



THE 45-DAY INITIATIVE

# Summer

## TRAINING PROGRAM

Minimum Rating  
Boys ~5.7  
Girls ~5.4  
for inclusion  
~ or at  
National Coach  
discretion

2025  
7th July - 22nd August



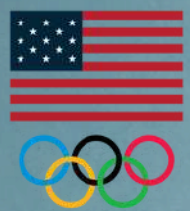


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# US SQUASH | PLAYER DEVELOPMENT PATHWAY

GRASSROOTS



REGIONAL TALENT IDENTIFICATION



COLLEGE PLAYERS



NSA INTERNATIONAL

LOCAL PROGRAMS



US DISTRICTS

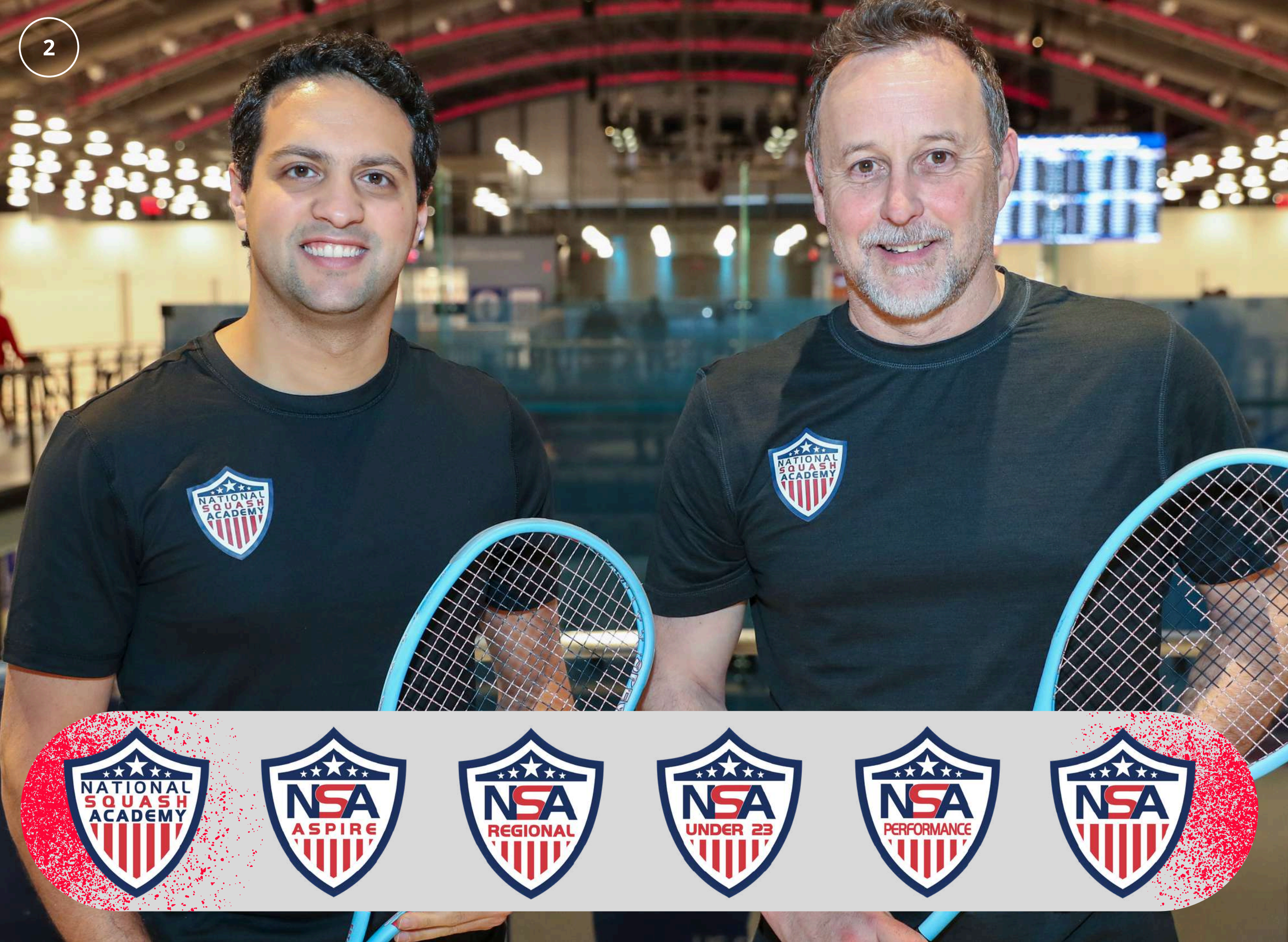
JUNIOR TEAM USA PLAYERS



TEAM USA







**WELCOME TO OUR '45 DAY INITIATIVE' A SUMMER PROGRAM DESIGNED TO INCORPORATE TEAM USA, COLLEGE PLAYERS, PSA PROFESSIONALS, AND TOP-LEVEL JUNIORS WITH A MINIMUM ~5.7 RATING FOR BOYS AND ~5.4 FOR GIRLS (OR DISCRETION OF NATIONAL COACHES) THIS PROGRAM OFFERS PLAYERS A VALUABLE OPPORTUNITY TO ENHANCE THEIR GAME AND GAIN A DEEPER UNDERSTANDING OF WHAT IT TAKES TO BE A FULL-TIME PROFESSIONAL PLAYER. OUR PRIMARY FOCUS IS NOT ONLY ON IMPROVING TECHNICAL AND TACTICAL SKILLS BUT ALSO ON ELEVATING EACH PLAYER'S OVERALL PLAYING LEVEL WHILE ADDRESSING THE PHYSICAL AND MENTAL ASPECTS OF PERFORMANCE. THIS HOLISTIC APPROACH AIMS TO CREATE A POSITIVE AND IMPACTFUL OUTCOME THAT BENEFITS PLAYERS LONG TERM.