the same level of squash training as any other squash session during the summer at Squash and Beyond Camps, combining twice-daily training with a 90-minute science workshop during lunch break. After dinner, campers will participate in fun outdoor activities through 9 PM. The program will run for six days, beginning on Sunday afternoon.



MEET THE TEACHER Since 1985, Professor Charles (Chip) Lovett, PhD, has been a member of the Chemistry Department at Williams College, teaching a variety of courses including introductory chemistry, biochemistry, and the chemistry of AIDS. He has also served as Director of the Science Center, Chair of the Science Executive Committee, and Chair of the Science Funding Committee, Chair of the Chemistry Department, the Biochemistry and Molecular Biology Program, and the Bioinformatics, Genomics, and Proteomics Program. Professor Lovett has been director of the Summer Science Program for science-oriented incoming Williams students from disadvantaged backgrounds since 1998. He also conducts a summer science program at Williams for 5th and 6th grade students.



SUMMER 2019

SQUASH & MENTAL STRENGTH

SESSION 1: June 30–July 5 (ages 14–18)

SESSION 2: August 4–9 (ages 14–18)

Beginning in 2019, Squash and Beyond will offer a mental strength program lead by sports psychologist Bailey Bondy, founder of “Tough Minds Sports Psychology”. Participants in the program will cover five different workshops throughout the week. Each workshop will last 45 minutes covering a range of topics.

WORKSHOP 1: POSITIVE MINDSET AND LANGUAGE First we will discuss the significance and importance of these concepts. From there, the group will break into pairs to create lists of negative words that we often say to ourselves, and transform them into positives. We will then discuss the ways in which we can slowly integrate these phrases into our daily lives.

WORKSHOP 2: HANDLING NERVES Nerves are created by a scientific process in our bodies, in this workshop we will first learn where they come from and why. As a group, we will go through specific scenarios in which we feel nervous and what we have tried to do to fix that. Individuals will record a personal scenario and then share with a partner to discuss and try to solve both scenarios.

WORKSHOP 3: BUILD SELF-CONFIDENCE In this workshop, players will be creating their own “sport confidence inventory”; a tool used to look at each facet of one’s confidence. From there, the group will break into pairs and create a set of “confidence builders” for each facet. From there, we will create a master list of items necessary for building one’s self-confidence.

WORKSHOP 4: IMAGERY/VISUALIZATION Imagery is an important tool used for universal reasons in the realm of sports psychology. Individuals will create their own “imagery exercise” for a specific item they want to improve, change, or create. By the end of

the workshop, players will have an understanding of the concept and how they can implement it into their practice.

WORKSHOP 5: MINDFULNESS Lastly, players will learn the significance of mindfulness and why it’s important that we practice it. Together, we will listen and follow along to recorded tapes of mindfulness exercises that cover a range of topics: relaxation, energy building, gaining and maintaining focus, and body awareness.

MEET THE TEACHER Bailey Bondy is a sports psychologist and published author from Tough Minds Sports psychology. She graduated from Stanford University in 2017 with a BA in psychology with the Award of Excellence and her certification in Sports Psychology. Prior to her time at Stanford, she was a nationally and internationally



squash ranked player, finishing her junior career at #1. She was then recruited to play for the Stanford Varsity team where she brought them, as their captain, to their highest ranking in history, #4. After graduating, Bailey founded “Tough Minds Sports Psychology”. Her practice is primarily based in San Francisco, but consults with various programs and clients across the country. Bailey prides herself in her work and her commitment to bettering others, she is passionate about empowering players through building mental toughness and developing skills to create the confidence necessary for competition and daily life.



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SQUASH & COLLEGE

In 2010, Squash and Beyond Education was added to the Squash and Beyond offering. Over the past nine years, the program has expanded into several different fields of education including college recruiting, college essay, and SAT/ACT preparatory.

