HIGH PERFORMANCE PROGRAM

Training sessions 2022
# Team USA Weekly Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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<tr>
<td>9.00am</td>
<td>S &amp; C Group 1</td>
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<td>HPP Group</td>
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<td>11.30am</td>
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<td>HPP Group Match Day</td>
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<td>2.30pm</td>
<td>HPP Group</td>
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<td>Physio</td>
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Sessions

• Series of four sessions each week

• Vary by
  
  * Duration  
  * Drill  
  * Side  
  * Intensity
Team USA Individual Goal Setting

• Sit down with each player frequently to talk about goal setting.
• Set an attainable benchmark for the goals and give everything you got to achieve them.
• Give them a notebook to right down their goals and recap in the following meeting.
  → Long-term and short-term squash goals
  → Off-court goals
Daily Amenities for Players

- Sauna for Recovery
- Refuel Station
- Full Gym
- Stringing
- Team USA Locker Room
- Individual Lessons with Ong Benghee
- Sessions with Other Professionals players
Analysis of Tournament Matches

- After each tournament, it is important to rewatch your matches and review, with Benghee, on what went well and what needed improvement.
  → Once reviewed, access what needs to be worked on and what needs to stay the same.
  → This will help with consistent improvement for players
Professional Lift Sessions

Lift session with Professional trainer.

• Morning lift sessions will build strength and prevent injuries.
• Doing squash-specific workouts to enhance movement and endurance.