

PRINCETON UNIVERSITY

SQUASH CAMPS

Daily Schedule for all Squash Camps

2025 Camp Season

Squash Camp – Day 1

- 10:00a | Check-In at Pyne Hall (all campers)
- 11:00a | Camp Welcome/Intros and Fire Drill
- 11:30a | Lunch
- 12:15p | On/Off Court Training Session
- 12:40p | Camp Orientation
- 1:15p | On Court Session 1
- 2:15p | Goal Setting
- 3:00p | On Court Session 2
- 4:30p | Stretch
- 5:00p | Day Camper Pick-Up at The Racquet & Recreation Fieldhouse
- 5:30p | Dinner
- 7:00p | Evening Activity
- 10:30p | Lights Out

Squash Camp – Days 2-4

- 7:30a | Breakfast
- 8:20a | Roll Call – Depart for The Racquet & Recreation Fieldhouse
- 8:45a | Day Camper Drop-Off at The Racquet & Recreation Fieldhouse
- 9:15a | On/Off Court Training
- 12:00p | Lunch
- 2:00p | On Court Play Training
- 5:00p | Day Camper Pick-Up at The Racquet & Recreation Fieldhouse
- 5:30p | Dinner
- 7:00p | Evening Activity
- 10:30p | Lights Out

Squash Camp – Day 5

- 7:30a | Breakfast
- 8:30a | Roll Call – Depart for The Racquet & Recreation Fieldhouse
- 8:45a | Day Camper Drop-Off at The Racquet & Recreation Fieldhouse
- 9:15a | On/Off Court Training
- 12:00p | Lunch
- 2:00p | On Court Play Training
- 5:00p | Day Camper Pick-Up at The Racquet & Recreation Fieldhouse
- 5:00p | Overnight Camper Check-Out