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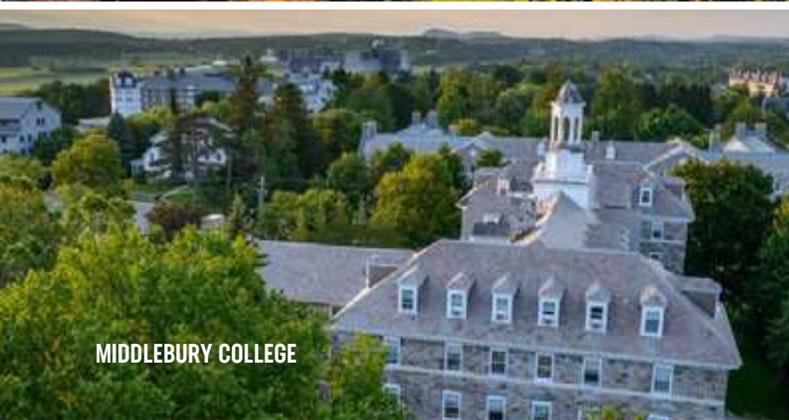
COLBY COLLEGE



CONNECTICUT COLLEGE



HAMILTON COLLEGE



MIDDLEBURY COLLEGE



WILLIAMS COLLEGE

SQUASH & COLLEGE RECRUITING

SESSION 1: July 7-12

SESSION 2: July 14-19

Squash and College Recruiting is designed for rising high school sophomores and juniors interested in pursuing their squash careers at the collegiate level. Throughout the week, head coaches from six college squash programs will each lead a daily training session and watch all matches. Each evening, the coach of the day will conduct an information session about his school and discuss the best ways for campers to approach the recruiting process.

MEET THE HEAD COACHES



Chris Abplanalp
COLBY COLLEGE



Michael McDonald
CONNECTICUT COLLEGE



Chris Fernandez
DICKINSON COLLEGE



Zafi Levy
WILLIAMS COLLEGE



Jaime King
HAMILTON COLLEGE



Mark Lewis
MIDDLEBURY COLLEGE

*Potential participants:
FRANKLIN & MARSHALL COLLEGE
ST. LAWRENCE UNIVERSITY

SUMMER 2019



SQUASH & COLLEGE ESSAY



SESSION 1: July 5-12

SESSION 2: July 12-19

Each February, admissions officers throughout the land pore over stacks of documents, searching for something to distinguish an applicant from the thousands of others who present good grades, strong test scores and effusive recommendations. Very often, what creates that distinction is an essay that reveals what transcripts, score reports and even the most thoughtful and observant recommendations do not: a first-hand look at how a student thinks and writes.



The College Essay Workshop is a week-long program for students who plan to apply to college within the next two years. Combining daily squash training with an intensive essay writing workshop, is offers the same level of athletic experience as any other squash session during the summer at Squash and Beyond Camps. By the end of the week, campers will have completed drafts of one main application essay and one supplemental essay.

The workshop is headquartered at Williams College's Paresky Center, just above the dining hall, but takes advantage of other inspiring, writing-friendly venues within walking distance of squash courts and dormitory.

HOW IT WORKS: This is a seven-day program, beginning on Friday before the squash-only campers arrive. Campers will write, discuss and perfect their essays for two hours before the morning squash sessions during the week. After dinner each evening, campers will participate in fun outdoor activities through 9 PM. At night, the campers will spend 30 minutes working on their individual college essay before going to bed.

MEET THE TEACHER Jim Moore, chairman of the English department and director of the squash program at Blair Academy, is also the faculty advisor to the literary magazine. A writer of fiction and non-fiction, Jim has served as board chairman of Writers & Books, a literary organization with over 5,000 members in Rochester, NY. Before becoming a full-time teacher, Jim directed the college counseling offices at Blair Academy and Savannah Country Day School in Georgia; he also served as director of alumni relations at the University of Rochester's William E. Simon Graduate School Business. Jim earned a B.A. in English from Cornell University and has been a Squash and Beyond staff coach, writing teacher, and international trip leader since 2012.



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SQUASH & SAT/ACT

SESSION 1: July 5-12

SESSION 2: July 12-19

For the tenth year in a row, Squash and Beyond will offer a squash training session combined with an standardized test preparation course. As the SAT and ACT have become increasingly similar, our curriculum is now able to focus on improving campers' understanding of test strategies for both exams in once concentrated period.

