

# SPORTSPLEX

2023 SUMMER CAMPS



**SPORTSPLEX**  
STAMFORD

COME BE PART OF A SQUASH PROGRAM WITH 45 COMBINED JUNIOR CHAMPIONSHIP TOUR (JCT), US OPEN AND US NATIONAL CHAMPIONS



SPORTSPLEX SQUASH CONCENTRATES ON THESE AREAS OF DEVELOPMENT:

- Technique
- Strategy
- Footwork
- Ball Control
- Fitness

We have squash specific training regiments which will improve your child's squash development; whether beginner, intermediate or advanced

**Sportsplex Health Club**  
49 Brown House Rd  
Stamford, CT 06902

PHONE | 203.536.4308

EMAIL | [kumsha1976@yahoo.com](mailto:kumsha1976@yahoo.com)

[www.sportsplex-ct.com](http://www.sportsplex-ct.com)

## CAMP DATES

June 5<sup>th</sup> – June 9<sup>th</sup>

June 12<sup>th</sup> – June 16<sup>th</sup>

June 19<sup>th</sup> – June 23<sup>rd</sup>

June 26<sup>th</sup> – June 30<sup>th</sup>

July 3<sup>rd</sup> – July 7<sup>th</sup>

July 10<sup>th</sup> – July 14<sup>th</sup>

July 17<sup>th</sup> – July 21<sup>st</sup>

July 24<sup>th</sup> – July 28<sup>th</sup>

July 31<sup>st</sup> – Aug 4<sup>th</sup>

Aug 7<sup>th</sup> – Aug 11<sup>th</sup>

Aug 14<sup>th</sup> – Aug 18<sup>th</sup>

Aug 21<sup>st</sup> – Aug 25<sup>th</sup>

Aug 28<sup>th</sup> – Sept 1<sup>st</sup>

**SIGN UP TODAY!!!**

LOCATIONS

SPORTSPLEX 49 BROWN HOUSE RD

STAMFORD CT 06902

SQUASH 1 168 CONNECTICUT AVE

NORWALK CT 06854

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K-Team/Sportsplex Squash is squash program unlike any other. Through the years, our junior athletes have reached top accolades in winning JCT's, National Championship's and many other events.

In addition, we also pride ourselves in starting off beginners and intermediate level players and elevating their game to JCT level.

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_

Camp Options:

Full Day 9am – 3pm OR 11am – 5pm \$1100

Half Day 9am – 12pm OR 1pm – 4pm \$575

Method of Payment (*Please circle*)

Check (*made payable to "Sportsplex"*)      Credit Card

CC Info: \_\_\_\_\_

Signature: \_\_\_\_\_

Waiver: I agree to abide by the rules and regulations set forth by, FASSP/Sportsplex & its staff. In consideration of my being permitted to participate at FASSP/Sportsplex camps, I, the undersigned, hereby release & hold harmless FASSP/Sportsplex staff from all claims, losses, damages or expenses because of personal or bodily injury incurred in conjunction with the above mentioned program

\_\_\_\_\_

## ELITE COACHING

Head Coach Kumail Mehmood leads the squash program with his team of expert coaches. Coach Kumail oversees all summer training along with his coaching staff. Our focus and specialty will be in improving each player's technique and strokes in addition to developing strategy, court movement, ball control, match play, fitness and strengthening. This will in turn maximize your child's understanding of the game.

