

# POWER SQUASH ACADEMY



SUMMER PROGRAMS 2011

ELITE TRAINING CAMPS

TOURNAMENT TRAINING CAMPS



# LETTER FROM JONATHON



It is my personal guarantee that you will leave the Power Squash Academy an improved player. I bring my passion for winning into my coaching methodology, which has brought results to both professionals as well as juniors. This methodology will take your game to the next level.

I have competed in over 70 countries, in both junior and senior tournaments, and have spent 16 years on the Professional Squash Association World Tour. Through hard work, perseverance and determination to become the best squash player that I could be, I ascended to the highest point possible in professional squash. It is now my goal as Director of Squash to share my skills and to create a squash experience that is a cut above the rest.

The Power Squash Academy has been a family run business for over 20 years. Our experienced coaches believe in the power of creating lasting friendships, instilling respect and responsibility, and having fun. To that end, we combine both hard work

on the court with learning and enjoyable activities off the court. We do this all with the safety and well being of our campers at the forefront of our minds.

If you are looking for a squash camp to change and grow your game, look no further. I will see you on court this summer.

Sincerely,

Jonathon Power



# WHY THE POWER SQUASH ACADEMY?

The Power Squash Academy (the PSA) name is synonymous with excellence. Offering intense sessions we take our players to the next level of their game.

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The Power Squash Academy is the pre-eminent provider of coaching and training to the world's best and most dedicated squash players. Focused on high-performance athletes, the PSA takes junior, college-aged or adult players from the local and national levels to the international level. The PSA draws players from around the world to its headquarters in Toronto, Canada, as well as to other select squash facilities worldwide.

Jonathon Power, one of the world's most recognized squash players, oversees all programs to ensure a high level of coaching which has become the core of the PSA. Our programs take our players to the next level through the provision of:

- Small 4:1 ratios
- On-going player assessment in order to provide individualized training.
- Jonathon Power's proven training methodology and techniques.
- Individualized instruction and support.
- Physical fitness programs specifically designed to optimize squash performance.
- Comprehensive training programs which includes goal setting, nutritional counseling, mental coaching, physical fitness and drills.

The PSA is the only year-round squash academy which serves the needs of amateur and professional players alike. Summer camp programs can be supplemented at a discount by year-round training sessions offered at the National Squash Academy in Toronto. The PSA provides individual and group training and holds matches for clubs, schools and visiting squash organizations, summer junior camps and adult weekend clinics. For more information on our year round programs please visit our website: [www.powersquashacademy.com](http://www.powersquashacademy.com).





# OUR HISTORY AND OUR FUTURE

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The Power Squash Academy is a family operated business that has provided top-level training for over 20 years. Founded in 1990 by John Power Sr. and his wife, Nadine, the PSA began coaching five young players in Toronto and now coaches over two hundred and fifty squash players each year. The PSA has coached players in both Canada and the United States with programs in Toronto, St. Marie's University in Halifax, Dartmouth College in New

Hampshire and Amherst College in Massachusetts. Although John Sr. and Nadine have retired from coaching, the camp leadership has been passed to their sons. Under the full-time direction of the former world number one ranked player Jonathon Power, his brother Ian and Adrian Griffin, the PSA provides a diversified squash coaching program throughout the year.



# OUR MANAGEMENT TEAM

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## **Jonathon Power** **Owner/Director of Squash**

Jonathon Power is the Director of Squash for the Power Squash Academy as well as the National Squash Academy. Having won every major squash tournament around the world with an aggressive flair all his own, Jonathon retired in 2006 as the number one ranked player in the Professional Squash Association and is widely considered as one the best players of all time.

## **Ian Power** **Owner/Director of Squash**

Ian Power is a former world top 70 player, member of the Canadian men's team program and has been coaching at the Academy for the past 10 years. Ian is currently employed full-time as the Head Squash Professional at the National Squash Academy.