Campers may choose from one of two classes within the Squash and SAT/ACT program: Math or Critical Reading. Each class will be limited to 20 students, so the instructors are able to provide each camper with individual attention. The course is designed for campers entering freshman year in high school or older.

The SAT/ACT course includes multiple practice exams that will be administered during the week.

HOW IT WORKS: The SAT/ACT Math class begins on Friday, before squash-only campers arrive on Sunday. The Critical Reading class begins on Sunday. Both classes meet during the lunch breaks between daily squash sessions.

MEET THE MATH TEACHER Robert Thistle is the Mathematics Department Chair at Mount Greylock Regional High School in Williamstown, MA. He has been teaching for 29 years and has taught every high school

mathematics course, from Algebra 1 to AP Calculus. Mr. Thistle, who has been on the faculty of the Squash and Beyond Education program for four years, has over a decade of experience teaching SAT/ACT courses, and was the 2014 recipient of the Kapteyn Award for excellence in teaching, given annually in the Berkshire region. Mr. Thistle is also the boys varsity basketball coach at Mount Greylock.



MEET THE CRITICAL READING TEACHER Jim Moore, chairman of the English department and director of the squash program at Blair Academy, is also the faculty advisor to the literary magazine.

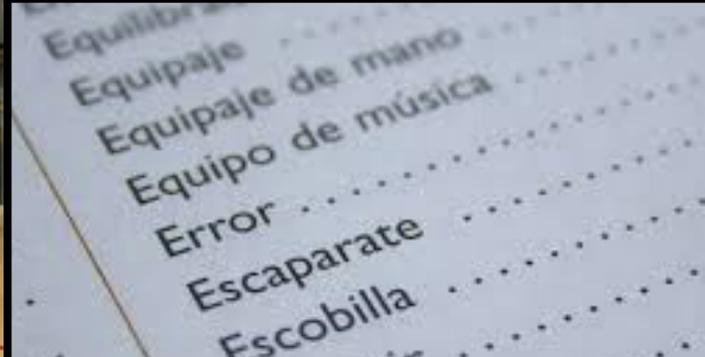
A writer of fiction and non-fiction, Jim has served as board chairman of Writers & Books, a literary organization with over 5,000 members in Rochester, NY. Before becoming a full-time teacher, Jim directed the college counseling offices at Blair Academy and Savannah Country Day School in Georgia; he also served as director of alumni relations at the University of Rochester's William E. Simon Graduate School Business. Jim earned a B.A. in English from Cornell University and has been a Squash and Beyond staff coach, writing teacher, and international trip leader since 2012.



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SQUASH & LANGUAGE

Squash and Beyond is pleased to offer squash programs that combine intensive squash training with foreign language immersion. Hosted for the third year on the Williams campus, each program will enable campers to strengthen their squash games and improve their foreign language skills.

Both Squash and French language and Squash and Spanish language are for campers grades 9-12, offering a fantastic Berkshires setting for language study.

These programs are open to high school squash players who have had at least one year of French language instruction (for the French programs), one year of Spanish language instruction (for the Spanish programs), or equivalent language experience outside the classroom. Our programs are small enough for our language instructors to be able to accommodate a variety of language levels, from second year through advanced.

HIGHLIGHTS: Improve your squash game while training five hours each day | Receive three hours of language instruction daily | Gain confidence and skill in speaking French or Spanish | Enjoy all night activities offered by Squash and Beyond