**

**FROM JULY 7TH TO AUGUST 22ND, THE NATIONAL SQUASH ACADEMY (NSA) WILL RUN SQUAD SESSIONS, ORGANIZED MATCH PLAY, PLAYER FEEDBACK REPORTS SPECIFIC MOVEMENT CLINICS, AND STRENGTH AND CONDITIONING (S&C) TESTING AND EDUCATION.**







# +Visiting Coaches

**NICK TAYLOR**  
**GANEK FAMILY**  
**US SQUASH HEAD**  
**NATIONAL COACH**



**KARIM IBRAHIM**  
**US SQUASH**  
**JUNIOR NATIONAL**  
**COACH**



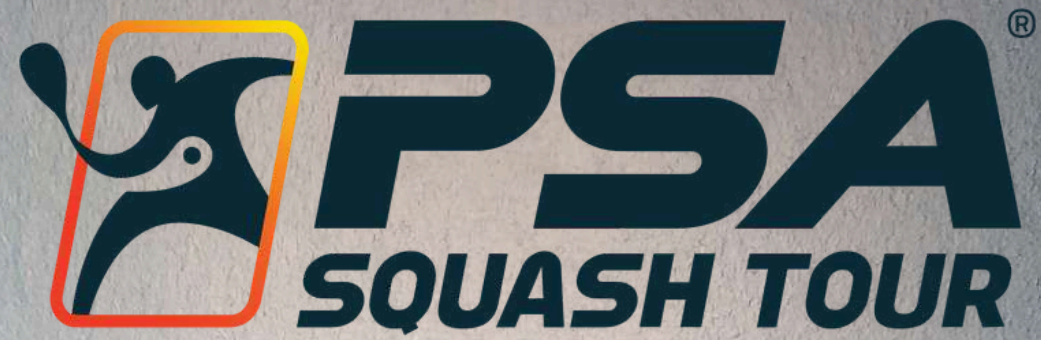
**BRIGITA ROEMER**  
**US SQUASH HEAD**  
**S&C COACH**



**DAMON LEEDALE-BROWN**  
**SPORTS SCIENCE &**  
**PERFORMANCE COACH**







**PSA**<sup>®</sup>  
**SQUASH TOUR**

**DATES:** 12/13TH JULY | 26/27TH JULY | 9/10TH AUGUST - **FORMAT:** 16 DRAW MEN & WOMEN







**THE NATIONAL SQUASH ACADEMY AND DREXEL UNIVERSITY HAVE TEAMED UP THIS SUMMER TO PROVIDE ACCOMMODATION. ROOMS/SUITES START AT \$69 PER NIGHT, PER PERSON, WHICH INCLUDES LAUNDRY FACILITIES AND IS LESS THAN A FIVE-MINUTE WALK FROM THE ARLEN SPECTER CENTER.**







