



SUMMER 2024

13 MAGICAL CAMP WEEKS
13 MASTER COACHES
CT + NY USA + EUR

**WHEN THE STUDENT IS READY,
THE MASTER APPEARS.**





**SUMMER WITH MSQUASH.
AN ENTIRE SEASON TO MASTER
THE SPORT WE ALL LOVE.**

No other squash academy will provide you with this scope of camps, lessons, fitness training, world class coaches, and international tournaments. MSQUASH has the level of commitment to match your own.




AN ENTIRE SUMMER TO MASTER SKILLS. AND MAXIMIZE YOUR POTENTIAL.

Head into next year's squash season with a major edge:
13 weeks of summer camp training with MSQUASH.

WEEK	GUEST COACH & PROGRAMMING	AM / PM	STARTER	-4 RATING	+4 RATING	SHUTTLE
6/3 - 6/7	Camp with MSQUASH Coaches	2 PM sessions		●●	●●	
6/10-6/24	International I - Italy & Portugal	Full board		●●		
6/10 - 6/14	Camp with Professional Player	AM & PM	●●	●●	●●	●●
6/17 - 6/21	Camp with Ivy League Coach	AM & PM	●●	●●	●●	●●
6/23 - 7/8	International II - Germany & Netherlands	Full board			●●	
6/24 - 6/28	Camp with Shaun Moxham 3 M's of MSQUASH	AM & PM	●●	●●	●●	●●
7/1 - 7/5	4-day Camp Week - 4th of July	AM & PM	●●	●●	●●	●●
7/8 - 7/12	Movement & Athlete Well-Being Boot Camp w/ Nicole Powers + Gary Hankins	AM & PM	●●	●●	●●	●●
7/15 - 7/19	Camp with Professional Player	AM & PM	●●	●●	●●	●●
7/22 - 7/26	Camp with NESAC Coach	AM & PM	●●	●●	●●	●●
7/29 - 8/2	Camp with Professional Player	AM & PM	●●	●●	●●	●●
8/5 - 8/9	Camp with Drexel Coach	AM & PM	●●	●●	●●	●●
8/12 - 8/16	Camp with Ivy League Coach	AM & PM	●●	●●	●●	●●
8/19 - 8/23	Camp with Ivy League Coach PSA Satellite Event	AM & PM	●●	●●	●●	●●
8/26 - 8/30	Matchplay Boot Camp with MSQUASH Coaches	AM & PM	●●	●●	●●	●●


Some guest coach appearances will be updated.

For the latest details on our programming, please visit www.msquash.com

A photograph of Shaun Moxham, a man in a black t-shirt and shorts, holding a squash racket and gesturing with his other hand as he coaches two young players, a boy in a red shirt and a girl in a black tank top, in a squash court.

*Shaun Moxham, Founder of MSQUASH.
Renowned Coach of World Champion David Palmer.
Over 30 years of international coaching experience and love for squash.
Specializes in explaining the game like no other.*

AN UNMATCHED PAIRING OF CHAMPION PLAYING AND COACHING EXPERIENCE.

A photograph of Katline Cauwels, a woman in a black long-sleeved shirt and red leggings, coaching three young players (two girls and one boy) in a squash court. The boy is wearing a blue t-shirt with the MSQUASH logo.

*Katline Cauwels, Co-Founder of MSQUASH.
One of the first women to combine professional squash with 2 Masters Degrees.
Three-time Belgian National Champion.
Specializes in developing junior female players.*

**“I LOVE
WATCHING
THE PLAYER’S
REACTIONS
WHEN
PRO PLAYERS
TALK ABOUT
THEIR OWN
BATTLES WITH
NERVES.”**

— Shaun Moxham,
Founder of MSQUASH
and its three pillars of
Methodology:
Mindset, Movement, and Match Strategy.



A portrait of Shaun Moxham, a middle-aged man with a beard and mustache, smiling. He is wearing a black zip-up jacket and has his arms crossed. The background is plain white.

**MINDSET. MOVEMENT. MATCH STRATEGY.
MASTER THEM WITH MSQUASH.**

Shaun Moxham, the man behind the M of MSQUASH.