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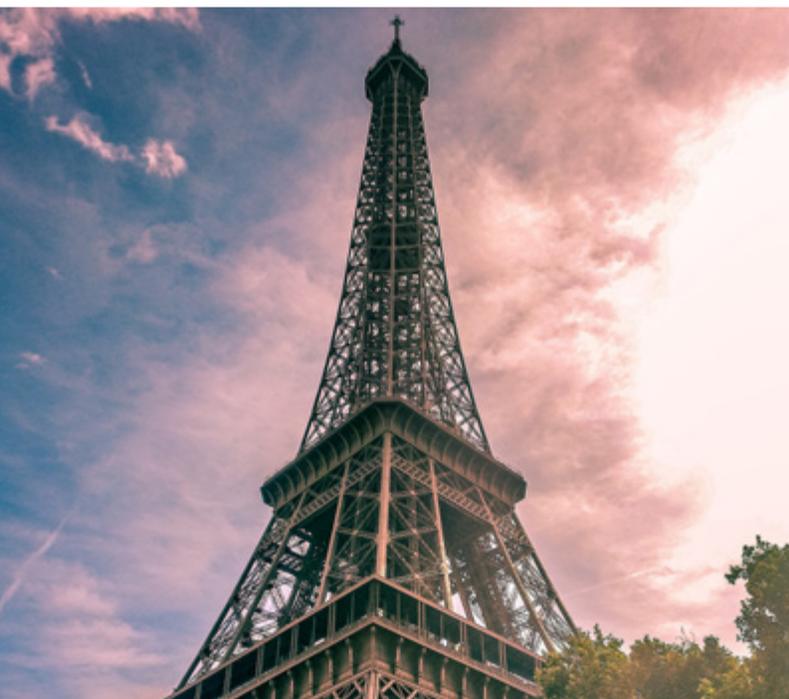
SQUASH & FRENCH

SESSION 1: July 21-26 (ages 12-16)

SESSION 2: August 4-9 (ages 12-18)

Comment dit-on “boast” en Français?

In Squash and Beyond’s language classes, campers have access to our full squash training program and recreational activities. Off the court, they immerse themselves in a non-English-speaking environment, and eating three meals a day at la table française. Between squash sessions, campers in the Spanish sessions engage in formal language classes, taught by experienced language instructors who are either native speakers or have lived for extended periods in French-speaking countries. Whether relatively new to the language they study or nearing fluency, campers will sharpen both their skills and comprehension with ten hours of instruction during the week and many more of conversational practice.



Intense squash training

Experienced language instructors

10 hours of language classes per week

10 hours of conversation per week

25 hours of squash training per week

Participation in all outdoor activities

MEET THE TEACHER Sabine Gueritault is a translator, French teacher, and language enthusiast. Born and raised in France, her passion for teaching languages started when she spent a year abroad in Florida during her college studies. Since then, language has been central to her work, both as part of the consulting firm she co-founded when she moved to the U.S. thirty years ago, and as a member of the American Translators Association. She has a keen interest in multilingual education as an enrichment of overall cognitive development, and its long-term effects on brain capacity. Sabine holds a Master’s Degree in Psychology, a D.E.S.S. in Clinical Psychology (Diploma of Higher Specialized Studies), and a D.E.A. in Applied Psychology (Diploma of Advanced Studies, Third Cycle Doctorate) from the Université Paris Sorbonne.



SUMMER 2019

SQUASH & SPANISH

SESSION 1: July 21-26 (ages 12-16)

SESSION 2: August 4-9 (ages 12-18)

¿Qué es una “racquet” llamada en español?

In Squash and Beyond’s language classes, campers have access to our full squash training program and recreational activities. Off the court, they immerse themselves in a non-English-speaking environment, and eating three meals a day at la mesa español. Between squash sessions, campers in the French sessions engage in formal language classes, taught by experienced language instructors who are either native speakers or have lived for extended periods in Spanish-speaking countries. Whether relatively new to the language they study or nearing fluency, campers will sharpen both their skills and comprehension with ten hours of instruction during the week and many more of conversational practice.

Intense squash training

Experienced language instructors

10 hours of language classes per week

10 hours of conversation per week

25 hours of squash training per week

Participation in all outdoor activities

MEET THE TEACHER Amy Kirby is a Spanish teacher, travel enthusiast and continual student. In college, she spent a year abroad in Seville, Spain, and graduated with a BA in Spanish and International Relations. Amy went on to earn her Masters in teaching Spanish as a second language from Bennington College. She believes that learning a new language requires an understanding of the cultures that are represented. Learning a language is social and providing students with opportunities to use language in meaningful ways is always Amy’s goal.



SUMMER 2019



SQUASH & OUTDOORS

As much as Squash and Beyond campers love to be on the court, during the summer the call of the Great Outdoors is strong indeed, especially here in the beautiful Berkshires. That is why we are pleased to introduce our Squash and Golf and Squash and Fly Fishing Programs.

