

PRINCETON UNIVERSITY

SQUASH CAMPS

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Prospect 1: June 11-15, 2023 | Prospect 2: June 18-22, 2023

Elite 1: June 25-29, 2023 | Elite 2: July 23-27, 2023

For day campers the fee includes instruction, lunch and a camp t-shirt. For overnight campers the fee includes instruction, meals, housing and a camp t-shirt.

Day 1

9:00a | Check-In

9:30a | Camp Introduction

10:30a | On-Court Session

2:30p | On-Court Session

5:00p | Day Campers Pick-Up at Jadwin Gym

5:30p | Dinner

7:30p | Evening Activity

10:00p | Lights Out

Day 2, Day 3 & Day 4

7:30a | Wake Up & Breakfast

8:30a | Day Campers Drop-Off at Jadwin

9:00a | Squash Session includes On- and Off-Court Sessions

12:30p | Lunch

2:00p | Afternoon Session includes Match-Play, Conditioning Games and Video Analysis

5:00p | Day Campers Pick-Up at Jadwin Gym

5:30p | Dinner

7:30p | Evening Activity

10:00p | Lights Out

Day 5: Final Day of Camp

7:30a | Wake Up & Breakfast

8:30a | Day Campers Drop-Off at Jadwin

9:00a | Squash Session includes On- and Off-Court Sessions

12:30p | Lunch

2:00p | Afternoon Session includes Match-Play, Conditioning Games and Video Analysis

5:00p | Check-Out and Pick-Up from dorms for Overnight Campers

Prospect Camp

The Princeton Squash Prospect Camps are geared toward players looking to play squash at the highest level in college. Offered as an overnight and day camp, the camp is co-directed by the Princeton head squash coaches, Gail Ramsay and Sean Wilkinson. The camps take a holistic approach to the game, with focuses on technical and tactical analysis, match-play, mental training and conditioning. The camp programming will provide students with an insight into both Princeton Squash programs and offer players with a true college squash experience.

Elite Camp

The Princeton Squash Elite Camps are open to all junior players that aim to play in tournaments and to improve their game. The camps are co-directed by Princeton Squash head coaches, Gail Ramsay and Sean Wilkinson, who offer a fully engaged training plan for the week. The mornings consist mainly of drills, condition games and fitness training. Afternoons will focus on match-play and tactical implementation of the themes learned during the morning sessions.