

# **Evergreen JR Academy Training Groups Descriptions**

## **Active Start (Fundamentals)**

2 x 45 minute sessions/week - \$65 per month

**Sundays @ 3:00 to 3:45 + Choose\* 1 of 2 days from Tuesday OR Thursday @ 3:45 to 4:30**

\*subject to availability based on first to register

This group is aimed at junior players who are just starting the game. A Dunlop Orange dot squash ball will be used and a small 56cm racket will be used to make it easier for the children to learn the basics of squash. Basic squash skills, hand eye coordination and squash specific movements will be introduced in a fun environment. Fun games such as Squicket, Squockey and many others will keep the sessions fun and give the children lots of time to improve their basic squash skills. These sessions will tie in to squash BCs new tournament policy where there will be one day events around Vancouver for juniors of this age and level.

## **Bronze Group (Developing)**

2 x 60 minute sessions/week - \$90 per month

**Sundays @ 3:45 to 4:45 + Choose\* 1 of 3 days from Monday/Wednesday/Friday @ 3:45 to 4:45**

\*subject to availability based on first to register

This group is aimed at juniors who have started playing smaller tournaments and are looking to improve their game and starting to become more serious about squash. All the basic shots will be looked at in these sessions as well as starting to introduce more advanced aspects of the game such as tactics, variation of pace etc. Juniors in the bronze group should be taking a minimum of two sessions per week and looking to enter junior tournaments within Vancouver.

## **Silver Group (Competitive)**

3 x 75 minute sessions/week - \$140 per month

**Sundays @ 4:45 to 6:00 + Choose\* 2 of 3 days from Monday/Wednesday/Friday @ 4:45 to 6:00**

\*subject to availability based on first to register

This group is for juniors who have started playing multiday tournaments and are looking to improve in these tournaments to a high provincial level. Juniors in this group should be on court at least 5 hours a week and showing a very keen interest in the sport. Within the sessions there will be a high focus on improving the juniors all round game play and tactics to help them improve in matches. A high emphasis will be placed on fundamentals and quality of ball striking as well as looking at fitness components and movement. Players in this group should be looking at taking regular private lessons also.

## **Gold Group (National Competitive)**

3 x 90 minute sessions/week - \$180 per month

**Sundays @ 6:00 to 7:30 + Tuesday AND Thursday @ 4:30 to 6:00**

Juniors in this group will have been playing multi day events within BC and outside for the past couple of years and looking to move their game on to a high level. The juniors will be looking for a high provincial ranking and competing in national level tournaments. Juniors in this group should be playing a minimum of 10 hours a week and competing in the Vancouver Squash League if possible as well as adult tournaments. As well as the on court training juniors will be given off court training plans as well as being expected to attend any seminars on sports psychology, sports nutrition etc. Players in this group should also be taking regular private lessons.