# SQUAD

# STRUCTURE

## **WHAT HAPPENS ON A TYPICAL DAY?**

- BRIEFING**
- GROUP WARM-UP**
- TECHNICAL WORK LINKED WITH SPECIFIC ROUTINES**
- GHOSTING PROGRAMS**
- SQUASH CIRCUITS**
- CONDITIONED GAMES**
- COMPETITIVE PLAY**
- SQUASH SPECIFIC FITNESS**
- GROUP WARM DOWN**
- PLAYER FEEDBACK**

**SQUAD DAYS ARE TYPICALLY BASED ON SPECIFIC THEMES.**

**THEMES TYPICALLY INCLUDE:**

**UNDERSTANDING THE 'SQUASH PILLARS'**

**ATTACKING OPTIONS**

**PATTERNS OF PLAY**

**WEIGHT OF SHOT**

**DECEPTION/THREAT**

**LENGTH HITTING**

**THE ART OF HITTING A FADING LENGTH WITH THE CORRECT WEIGHT OF SHOT USING VARIOUS HEIGHTS**

**PARTNERSHIPS**

**PLAYING WITH OPTIONS AND HAVING THREAT (HOLD) TO TAKE OPPONENTS MOVEMENT AWAY**

**DEFENDING AND REVERSING PRESSURE USING SOFTER SKILLS.**

**ATTACKING**

**HOW TO USE THE STRAIGHT DROP EFFECTIVELY AND FOLLOW UP**

**'T' CONTROL**

**HOW TO GAIN AND STAY IN CONTROL OF THE MIDDLE OF THE COURT EFFECTIVELY**

**FOOTWORK, POSITIONING & MOVEMENT.**

**CRITICAL MOMENT CONTROL**

**PLAYING GAMES FROM 7 ALL TO 11. IF PLAYERS DON'T CONVERT THE GAME BALL THEY GO BACK TO 8. ALL FOCUSED**

**ON MENTAL TACTICAL TOUGHNESS.**

**VIDEO ANALYSIS**

**ANALYZE THE TOP PLAYERS - SHORT CLIPS ON PLAYING SHORT OR LONG FROM SAME SET UP, AND HOW THEY MASK**

**THEIR INTENTIONS UNTIL IMPACT POINT WHICH TAKES OPPONENTS MOVEMENT AWAY.**



PROGRAM OPTIONS	FEE
1x 2 hour squad session per week	\$150
3x 2 hour squad session per week	\$100 per squad
5x days per week (6 x squads + organised matchplay + Player feedback)	\$700 per week
Weekend pass (3x squads, plus matchplay)	\$300 per weekend
Drexel Accomadation suite Breakfast & Lunch option (GFG Cafe)	\$69 per night \$29 per day
Technical Private lessons available: Nick Taylor Karim Ibrahim	\$225 per hour \$175 Per hour
S&C Testing, Programming and Education (Brigita Roemer)	\$125 per hour
<p>Squad times   Monday, Wednesday, Friday, 10am-12pm &amp; 2pm-4pm</p> <p>Movement squads   Tuesdays 10am-12pm</p> <p>Matchplay times   Tuesdays 2pm-4pm &amp; Thursdays 2pm-4pm, M, W, F: 6-7pm</p> <p>Weekend schedule   Friday 6-7pm matchplay   Saturday &amp; Sunday 10am-12pm and 2pm-4pm</p>	 



Every Moment Matters

- Week 1 | July 7-11 (Weekend 12/13th July)
- Week 2 | July 14-18 (Weekend 19/20th July)
- Week 3 | July 21-25 (Weekend 26/27th July)
- Week 4 | July 28-Aug 1st (Weekend 2/3th July)
- Week 5 | August 4-8 (Weekend 9/10th August)
- Week 6 | August 11-15 (Weekend 16/17th August)
- Week 7 | August 18-22 (No weekend)





8

Matías Knudsen  
Columbia  
HWR#76



Youssef Ibrahim  
Egypt  
HWR#11



KaYi Lee  
Hong Kong  
HWR #38



Sam Todd  
England  
HWR#66



Alina Bushma  
Ukraine  
HWR#76



# INTERNATIONAL AMBASSADORS

20+ INTERNATIONAL PSA PROFESSIONALS AND GROWING





Where Olympic Journeys Begin

**COME**  
**JOIN**  
**US!**



**CONTACT US SQUASH GANEK FAMILY HEAD NATIONAL COACH  
NICK TAYLOR FOR MORE INFORMATION  
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