## **Adrian Griffin** **Owner/Director of Operations**

Adrian Griffin exploded onto the squash scene in 2005 after playing tennis on the ATP circuit. He has since won two Canadian Doubles Squash Titles and has played on the PSA. Adrian held the role of Head Squash Professional at the Adelaide Club in downtown Toronto for five years and is currently the Director of Operations for the Power Squash Academy.

## **Julie Leizman** **United States Coordinator**

Julie Leizman comes to the Power Squash Academy with 10 years of sales and management experience. Through her three children, Julie has been involved in all aspects of junior squash in North America and has helped organize both junior and professional tournaments. Her children have been in a multitude of PSA programs since 2006. Julie has selected to join the PSA team because of her belief in its coaching staff and their ability to provide an educational and fun experience for players of all ages.

## **Cathy Eu** **Canadian Coordinator**

Cathy Eu has been in sales for over 15 years and has a background in fundraising and program development. A mother of two avid squash players, she is committed towards growing the sport worldwide and to developing programs to produce better squash players.



# OUR COACHES

The following top rated coaches and players will be guiding campers at Amherst and in Toronto.

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- Jonathon Power
- Ian Power
- Adrian Griffin
- Peter Robson
- Fred Reid
- Jamie Nicholls
- Dane Sharp
- Robin Clarke
- Matt Serediak
- Tyler Hamilton
- Gary Waite
- Fabian Kalaitzis
- Brett Newton





# 2011 SESSIONS

This summer, the Power Squash Academy is offering sessions at Amherst College and The National Squash Academy in Toronto. We offer both one and two week sessions for participants ages 11-18.

## ELITE TRAINING CAMP

Amherst College:

July 17 - 29

National Squash Academy:

August 7 - 19

Our Elite Training camp is designed for the top level Varsity, Gold or JCT player who plays 4-6 days a week and is dedicated to improving their game.

## TOURNAMENT TRAINING CAMP

Amherst College:

July 10 - 15

Amherst College:

July 31 - August 5

Our Tournament Training camp is designed for the Junior Varsity, Silver or Gold level player who plays 2-3 days a week and is dedicated to improving their game.

## TYPICAL SCHEDULES

Typical Two-Week Schedule	
SUNDAY	Arrival and squash evaluation
MONDAY	Full training day
TUESDAY	Full training day
WEDNESDAY	Full training day
THURSDAY	Light morning including video session
FRIDAY	Full morning and team tournament
SATURDAY	All day tournament and mid-session evaluation
SUNDAY	Day off with optional practice between 1 and 3pm
MONDAY	Full training day
TUESDAY	Full training day
WEDNESDAY	Morning training and draw for tournament
THURSDAY	Tournament starts
FRIDAY	Final match and awards ceremony

Daily Schedule	
7:30 am	Wake up
8:45 am	Arrive at Courts
9:00 am	Split group in two
10:30 am	Switch Groups
12:00 pm	Lunch
1:00 pm	Rest and Free Time
2:30 pm	On-Court Matches
4:30 pm	Break: Shower and Relax
5:30 pm	Dinner
7:00 pm	Group Activity
10:00 pm	In dorms
11:00 pm	Lights out

Typical One-Week Schedule	
MONDAY	Full training day
TUESDAY	Full training day
WEDNESDAY	Half training day
THURSDAY	Light morning including video session
FRIDAY	Full morning and mini tournament



# OUR TRAINING FACILITIES

## AMHERST COLLEGE

### THE PLACE

The American home for the Power Squash Academy is at Amherst College in Amherst, Massachusetts. Since its founding in 1821, Amherst College has become one of the premier liberal arts colleges in the United States. The college's beautiful wooded 1,000 acre campus is near the center of the town of Amherst and is the perfect size for campers to feel a sense of independence while not being overwhelmed by a large campus or city. Amherst is nestled in the eastern section of the scenic Berkshires only two hours from Boston.



