



SQUASH 2018/19 JUNIOR PROGRAMS

22 WEEK SESSION FOR 2018/19

Begins Saturday September 15, 2018 - Schedule of Dates to Follow

AGES ARE USED IN ALL PROGRAMS AS A GUIDELINE AND GROUPS WILL BE DECIDED USING AGE & LEVEL OF PLAY!

PROGRAM OVERVIEW:

White Oaks Junior Squash Program is one of the most successful in Ontario. As a result of our Junior development program over the last 30 years, the quality of our staff and commitment to development of the sport, we have successfully trained many of the top junior players in Ontario and Canada.

Our certified staff have provided a fun yet productive atmosphere and offer instruction for players ages 4 to 18. Juniors have the option of one to three times per week, all at a very affordable price. Our game based approach to teaching provides our students with the tools to enjoy playing matches whether it be in the CLUB or SQUASH ONTARIO circuit environment.

REGISTRATION:

All squash participants must be assessed in order to assure placement in the appropriate level and compatible group.

Wed. September 5th, 2018 (5:00pm - 7:00pm)

HOLIDAYS (NO CLASSES):

Monday October 8, 2018 (Thanksgiving)
Wednesday October 31, 2018 (Halloween)
December 23 - January 7, 2019 (Winter Break)
Monday February 18, 2019 (Family Day)

*Some classes may be rescheduled for club events.
Cancellations will be made up with advance notice.

COACHING IN ACTION:

Matt Easingwood - Level 3 Certified
Cindy Sachvie, Scott McLachlan, Tom Powers,
Jim Boychuck, Chad Dommasch, Rob Vanwyngaarten,
Mo Mamour, Andrea Chavez, Heather McLachlan

PROGRAMS:

KID START-Active Start: (ages 4 to 7) Children will develop motor skills and improve confidence while learning squash fundamentals and having fun. White Oaks supplies all equipment and professional support.

FUNDAMENTALS-Developmental: (ages 7 to 12) Children with minimal experience will learn movement skills, improve ball striking and play modified games all with an emphasis on fun.

LEARN TO TRAIN-Developmental: (ages 8 to 16) Recreational players with minimal skills will be trained to improve their technique, tactics, movement and fitness level so that they may play and compete through match play.

TRAIN TO TRAIN-Developmental: (ages 9 to 17) Geared towards players with the goal to play competitive Squash, players in this program would already have been taught technical and tactical skills. The aim would be to improve their skills so that they are able to drill and play matches. It is our expectation that these players compete in Squash Ontario tournaments.

TRAINING TO COMPETE-Competitive: (ages 12 to 18) Invitation only program for players with complex drill skills and who play Squash as their main sport. Players in this program will be working on mastering all aspects of the game and should be competing in Squash Ontario, Provincial and National tournaments. Players may be asked to complete a skill test for entrance to this group.

CONTACT:

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2018/19 JUNIOR SQUASH PROGRAM REGISTRATION FORM

CONTACT INFORMATION: (must be filled out in full)

NAME		GENDER	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
EMAIL		BIRTH DATE (Age)	()
ADDRESS		HEALTH CARD #	
CITY		POSTAL CODE	
PHONE (Home)		PHONE (Other)	

PROGRAM INFORMATION & PRICING (please check appropriate boxes)	DATE	TIME	PRICE
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ACTIVE START (22 WEEKS)

KIDSTART (4 to 7) – 40 minute class <ul style="list-style-type: none"> Primary focus is motor skill development & acquiring squash fundamentals Emphasis on fun and engagement (not competition), with development of gross motor skills, social skills, emotions, confidence and positive self esteem. 	<input type="checkbox"/> Saturday (9:30 – 10:10 am)	<input type="checkbox"/> \$472 (1 day/ week)
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DEVELOPMENTAL PROGRAMS (22 WEEKS)

