

G.S. SQUASH presents:

WEEKEND SQUASH COURSES FOR ADULTS – 200/9

Would your game benefit from an **INTENSIVE WEEKEND'S COACHING**, under the direction of one of England's most experienced coaches? Do you think that improved **RACKET CONTROL**, more balanced **MOVEMENT**, better **SHOT-SELECTION**, and a **REDUCTION OF ERRORS**, could help you achieve that next elusive step up the 'Squash Ladder'? If so, **GRAHAM STEVENSON'S WEEKEND COURSES** could be just what you have been hoping for! Once described as 'one of the best Junior Coaches in the world', Graham has proved with an enduring series of most successful Weekend Courses that his relaxed 'fun with hard work' approach works just as enjoyably with adults. Why don't YOU give it a try?

DATES:

Currently booking for – 14/15/16 November 2008 16/17/18 January 2009 6/7/8 March 2009

STANDARD & AGE:

Players should be aged 18 years and above, and be beyond the 'Beginner' Stage.

THE COACH:

Graham Stevenson is an England Squash Level 4 Professional Coach, for 15 years Coach to the England Junior Squads, author of the Collins Guide 'How to Coach Squash', and has coached and tutored coaches worldwide.

THE VENUES:

The majority of courses are held at Storrington Squash Club in West Sussex, with an alternative being the Bluecoat Sports Centre in Horsham, both venues proving ideal for such a weekend.

THE COURSE: £195

Each weekend includes over 16 hours tuition, beginning at 7.00pm on the Friday, finishing at 5.30pm on the Sunday. The Programme is carefully paced, and sessions involve Solo Skills Practice, Pairs Routines, Conditioned Games, Match Preparation, Matchplay + Analysis, Shot-selection, Concentration and Error Reduction, plus Movement and Fitness. Practical sessions are backed-up by some off-court theory, and all courses are supported by Notes, with players encouraged to produce their own Game Evaluation / Action Plan. The cost includes all tuition and a Meal each day.

**For FURTHER INFORMATION, and TO BOOK, please visit the website
www.squashplayer.co.uk/gssquash, call Graham on 01798 831428, or e-mail:
grahamstevenson@onetel.com**

