

First Week Camp

- **Check-in:** June 29th at 3:00 PM
- **Check-out:** July 3rd at 1:00 PM

Second Week Camp

- **Check-in:** July 6th at 3:00 PM
 - **Check-out:** July 10th at 1:00 PM
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ACCOMMODATION

Campers will stay in air-conditioned dormitories, supervised by our experienced coaching staff, at **Episcopal High School**, located at **1200 N Quaker Ln, Alexandria, VA 22302**.

MEALS

Campers will enjoy **three nutritious meals daily** (breakfast, lunch, and dinner) provided in the school's cafeteria.

COACHING TEAM

Our dedicated team of coaches undergoes thorough federal and state background checks, ensuring the safety and well-being of all campers. With a **8:1 student-to-coach ratio**, each camper receives personalized attention and constant supervision.

DISCOUNTS

- **Two Weeks:** \$150 off for each additional session added.
- **Siblings:** \$150 off per week when a second sibling is added.

OVERNIGHT SCHEDULE

SUNDAY

- **3:00 PM:** Camper check-in at dormitories
 - **4:30 PM - 6:00 PM:** Squash session
 - **6:30 PM:** Dinner
 - **8:00 PM:** Evening activity
 - **10:00 PM:** Lights out
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DAILY SCHEDULE (MONDAY, TUESDAY, WEDNESDAY)

- **7:30 AM:** Wake up and prepare for the day
 - **8:00 AM:** Breakfast
 - **9:00 AM - 11:30 AM:**
 - Squash routines, technical training, and fitness sessions
 - Campers work in groups, focusing on techniques and tactics.
 - One group will participate in fitness instruction with **Penn's strength and conditioning coaches**.
 - Morning sessions will focus on a specific theme to be applied during afternoon training.
 - Stretching and cooldown will conclude each morning session.
 - **12:00 PM:** Lunch
 - **3:00 PM - 5:00 PM:**
 - Conditioning games, match play, and video analysis
 - Campers apply morning lessons in matches and receive tactical feedback.
 - Video analysis sessions, led by coaches, review individual gameplay from the previous day.
 - **6:30 PM:** Dinner
 - **8:00 PM:** Evening activity
 - **10:00 PM:** Lights out
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THURSDAY (FINAL DAY)

- **7:30 AM:** Wake up and prepare for the day
 - **8:00 AM:** Breakfast
 - **9:00 AM - 11:30 AM:**
 - Squash routines, technical training, and fitness sessions
 - Stretching, cooldown, and review of the session.
 - **12:00 PM:** Lunch
 - **12:45 PM:** Campers depart
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DAILY SUMMARY

- **7:30 AM:** Wake up and prepare for the day
- **8:00 AM:** Breakfast
- **9:00 AM - 11:30 AM:** Conditioning, weight training, drills, and technique work
- **11:45 AM - 12:30 PM:** Lunch
- **1:15 PM - 4:15 PM:** Afternoon session focusing on athletic psychology, game strategy, nutrition, match play, and video assessments
- **4:15 PM - 5:00 PM:** Cooldown, flexibility exercises, and Q&A with coaches
- **5:30 PM - 6:30 PM:** Dinner
- **6:30 PM - 8:30 PM:** Recreational activities (bowling, pool, frisbee, etc.)
- **8:30 PM - 9:30 PM:** Return to dormitories for cards, board games, or TV
- **9:30 PM:** Campers prepare for bed
- **10:00 PM:** Lights out