Squash and golf combines our regular world-squash training with two rounds at Williamstown's Waubeeka golf Club. Squash and Beyond Fly Fishing offers squash in the morning and afternoons on nearby streams and lakes with fishing instructors who are also accomplished juniors squash coaches. Either choice promises Squash and Beyond campers a memorable week of learning and activity with knowledgeable guides, both indoors and out.

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SQUASH & GOLF

SESSION 1: July 21-26 (ages 12-16)

SESSION 2: July 28-August 2 (ages 10-14)

SESSION 3: August 4-9 (ages 12-18)

Nothing beat being out on the golf course on a beautiful summer day, surrounded by the backdrop of the beautiful Berkshire mountains.

Designed for the squash player with an additional passion for golf, this six-day program combines our elite squash training during the week with golf instruction and match play. Two afternoons during the camp, campers will travel to the Waubeeka golf links in Williamstown for a round on this pristine course set among the mountains. For those interested in improving their hitting skills, players may substitute a round for a lesson at the Waubeeka's driving range.



Transportation to and from the golf course will be organized by Squash and Beyond. Throughout the afternoon, all campers will be supervised by a staff coach, who will golf with the group. Players must bring their own golf clubs and golf shoes to camp. All green fees and transportation costs are included in the camp's registration fee.



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SQUASH & FLY FISHING

SESSION 1: July 16-21 (ages 12-16)

SESSION 2: August 4-9 (ages 12-18)

In this session campers enjoy full participation in Squash and Beyond camps at Williams College, while learning the basics of fly fishing from experts and coaches with years of experience on court and on the water.

Mornings will be spent with top squash coaches from around the world learning techniques and drills guaranteed to improve play. Each afternoon we will travel to area streams and lakes to learn how to cast, to read the water, to choose the right fly and technique, to create flies that catch fish, and to understand how fishing can deepen our connection to the natural world.

The week-long program is limited to four campers. Fishing equipment is available on loan, and information on licenses will be provided in advance.

MEET THE GUIDE Tom Hodgson was a philosophy teacher and squash coach at Andover Academy for 40 years. He is an avid angler and outdoorsman, spending summers hiking and fly fishing in the Berkshires, British Columbia, and in Montana, Wyoming, and Idaho. Tom is the assistant varsity squash coach at Williams College, his alma mater, and holds a Masters Degree from Yale, as well.



SUMMER 2019

SQUASH & MUSIC

Whether you're just learning how to play the piano or you've been studying the cello for years, a week of intensive squash training doesn't mean a week away from music. Just a five minute walk across campus from the squash courts and the dormitory, Williams College's beautifully appointed Bernhard Music Center is the air-conditioned, Steinway-equipped venue for our Squash and Music program.

Squash and Beyond Music offers instruction in piano, viola, cello, trumpet, and guitar. If a camper is interested in instruction in another instrument, it is likely we can find an experienced teacher from among the community of talented musicians who call Williamstown home during the summer.

HOW IT WORKS: In the break between squash sessions, campers will take daily lessons from experienced instructors in one of the Center's 23 practice rooms; following the afternoon squash session, they will have the option to return and practice what they learned during the day. As immersive as it is, the Squash and Music program allows campers to engage in the same squash and social activities as those who are at Squash and Beyond solely to play squash.

*** OFFERED EVERY SESSION EXCEPT COLLEGE RECRUITING SESSIONS**



SUMMER 2019



SQUASH & WORLD TOURS

Players on our Squash and Beyond World Tours enjoy an exciting, culturally diverse, and challenging training experience. On each trip campers will train with the host country's national team coaches and compete in international "open" junior tournaments.

Our groups train at the most prominent squash clubs in every major city we visit. Playing in these different venues with a diverse, skilled range of athletes from around the world fosters a global network of friendships that can last long after Squash and Beyond campers' tournament days are over.

Alternating training with cultural exploration, players stay energized and avoid burnout, feeding their enthusiasm for both squash and travel. At each major stop on our itineraries, the group's leaders arrange trips to two or three of each city's top cultural sights. After a morning of squash practice, we might visit an historical site or art museum, sample the local cuisine, stroll along a famous boulevard, swim at a local beach, or simply take in some of the world's most beautiful scenery.

