

# Charlotte Country Day School

## JUNIOR SQUASH

COACH: Connie Barnes

**Charlotte Squash Club, 5660-C International Drive, 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 Coach will be held at Charlotte Squash Club for CCDS students.

**Dates:** Winter: Monday Oct 29 – Monday Feb 4, 2019

### **Training Days:**

Monday and Wednesdays 3:45 – 4:45pm

### **Cost per term:**

1 day option - \$300

2 day option - \$350

Both options - include matches on Fridays 4:00 – 5:00 pm

**Equipment** – can be supplied on the first day, racquet and goggles \$116 (incl tax)

The program will emphasize squash technique and strategy, fitness, & sportsmanship.

Contact Coach Connie [conniesquash@gmail.com](mailto:conniesquash@gmail.com)

Major tournaments at CSC – extra cost

Saturday 12/8/18

Saturday 1/26/19

# JUNIOR SQUASH

## Charlotte Squash Club- 5660C International Drive, Charlotte

_____	_____	_____	_____	CCDS
Name of Child	Sex	Age	DOB	School
_____ Charlotte squash club member (circle) Y N				
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 over. _____				

**Session Dates** - Winter, Oct 29 – Feb 4

**Training Days** - Monday and Wednesday – 3:45 – 4:45pm

**Cost:** circle correct price -\$300 (1 day option) or \$350 (2 days & matches)

**Equipment** - Please have racquet and goggles available on the first day Y N (circle)

Cost - \$116 (incl tax) please give 1 weeks' notice to order equipment

**Payment** - Make checks payable: AussieNickSquash Charlotte or pay at

<http://charlottesquash.com/product/payments/> change the '1' to the correct cost and forward receipt to Coach Connie [conniesquash@gmail.com](mailto:conniesquash@gmail.com) with this completed registration form

**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, AussieNickSquash, AussieNickSquash Charlotte, 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)**