FUNdamentals (7 to 12) – 60 minute class <ul style="list-style-type: none"> Focus on developing movement skills with an emphasis on fun Coaches will focus on ball striking skills Children play modified games 	<input type="checkbox"/> Tuesday (5:10 – 6:10 pm) <input type="checkbox"/> Thursday (5:10 – 6:10 pm) <input type="checkbox"/> Saturday (10:10 – 11:10 am)	<input type="checkbox"/> \$733 (2 days/week) <input type="checkbox"/> \$803 (3 days/week)
LEARN TO TRAIN (8 to 16) – 60 minute class <ul style="list-style-type: none"> Emphasis on key squash specific fundamentals and learning to play & compete through match play Coaches will focus on skill development through game based situations Players in this program should participate in one day match play events 	<input type="checkbox"/> Tuesday (5:10 – 6:10 pm) <input type="checkbox"/> Thursday (5:10 – 6:10 pm) <input type="checkbox"/> Saturday (10:10 – 11:10 am)	<input type="checkbox"/> \$733 (2 days/week) <input type="checkbox"/> \$803 (3 days/week)
TRAIN TO TRAIN (9 to 17) – 60 minute class <ul style="list-style-type: none"> Emphasis on developing squash specific skills with increased emphasis on court movement and fundamentals with much more exposure to competition Players in this program should start to participate in the Squash Ontario Junior Silver circuit 	<input type="checkbox"/> Tuesday (4:10 – 5:10 pm) <input type="checkbox"/> Thursday (4:10 – 5:10 pm) <input type="checkbox"/> Saturday (11:10 – 12:10 pm)	<input type="checkbox"/> \$733 (2 days/week) <input type="checkbox"/> \$803 (3 days/week)

COMPETITIVE PROGRAM (22 WEEKS X 3 INVITATION ONLY PROGRAM)

TRAINING TO COMPETE (12 to 18) – 60 minute class <ul style="list-style-type: none"> For athletes who have chosen Squash as their sport and now must concentrate on and optimize their athletic capacities: technical, tactical, physical, mental, emotional and more Players in this program must commit to playing in the Squash Ontario Junior Silver and Gold circuit events, play Provincial and National championships and Adult tournaments with a minimum of 6 exposures. 	<input type="checkbox"/> GROUP A (Intermediate) Monday (4:10 – 5:10 pm) Wednesday (5:10 – 5:50 pm) <i>(conditioning)</i> Wednesday (4:10 – 5:10 pm) Saturday (12:10 – 1:10 pm)	<input type="checkbox"/> \$733 (2 days/week) <input type="checkbox"/> \$803 (3 days/week)
PRIVATE LESSONS <ul style="list-style-type: none"> Players are encouraged to take a private or semi-private lesson once every two weeks 	<input type="checkbox"/> GROUP B (Advanced) Monday (5:10 – 6:10 pm) Wednesday (4:30 – 5:10 pm) <i>(conditioning)</i> Wednesday (5:10 – 6:10 pm) Saturday (1:10 – 2:10 pm)	
	<input type="checkbox"/> \$42 (1 private) <input type="checkbox"/> \$200 (5 private) <input type="checkbox"/> \$26 (1 semi-private)	

ADDITIONAL CHILD: †When registering more than one child, the following prices will be apply to the second: \$666 (2x/wk) \$728 (3x/wk)

PLEASE NOTE: †All programs are subject to tax † 5% discount for 2 or more children in same family † Walk-on membership is included for the duration of session for children training (2x) per week † Classes cancelled are stated and will be made up as per the brochure

REFUND POLICY (on junior program only): † Up to 2 weeks – 75% + \$20 admin fee † After 2 weeks – no refunds

I agree to hold harmless White Oaks Tennis World Incorporated, its principle representatives and employees, from all claims for any and all injuries sustained while participating in sporting or in other activities on the club premises. I understand the rules which I have read and by signing this application I agree to abide by the said rules. All of the official rules of White Oaks Fitness & Racquets Club are available in the Membership Services Office (Parent or Legal guardian must sign for children U18)

SIGNATURE: _____