### SQUASH TRAINING

The Wolff Athletic Center, with 10 state of the art international squash courts, just a few minutes walk from the residence hall, is widely regarded as the best such athletic facility in the NESCAC. The two-level, fully air-conditioned facility with separate Nautilus and weight rooms serves as the PSA center of activity. Additionally, the PSA utilizes Amherst College's beautiful outdoor athletic fields.

### AFTER-PRACTICE ACTIVITIES

The PSA ensures that campers have as much fun off the court as they do on. Although the PSA is about squash, we also understand the importance of supporting the whole child. With this in mind, we value the relationships and friendships that are forged among campers and with the coaches. Every evening campers will participate in group activities such as movie nights, roller skating, swimming, etc.



### ACCOMMODATION AND MEALS

All PSA campers and coaches live in a newly renovated residence hall on the Main Quad featuring well-designed living spaces, along with common spaces. All campers will dine at Valentine Dining Hall, which offers a wide range of food options. Please let us know if your child suffers from any allergies and he/she will be fully accommodated.



# OUR TRAINING FACILITIES

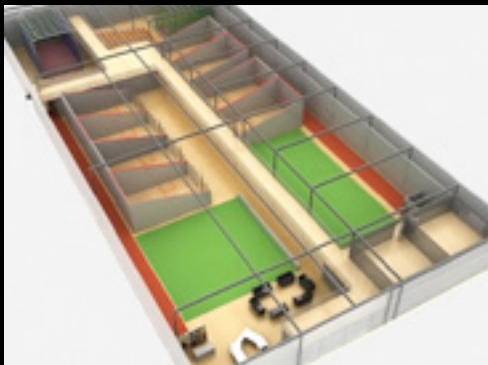
## NATIONAL SQUASH ACADEMY / YORK UNIVERSITY- GLENDON

### THE PLACE

The Canadian home for the Power Squash Academy is the newly opened National Squash Academy (NSA) in Downsview Park, Toronto. The NSA is a brand new, state of the art squash and fitness facility which houses 9 international courts (including an all glass singles court). Campers and coaches will stay at Glendon College, a short bus ride from the NSA.

### SQUASH TRAINING

Training at the National Squash Academy is like no other. Not only will campers get top on-court coaching on the new “spring board loaded” McWill courts, but they will be exposed to an intensive off-court training schedule. The academy has the latest testing and training equipment as well as programs developed for all ages. In addition, the NSA has access to an assortment of therapies—massage therapy, ART (Active Release Therapy), MAT (Muscle Activation Therapy), among others (please note that this is an additional cost to campers).



### AFTER-PRACTICE ACTIVITIES

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### TOURNAMENT

One of the unique features of the Toronto Camp is the North American Junior Open. This tournament will be held at the end of the camp and admission is free for all campers. The real benefit for having this camp run tandem to the tournament is that campers have a great opportunity to learn to properly prepare for events.



# OUR TRAINING FACILITIES

## NATIONAL SQUASH ACADEMY / YORK UNIVERSITY- GLENDON

### ACCOMMODATION, MEALS & TRANSPORTATION

Campers and coaches will be housed in beautiful Glendon College, part of York University. The Glendon Campus is nestled in 85 acres of lush parkland. In the heart of the Bridlepath neighbourhood, Glendon is set among some of Canada's grandest estates. To ensure that participants are chaperoned outside of training hours, Ian Power will act as the dorm master for participants who will be staying in the Academy's dorm facilities along with other coaches/chaperones.



**Meals:** Campers will eat breakfast and dinner in one of Glendon College's dining halls. A catered lunch will be provided to campers on site at the National Squash Academy. Please let us know if your child suffers from any allergies and he/she will be fully accommodated.



**Transportation:** The Academy will rent a small passenger van to use for transportation between the NSA and Glendon College as well as to get to and from evening activities





# IMPORTANT INFORMATION

## REGISTRATION AND PAYMENT

### REGISTRATION

To register for one or more of our camps before April 1st please call Adrian Griffin at 416.904.4743. To register after April 1st, please complete the online registration form at [www.powersquashacademy.com](http://www.powersquashacademy.com). If you have any questions or would like to check our availability please contact Adrian Griffin at 416.904.4743. We recommend that you sign up early as these sessions fill up rapidly.



