

Southgate Squash and Racketball Club

Paul Carter's
(Former British No1 & Elite Coach)

Summer Holiday
Junior Fitness and Squash Camp
Friday 31st July 09
9:30am – 4pm

Includes:
Fitness assessment, shot technique
practice and analysis, game tactics
and marking, and match play.

£45 for the whole day!!
Bring a packed lunch

To book and pay for your place in advance contact
Email: ssrccommittee@yahoo.co.uk
Tel: 07904 300288

Note: this will include videoing of your child, so if you do not want your child to be filmed please advise.