

Fast Paced. Intense. Thrilling. Squash is not just a sport, it's a passion!



20  20

INTERNATIONAL
SQUASH ACADEMY



Our Reputation

Established in 2007, the International Squash Academy has hosted over 2,000 squash players at our camps and clinics across the country, with many participants going on to play in collegiate programs at prestigious institutes such as Trinity, Bates, Franklin & Marshall, and many more.



From beginners to seasoned players, these camps help athletes develop their athletic skill and court prowess. We will explore match play & technical shot acquisition in addition to strategy, psychology, and conditioning. These camps will also help to develop lifelong qualities such as sportsmanship, leadership, teamwork, and dedication.

ISA

has curated a great summer training schedule designed to introduce you to an elite group of coaches and pros who have committed their lives to the game of squash.

They aim to teach you commitment, emotional strength, teamwork, motivation & techniques to help you face the challenges of your future on and off the court.



**Paul Assaiante –
Trinity College Head Coach
and Team USA Head Coach**

Age and Ability

All Player Standards Welcome!

Tournament Players: We will teach players what they will need to become highly-successful tournament players. The training will emphasize strategy, psychology, and conditioning. Our campers will develop in-match tools for making adjustments, opponent awareness, and how to neutralize opposing strengths. Most importantly, we will teach the players how to best manage their emotions, how to prepare emotionally, and how to negotiate the emotional flow of competitive match play. This is the most essential advantage that a top player can possess.

Academy Players: A collection of collegiate coaches and prep-school coaches will help you advance your improvement; guide you through a plethora of match play and educate you on the necessary steps to make in at the next level in squash. Camp provides the perfect backdrop for intently working on your game, growing socially with new friends, and learning independence.

OWN THE COURT!

2020 Locations

June 21-26
Mercersburg Acad.
Mercersburg, PA

July 26 - 31
Taft School
Watertown, CT

July 26 - 31
Haverford College
Haverford, PA

August 2 - 7
Lawrenceville School
Lawrenceville, NJ

August 5 - 8
Loomis Chaffee School
Windsor, CT

August 9 - 14
Deerfield Academy
Deerfield, MA



Our Staff

PAUL ASSAIANTE
Trinity College Head Coach

JOE RAHO
Tufts College Head Coach

NIKI CLEMENT
Haverford College Head Coach

RYAN TYREE
Mercersburg Academy Coach

KATE PISTEL
Taft School Coach

GAVIN JONES
Franklin & Marshall College
Head Coach

CHRIS BINNIE
Trinity '11, PSA Pro #115 ('13)

For a complete listing of camps
and the affiliated staff, please visit
our website, CampSquash.com



Typical Daily Schedule

DAY 1

1:00 pm - Registration for
Commuters and Overnight Campers
2:00 pm - 3:00 pm - Orientation &
Campus Tour
3:15 pm - Camp Ice Breakers & Warm-Up
3:45 pm - 5:00 pm - Squash Session/
Skill Assessments
5:00pm-5:45pm - Dinner
6:30 - Roll Call and Visualization
6:30 pm - 8:00pm - Match Play
8:30pm - Extra Help
8:30 pm - Commuter Dismissal
9:30 pm - Dorm Meetings
and Camp Goals
10:30 pm - Lights Out

DAYS 2 - 4

7:00 am - Wake Up
7:30 am - Breakfast
9:00 am - Daily Theme Workshop
9:30 am - 11:30 am - Basic & Advanced Fun-
damentals & Movement Training
11:30 am - Cool Down & Extra Help
12:00 pm - Lunch
1:00 pm - 2:00 pm - Spike Ball, Frisbee
& Recess Games
2:30 pm - 4:30 pm - Squash Session/
Strategy & Competition Training
4:30 pm - 5:00 pm - Extra Help & Skit
Practice/ Scavenger Hunt
5:00 pm - Day Camper Dismissal
5:00 pm - Dinner
6:00 pm - Mandatory Rest
6:45 pm - 8:30 pm - Squash Match Play
8:30 pm - 8:30pm - Optional Play the
Coaches + Shows
8:30 pm - Commuter Dismissal
9:30 pm - Dorm Games and Socializing/
Evening Meetings
10:30 pm - Lights Out

DAY 5

7:00 am - Wake Up
7:30 am - Breakfast
9:00 am - Team Meetings/ Pre-Game
Warm-Ups
9:30 am - 11:00 am - Tournament Play