**HIGHLIGHTS: Visit different cities | Learn leadership skills |
Sample different cuisine | Expand your horizons**

SUMMER 2019



SQUASH & TOUR OF NEW ZEALAND

SESSION: July 11-27

In June, 2019, Squash & Beyond will conduct its second tour of New Zealand. Led by executive director and Williams College coach Zafi Levy and Blair Academy coach Jim Moore, and hosted by former New Zealand National Coach Paul Hornsby, the Squash and Beyond contingent will begin its squash activities in the northern city of Auckland and wind its way south to the country's capital, Wellington. Focusing on training and competition for three hours of each day, the group will also find time and opportunity to explore what many consider one of the most dramatically beautiful countries on earth.



To be sure, the squash instruction and training will be demanding and thorough. Head coach Paul Hornsby, who has served as private coach to a host of former and current professionals in addition to serving as coach of the national team, played on the professional circuit himself and has been a popular member of the Squash and Beyond coaching staff for many years. Zafi Levy and Jim Moore have coached hundreds of successful school and college players over their long tenures at their respective institutions. Accordingly, players can expect well-organized sessions that focus not only on squash skills and fitness but on developing the habits of mind that lead to success in squash and beyond.



Off the courts, we will sample the many delights of New Zealand. We'll tour the relaxed, yet vibrant cities of Auckland and Wellington, enjoy the surf and sun on the beaches in Coromandel and Napier, hike in Tauranga, go spelunking in the caves of Waitomo, and visit the Lord of the Rings set in Matamata. Each night, we'll stay in comfortable hotels, ensuring a good night's rest before the next exciting day.

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SKILL LEVEL GUIDE

Each session is offered with multiple educational or outdoor activities.

June 30 - July 5: SUPER ELITE 1

July 21 - 26: ADVANCED ELITE (Ages 12-16)

July 7 - 12: COLLEGE RECRUITING 1

July 28 - August 2: ELITE (Ages 10-14)

July 14 - 19: COLLEGE RECRUITING 2

August 4 - 9: SUPER ELITE 2 + BOOTCAMP (Ages 14-18)

SQUASH & EDUCATION

SQUASH & MATH

SESSION 1: July 21-26 / Ages 12-16

SESSION 2: July 28-August 2 /
Ages 10-14

SESSION 3: August 4-9 / Ages 12-18

SQUASH & WRITING

SESSION 1: July 21-26 / Ages 12-16

SESSION 2: July 28-August 2 /
Ages 10-14

SESSION 3: August 4-9 / Ages 12-18

SQUASH & SCIENCE

July 28-August 2 / Ages 10-14

SQUASH & MENTAL STRENGTH

SESSION 1: June 30-July 5

SESSION 2: August 4-9

SQUASH & COLLEGE PREPARATION

SQUASH & COLLEGE RECRUITING

SESSION 1: July 7-12

SESSION 2: July 14-19

SQUASH & COLLEGE ESSAY

SESSION 1: July 5-12

SESSION 2: July 12-19

SQUASH & SAT / ACT

SESSION 1: July 5-12

SESSION 2: July 12-19

SQUASH & LANGUAGE

SQUASH & FRENCH

SESSION 1: July 21-26 / Ages 12-16

SESSION 2: August 4-9 / Ages 12-18

SQUASH & SPANISH

SESSION 1: July 21-26 / Ages 12-16

SESSION 2: August 4-9 / Ages 12-18

SQUASH & OUTDOORS

SQUASH & GOLF

SESSION 1: July 21-26 / Ages 12-16

SESSION 2: July 28-August 2 /
Ages 10-14

SESSION 3: August 4-9 / Ages 12-18

SQUASH & FLY FISHING

SESSION 1: July 21-26 / Ages 12-16

SESSION 2: August 4-9 / Ages 12-18

SQUASH & MUSIC

ALL SUMMER

SQUASH & WORLD TOURS

SQUASH & TOUR OF NEW ZEALAND

JULY 11 - 27