### CANCELLATION POLICY

No refunds are offered once you have signed up for the session unless we are able to find a new camper to take the place of the cancelled spot. Please contact Adrian Griffin for more details at 416.904.4743.

### ADDITIONAL COSTS

Additional costs include transportation to Amherst or Toronto (please see below), costs for evening outings (such as a movie night, rock climbing, go-karting, etc) and any additional spending money that you feel your child will require.

### PAYMENT

**Tournament Camp** – The fee for our Tournament camp is \$1,250. This includes all coaching, room and board and transportation to and from evening activities.

**Elite Camp** - The fee for our Elite camp is \$3,500. This includes all coaching, room and board and transportation to and from evening activities.

Upon registering at one or more of our camps via the phone or online, full payment will be required. Payment may be made via credit card (Master Card, Visa, American Express or Discover), cheque or money order. Cheques should be made out to the Power Squash Academy and mailed to:

**Adrian Griffin**  
**Director of Operations**

The Power Squash Academy  
75 Carl Hall Road, Unit #15  
Downsview Park  
Toronto, Ontario, M3K 2B6 Canada





# IMPORTANT INFORMATION

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## GETTING TO AND FROM AMHERST AND TORONTO

Should your child arrive via bus, train or air please let us know. We will arrange pick up and transportation to and from our training facilities at a cost of \$30.00 each way.

**Amherst By Car:** Amherst College is approximately two hours from downtown Boston, two and a half hours from Logan Airport and three hours north of New York City. Driving directions can be found on the [www.powersquashacademy.com](http://www.powersquashacademy.com) website.

**Amherst By Train:** Amtrak has limited service to Amherst and extensive service to Springfield, Massachusetts, just 30 minutes from campus. Call (800).872.7245.

**Amherst By Bus:** Peter Pan Bus Lines, in partnership with Greyhound, has regular service to Amherst. Call (800).237.8747.

**Amherst By Air:** The nearest airport is Bradley International Airport (Windsor Locks, CT), which serves both Hartford, Connecticut, and Springfield, Massachusetts. Bradley is approximately an hour from campus; Logan Airport (Boston, MA) is two and a half hours from campus.

**Toronto By Car:** The National Squash Academy is approximately thirty minutes from downtown Toronto. Driving directions can be found on the [www.powersquashacademy.com](http://www.powersquashacademy.com) website.

**Toronto By Bus:** Greyhound has regular service to Toronto. Call (800).661.8747.

**Toronto By Train:** VIA Rail has extensive service into Union Station in downtown Toronto, which is approximately thirty minutes from the National Squash Academy. Call (888).842.7245.

**Toronto By Air:** The nearest airport is Toronto Pearson International Airport. The National Squash Academy is located 20 minutes from the airport.

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## OTHER CONSIDERATIONS

### Safety

We take your child's safety seriously. The Power Squash Academy has a full-time athletic trainer that will supervise all squash sessions daily. Coaches supervise campers during all evening activities and at the dorm. We are fully insured.

### Expectations and Rules

Our campers are required to be positive, energetic and respectful of themselves and others. Smoking, drinking alcohol, or the use of drugs will not be tolerated.

### Special Considerations

Please alert us to any special considerations that your child may have such as food allergies, prescription medication, etc. Coaches and dorm counsellors will be available to assist your child whenever needed.

### In Case of Emergency

In case of emergency please do not hesitate to contact Adrian Griffin at **416.904.4743** or [adrian@powersquashacademy.com](mailto:adrian@powersquashacademy.com). You can contact Adrian 24 hours a day.



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**POWER SQUASH ACADEMY**

[www.powersquashacademy.com](http://www.powersquashacademy.com)

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