


SQUASHSPIRIT Sleepaway Camp 2025

@ Episcopal High School
1200 N Quaker Ln, Alexandria, VA 22302

 **Week 1:** June 29th - July 3rd

 **Week 2:** July 6th - July 10th

Overview

Join us for an exciting **5-day sleepaway squash training camp** hosted at the prestigious **Episcopal High School** in Alexandria, VA. This camp is designed to help players unlock their full potential, develop key skills, and experience what it takes to excel both on and off the court.

Meet the Coaches

Led by a team of world-renowned squash professionals:

- **Heba ElTorky:** Head Coach at Georgetown University, & Former World #19



- **Mohamed Elsherbini:** PSA Player, Former World #15, & Head Coach at FOC



- **Mohamed ElSherif:** Director of Squash at St. Paul's School, Owner @ Squash Spirit



What Your Child Will Gain

Exposure to Elite Coaching

Learn from some of the world's top squash coaches and players.

College Athlete Insight & Recruiting Guidance

Gain insider tips on becoming a top student-athlete, including **how to navigate the college recruiting process**, from Georgetown University's head coach.

Individualized Training

Each camper receives a personalized training program tailored to their unique needs—no one-size-fits-all approach here!

Skill Development

Refine techniques, improve fitness, and learn strategies to elevate your game.

Comprehensive Knowledge

Participate in seminars covering game recovery, video reviews, fitness preparation, and college admissions guidance.

Camp Highlights

Accommodations

Campers will stay in **comfortable double rooms** in Episcopal High School's dormitories.

Meals

All meals will be provided at the school's dining facilities to ensure proper nutrition.

Focused Program

- Squash-specific training
 - Fitness sessions
 - College
 - Recovery techniques
 - Game analysis and mental preparation
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Why Choose Us?

- ✓ Build lifelong skills both on and off the court.
- ✓ Train in a fun, disciplined, and supportive environment.
- ✓ Learn from a team of world-class coaches and players.
- ✓ Receive expert guidance on college recruiting and admissions.

Pricing & Registration

 **Email us at: torky@georgetown.edu** to register or inquire further.

Spaces are limited—secure your spot today!