WHEN & WHERE WILL YOU TRAIN

	MON	TUE	WED	THUR	FRI
-4 Rating Players	SONO 9:30a - 3:30p	Port Chest. 9a - 3p	SONO 9:30a - 3:30p	Port Chest. 9a - 3p	Port Chest. 9a - 12p
+4 Rating Players	Port Chest. 9a - 3p	SONO 9:30a - 3:30p	Port Chest. 9a - 3p	SONO 9:30a - 3:30p	SONO 9:30a - 12p
On Fridays, camp ends at noon. We work on a summary of the week's activities, emphasizing the practical application of lessons learned to be carried over into matchplay.					

SONO CAMPUS	PORT CHESTER CAMPUS
9:30a-12p	9-11:30a

Warm-up
Physical Training: mix of agility, strength, endurance, balance, mobility, interval
Technical Drills on court & Condition Games

12-1p	LUNCH BREAK	11:30-12:30p
1-3:30p	AFTERNOON CAMP	12:30-3p

Warm-up
Become a better player with holistic athlete-lifestyle training off-court: Mindset work,
Video Analysis, Nutrition, Habits, Skills, Guest Coach Workshops
Condition Games & Matchplay
Stretching & Mobility | Recovery Work & Habits

BUS SERVICE BETWEEN THE CAMPUSES		
MON - FRI AM SHUTTLE	MON - THUR PM SHUTTLE	FRI NOON SHUTTLE

SONO → Port Chester 8:20 - 8:50a Port Chester → SONO 8:50 - 9:30a	Port Chester → SONO 3:00 - 3:30p SONO → Port Chester 3:30 - 4:15p	Port Chester → SONO 11:40a - 12:10p SONO → Port Chester 12:10 - 12:45p
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LOGISTICS

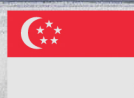
Drop off your player at either campus and we will provide transportation to and from the other campus with certified bus transportation, every day of the week, starting June 10 until Aug. 30, 2024.

Five-time British Junior Champion Ollie Holland, World Junior Champion Coach Sjef van der Heyden, and three-time Belgian National Champion Katline Cauwels coach a camp.



WE FIT THE WHOLE WORLD INTO A 32' x 21' BOX. (9.75m x 6.4m if you prefer metric.)

Our summer camps have included pro players and coaches from 20 nations.





"I learned strategies on how to stay focused throughout the match."

"I liked the sense of community and team spirit."

BE ON A FIRST NAME BASIS WITH THE TOP NAMES IN THE GAME.

Summer camps feature world renowned champion pro players and coaches.

"I made a lot of new friends."



**WE RECRUIT TOP COLLEGE COACHES TO OUR CAMPS.
AND BUILD TOP PLAYER RECRUITS FOR COLLEGES.**

We pride ourselves on our unparalleled track record of college placement. MSQUASH has trained dozens of elite players past and present chosen by varsity programs at prestigious colleges that include Harvard, Yale, Princeton, Penn, Cornell, Columbia, Dartmouth, Virginia, Drexel, Williams, Fordham, Middlebury, Vassar, Bates, Georgetown...

*Arnav Tevatia,
Cornell Class of 2027.*

**“PLAYERS
WE SEE FROM
MSQUASH
ALREADY HAVE
THE FOUNDATION
TO SUCCEED
AT THE
HIGHEST
LEVEL.”**

— David Palmer, 2x World Champion,
and 4x British Open Champion,
who went from #44 in the world to #1
in just 18 months
with our own Shaun Moxham.




COLLEGES LOVE WHAT THEY SEE IN OUR PLAYERS.

There are less than 200 roster spots on the top college squash teams.

Most go to those who apply themselves early.

The matchplay experience you'll get from our summer camps and tournaments could make you the class of the class.



*Lucie Stefanoni, Harvard 2027.
#1 player in the US in each age category.
Three-time National Champion.
Former MSQUASH Player.
Now one of your summer camp coaches.*



RICCIONE, ITALY

*"From the beaches to the squash courts,
Riccione Italy was such an amazing experience!"*

CAITLIN BUFORD

**MSQUASH INTERNATIONAL: FRIENDS. COMPETITION.
AND AN UNFORGETTABLE SUMMER VACATION.**



PORTO, PORTUGAL

MSQUASH IN ITALY AND PORTUGAL

The highlight of summer: Our exclusive squash travel and competition.



