

Worldenjoyer organizes Squash Courses and squash Camps over the World

DATES

CHOOSE YOUR DATES

We can accommodate different durations
of days to suit your travel requirements.



Organized by:

Tino Casas. International Squash Coach. Spanish National Senior and Junior Coach 2006-2015. ESF Level 2.

GOALS:

1

The squash camp aims to give players an all-round experience that combines their squash development in a fun, friendly and supportive environment.



2

Our programme is structured to cater for all levels and provides the opportunity for players and coaches to mix together.



3

Our coaching team aim to cover all aspects of player development including technique, tactics, movement and physical training. Each player will receive a personalised training plan to take away.



4

Matches and competitions are arranged during the camp to provide regular competitive opportunities.



5

A unique strength of our camps is the high ratio of coach to player ensuring maximum individual attention.



STRUCTURE OF THE CAMP/COURSE:

✓ a) TECHNICAL PROGRAMME

Stroke correction. Basic exercises to improve elementary technique. Compensation of the player's weak points. Introduction and improvement of basic strokes. Design shot types that are consistent. Work method with dynamic games: Perfect and define Squash shots, Improve shot selection, reduce errors.

✓ b) PHYSICAL PROGRAMME

- **Development of basic physical abilities:** stamina, strength, speed, flexibility.
- **Adapting to the specific physical requirements of a racquet sport:** workouts focused on the physical needs of a racquet sport: reaction time, explosive strength, acceleration of gestures in the upper body.
- **Specific work on muscular compensation.** Specific work to prevent injuries.
- **Development of general dynamics coordination.** Personalised physical preparation tailored for each individual and competitive goal. Fitness on court, off court, in the gym, and in relation to one's own body.

✓ c) TACTICAL PROGRAMME

Preparing a match, strategy during a game, after the match: post-match planning and analysis. Personalised plans, analysis and making of game patterns. Player's progress report. Use of video as a tool for correcting technique and tactics. Match management by coaches. How to finish a rally.

✓ d) PSYCHOLOGICAL PROGRAMME

This work **allows the player to know and train various psychological and emotional variables** that affect competition matches, thus favouring stimulation of emotional training, individual learning and prevention of problems.



CHARACTERISTICS

For players of all levels, ages, and nationalities. Our aim is for our clients to learn and improve their squash game, and at the same time we make sure that there is an ideal atmosphere to achieve this goal.

HOW DO WE WORK?

We draw up a Development plan of the player's type of game according to each participant's technical, physical, and psychological characteristics. The programme counts on individualised Training sessions with a coach, and training in pairs. The programmes are personalised and adapted to each player's needs. Worldenjoyer Works with the latest technology to maximise our learners' performance.



INFORMATION AND BOOKINGS

Telephone: 0034 637 444 869

Email: info@worldenjoyer.com



CAMP FORMAT

Number of participants:

Maximum of 18 participants per week.

Organization:

- Two groups form if necessary. Group A and Group B, a schedule shall be assigned to each group.
- Worldenjoyer organizes different tournaments format. Individual and Team tournament where our coaches analyze all the Squash skills.
- After the Camp, every player will receive a report and Feedback from the Staff of Worldenjoyer.

STAFF.

Tino's Professional Squash since 1999.

Born in October 1978, Tino has been a professional squash player (PSA) since 1999, reaching his best world ranking of 119. He has represented the national team in both juniors stage and as a senior, on more than 100 occasions. As a coach, he has organized and led more than 125 squash courses and more than 50 Squash Camps for both adults and juniors. Until early 2015, Tino Casas combined his work in his squash academy, with over 100 students, while also having the responsibility of technical director and national coach of Spain. His best achievements with the Spanish team were in 2014, when he reached second place in Junior Team Championships and won the bronze medal in the World Junior Championship in August 2014, while in Namibia.