

EpiC Team



Mike Harris is the current Head of Performance & Community at Edgbaston Priory Club. For 10 years he was an England High Performance Coach and was National Coach of Finland for 3 years and has over 30 years coaching experience.



Deon Saffery is an outstanding coach with a huge amount of knowledge, which, she is passing on to the next generation of young athletes. Deon is the former Welsh No.1, represented Wales at 2 Commonwealth Games and had a career high World No. 42



We are delighted to announce that Sarah-Jane Perry, England No.1 and World No.6 (Jan 2019) will be guest coach on Tuesday 6th August.



We are delighted to announce that Joel Makin, Wales No.1 and World No.23 (Jan 2019) will be guest coach on Wednesday 7th August.

Plus Other Qualified Coaches



EPiCsquashacademy partners Elite Injury Solutions will be giving each player on the camp a muscular Skeletal examination, two training sessions and report. Elite's core team comprises a highly experienced biomechanics and soft tissue specialist and a physical trainer with high competency in injury rehabilitation and recovery for performance.



ESTD

1875

EDGBASTON PRIORY CLUB



Edgbaston Priory Club,
Sir Harrys Road
Edgbaston,
Birmingham,
B15 2UZ

Tel: 0121 440 2492
www.edgbastonpriory.com



PERFORMANCE SUMMER SQUASH CAMP

MON 5TH — FRI 9TH
AUGUST

at the
Edgbaston Priory Club

**LEARN, PLAY HARD
& HAVE FUN**

Welcome to the EPiCsquashacademy Performance Summer Camp, which, is taking place at the Edgbaston Priory Club.

The cost of the 5 day camp is:

- Non-Residential £325.00
- Residential £425.00

(Players will stay with EPC Junior squash families)

Price includes:

- World Class coaching from the EPiCsquashacademy Team.
- Muscular Skeletal Examination, training sessions and reports from Elite Injury Solutions
- Lunch & Drinks
- Camp T-Shirt
- Video Analysis
- Evening Entertainment, including Go-Karting or Laser Tag, Cadbury World and Cinema.
- Full report and a training/practice plan to continue after the camp
- Guest Coaches Sarah-Jane Perry (Current World No.6) & Joel Makin (Current World No.23)

The player's will work in a competitive environment, be given the tools to understand the importance of a strong technique and tactical game. We will help you to analyse your strengths and weaknesses, give expert instruction on ways to develop your fitness, plus you'll meet and make new friends for life.

If you want to reach your potential and you have the drive and passion, then our camp is for you.

Edgbaston Priory Club

Edgbaston Priory Club is currently home of the British Junior Open and the 2019 European Team Championships. It's also home to the Nature Valley Classic (12th biggest Women's Tennis event in the world).

Our EPiCsquashacademy offers an exceptional junior player pathway programme to assist players of all abilities.

Our Women's team are 3 times European Club Champions and the men are the current National Squash Club Champions.



If you would like any further information regarding the EPiCsquashacademy Performance Summer Camp please contact Mike Harris
Phone: 07826 316065

E-mail: mike.harris@edgbastonpriory.com



**EPiCsquashacademy
PERFORMANCE
SUMMER SQUASH CAMP**



Application Form

Name:.....

Address:.....

Post Code:.....

D.O.B.....

Tel No:.....

Mobile No:.....

E-mail:.....

Allergies / Dietary Requirements:

Junior Camp

Date: Mon 5th—Fri 9th August

Cost: £325.00 Non-Residential
£425.00 Residential

Payment By BACS Transfer only :

Bank - Handlesbanken

Account - 69566400 Sort Code - 40-51-62

Name - Edgbaston Priory Club

Reference – EPICSQUASHCAMP2019

Signed by or
Parent / Guardian: _____

Date: _____