

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



20  19

INTERNATIONAL
SQUASH ACADEMY



CampSquash.com 800-944-7112 Support@CampSquash.com

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!

2019 Locations

June 2019
Trinity College

Hartford, CT

July 14 - 19
Salisbury School

Salisbury, CT

July 28 - August 2
Taft School

Watertown, CT

July 28 - August 2
Lawrenceville School

Lawrenceville, NJ

TBA
St. George's School

Newport, RI

August 4-8
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

Williston Northampton School
Head 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 Fundamentals & 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

