



PRE-SEASON FITNESS TRAINING, SUMMER 2010

WHO:

- Area Squad Players who are 14 years old or older
- Performance Programme Players
- Individual Support Programme Members

(Additional players may take part if OK with the Ulster Squash Performance Officer)

WHAT:

The sessions will alternate between focusing on Speed and on Speed Endurance, as part of a General Preparation Programme, combined with other aspects of training. The programme will cover:

- Dynamic flexibility & Mobility
- Speed
- Speed Endurance
- Agility and Quickness

Much of this will be covered through interval training and relays or small sided games

WHY:

After taking part in the six-week programme players will be better prepared for the next step in preparing for the upcoming season, and for going back on court.

WHERE:

Sessions will alternate between indoor training in the Small Hall at the Lisburn Racquets Club and outdoors in the grounds of the Queen's University / Botanic Garden.

WHEN:

Lisburn:	PEC/Botanic (meeting at the PEC entrance):
Thursday 15 July 2010, 7-8pm	Sunday 18 July 2010, 3-4pm
Thursday 22 July 2010, 7-8pm	Sunday 25 July 2010, 3-4pm
Thursday 29 July 2010, 7-8pm	Sunday 1 Aug 2010, 3-4pm
Thursday 5 Aug 2010, 7-8pm	Sunday 8 Aug 2010, 3-4pm
Thursday 12 Aug 2010, 7-8pm	Sunday 15 Aug 2010, 3-4pm
Thursday 19 Aug 2010, 7-8pm	Sunday 22 Aug 2010, 3-4pm

HOW:

The sessions are "open", which means that you don't have to sign up for the whole series. You may turn up on the day. For indoor sessions wear normal squash kit. For outdoor session make sure you wear suitable footwear and come prepared for what the weather may have in stall for us.

COST:

£2/session, or £16 for all sessions, if paid at the first session. Free for players on the Individual Players Support Programme.

FOR FURTHER INFORMATION OR FOR ANY QUERIES PLEASE CONTACT JACOB GULDBAECK, ULSTER SQUASH PERFORMANCE OFFICER ON 07850 022473 OR ON Jacob@ulstersquash.com.