



Summer, 2024

Dear Parents and Guardians,

Thank you for registering your child in the Moses Brown Squash Camp. I have been involved in squash most of my life and come with over 18 years coaching experience. I have worked with all levels of squash players from beginner to the elite and have a love for the sport complimented with a passion for an individual's improvement. Once upon a time I played squash professionally for 15 years and picked up 4 X PSA World Tour Titles and an 8 Irish National Championships along the way.

I am excited and looking forward to passing on my depth of knowledge to all campers. Our squash camp caters to everyone - from beginner to elite junior squash players. We believe in creating a fun and relaxed atmosphere. This is key for students to have a positive experience, enjoy the process of learning and improving their squash alongside getting fitter, healthier, and making friends.

All sessions begin with a fun warm up including team games for movement & coordination, balance routines and major muscle activation. For the younger, less experienced players, emphasis will be on technique and tactical awareness via condition games and games. For the older, more experienced players we will be building on the swing foundations with deeper strategic insight. This will all be accomplished through targeted drilling and friendly, respectful competition. All sessions will have a fitness component.

We want campers to have a positive experience, to feed off our energy and passion for the game and enjoy the process of becoming better squash players. Our camps will help individuals get a better understanding of their strengths and weaknesses, using squash as a tool to discover more about themselves building mental strength and becoming better equipped to deal with high pressure situations both on and off the court.

All campers should bring a squash racquet (if needed, we have raquets supplied, so no worries here), squash shoes (or any non-marking soled shoe), towel, water bottle, and snack to camp. We will provide protective glasses and racquets for anyone who does not have one.

Our goals are to provide a camp to teach the fundamentals of squash and sportsmanship, provide a safe learning environment, build camaraderie, make new friends; and most importantly, have a great time this summer. Safety is our top priority.

If you have any questions, I may be reached at arthur@pvdsquash.com or 201-638-7006. We look forward to a memorable summer!

Sincerely,
Arthur Gaskin
Director, Squash Camp