

**CHARLOTTE COUNTRY DAY SCHOOL**  
**JUNIOR SQUASH**

**COACH: STEPHEN NEAL**

**Charlotte Squash Club, 5660-C International Dve, Charlotte**

**Squash -- one of the most dynamic and fastest growing sports -- is exploding at the junior level. The Ivy League and other top colleges place a strong emphasis on their squash programs and often give consideration to applicants who play squash.** Named by *Forbes* magazine as the top ranked healthiest sport, squash is a great cardio workout that also provides ideal training for other sports. A lifetime sport, squash is a fun activity the whole family can participate in. A junior squash program, run by the state's highest ranked pro player will be held at Charlotte Squash Club for CCDS students. **Alternate PE forms are available from Captains Candace Craig and Manu Amin to enable your child to get PE credit.**

**Dates:**

Winter, November 2 – February 15 (14 weeks)

**Monday and Wednesday – 4.30 – 5.30pm**

Cost per term = \$325 (includes league matches and tournament)

Equipment – can be supplied on the first day, racquet and goggles \$100 plus tax.

**Training Days:** Monday and Wednesday 4:30 – 5:30pm; League matches Fridays 6 matches over winter, includes weekend tournament at the end of the season TBD Feb 2016 (total hours = 40 hrs playtime, 60 hrs participation – refereeing matches etc)

The program will emphasize squash techniques and strategies, fitness, sportsmanship, and mental preparation.

Contact – Andrea Craig at [apcraigva@aol.com](mailto:apcraigva@aol.com)

# CCDS JUNIOR SQUASH

## Charlotte Squash Club International Dve, Charlotte

_____	_____	_____	_____	_____
Name of Child	Sex	Age	DOB	School
_____				
Name of Parent/Guardian				
Address:				
_____				
Street		City	State	Zip
Telephone:				
( ) _____	( ) _____	( ) _____		
Home	Father's Work	Mother's Work		
Email:				
_____				
Student	Parent			
Does your child have any medical problems? _____ If yes, please describe. _____				

**Please tick the appropriate term:**

\_\_\_\_\_ Winter, Nov 2 – Feb 15 (14 weeks)

**Monday and Wednesday – 4.30 – 5.30pm**

**Cost per 14 week term = \$325**

**Please have racquet and goggles available on the first day Y N (circle) \$106**

**Make checks payable: Charlotte Squash Club**

**RELEASE:** In consideration of making facilities and services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Charlotte Squash Club, AussieNick Squash, its owners, manager and representatives from any and all claims and demands of every kind, nature and character which I may have or may hereafter acquire for any or all damages or losses which may be suffered or sustained by me in connection with my activity and all such claims are hereby waived and released

**X \_\_\_\_\_ Parent or Guardian Signature (Required)**