



OMAR SOBHY SUMMER 2017 SQUASH CAMPS

- Egyptian-style Training
- Morning and Evening Sessions
- Boarding and Day Camps

DATES

- **DC GOLD PREP** May 22-26 (DC Gold 5/27)
- **WESTCHESTER GOLD PREP** May 29-June 2 (Westchester Gold 6/2)
- June 5-9
- **SAN FRAN GOLD PREP** June 12-16 (San Francisco Gold 6/16)
- June 19-23
- June 26-30
- July 3-7
- July 24-28
- **NEWPORT GOLD PREP** July 31-August 4 (Newport Gold 8/4)
- **FINGER LAKES GOLD PREP** August 28-September 1 (Finger Lakes Gold 9/2)

*** Will be in Long Island 7/8-23 & 8/7-25

*** Inquire for weekday and weekend Long Island Training Camps

PRICING

\$1600/week overnight (arrive Sunday 5pm, depart Friday 3pm)

\$1250/week day camper (No room and board included)

\$350/ full day (No room and board included)

\$200/ half day (No room and board included)

SAMPLE CAMP SCHEDULE

8:30am - campers drop off

9am –Warm Up &Fitness

10am - Solo, Drills, Technical Work, and Condition Games

Noon - Lunch

2pm - Match play, Condition Games,Strategy

5:00pm - Cool Down, Stretch, Mental Work, and Day Campers Pick up

7pm - Dinner and Evening Activity

9-10pm - Back to Housing