JUNE 10-24, 2024

ITALIAN JUNIOR OPEN: RICCIONE, ITALY
PORTUGUESE JUNIOR OPEN: PORTO, PORTUGAL

Our unforgettable Italy and Portugal camp lets you compete in two prestigious international tournaments:

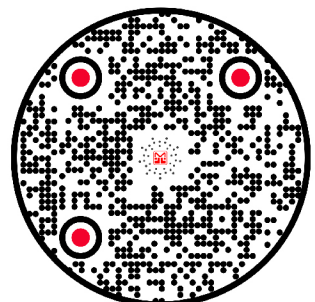
The Italian Junior Open Grand Prix Tournament
and the Portuguese Junior Open.

Use your elite training against Europe's top players to experience the demands of global competition. Off court, players will explore the sun-kissed Italian beach town of Riccione and historic city of Porto.

Scan the QR code to sign up.

IS THIS YOU?

- All boys and girls ages 10+
- Players with a +2.5 rating
- Years played recommended: 2+
- Players ready to train 4 hours a day in summer
- Players who register for this camp commit to at least two more weeks of training with us during summer





AMSTERDAM, NETHERLANDS



HAMBURG, GERMANY

"The German Junior Open was a blast with MSQUASH cheering on everyone."

JACOB PRICE



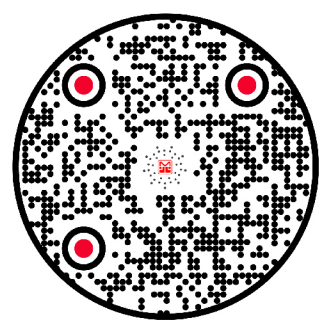
MSQUASH IN THE NETHERLANDS AND GERMANY

The second of our two world-class summer travel and competition events.

JUNE 23 - JULY 8, 2024
DUTCH JUNIOR OPEN: AMSTERDAM, NETHERLANDS
EUROPEAN JUNIOR OPEN: HAMBURG, GERMANY

This challenging camp lets Gold and JCT level players test their skills on the global squash scene. You will compete in two Grand Prix Tournaments: The Dutch Junior Open in Amsterdam, Netherlands and the European Junior Open in Hamburg, Germany. This is no ordinary camp, with the world's top juniors, and a coaching staff who aim to put you on the map. We'll stay in charming Amsterdam, and bus to Hamburg. Scan the QR code to sign up.

- IS THIS YOU?**
- All boys and girls ages 10+, with a +3.5 rating, competing at Gold and JCT level
 - Years played recommended: 3+
 - Players ready to train 5 hours a day in summer
 - Players who register for this camp commit to at least two more weeks of training with us during summer



**“AFTER THE
SUMMER TRAINING
ON AND OFF
THE COURT
I CAME BACK
STRONGER
THAN EVER
FOR THE
NEW SEASON.”**

— GU15 Chelsea Chen,
who was so resilient to come back from injury
and win a JCT
one year later.





SO MANY NUMBER ONES, WE'VE STARTED TO LOSE COUNT.

Our summer camps help you maintain top rankings as you move up in age. This year alone, we have eight #1s in different age groups in the US.



**SOME START AT AGE FOUR.
SOME ARE STILL WITH US AFTER
FOUR YEARS OF COLLEGE.**

Summer camps are also for those just getting the swing of things.
Kids under age nine get a 25% discount.
Invest in a long-term plan of private lessons and fitness programs
to prepare them for a lifetime of success on and off the court.



COURTYARD BY MARRIOTT
RYE, NY



RESIDENCE INN BY MARRIOTT
NORWALK, CT

WHERE TO STAY WHILE AT MSQUASH.



TRAIN WITH US NO MATTER WHERE YOU LIVE WITH THE MSQUASH OUT-OF-STATE AND INTERNATIONAL PLAYER PROGRAM.

We welcome players from all over the world and country to join us during school breaks, holidays, or weekends for camp, private lessons, clinics, or other specialized training. Work in person or remotely to master skills and prep for tournaments. Qualify for tournament coaching and college recruiting services. Get special membership status for our two campuses. Even stay at hotels close to MSQUASH.

“WHAT I TRULY VALUE MOST ABOUT MSQUASH IS HOW THEY EMPHASIZE THE CHILD’S WELL-BEING AS MUCH AS SQUASH ITSELF.”

— Parent of MSQUASH
#1 in BU17 Oliver Velasco,
who never settles
for anything less
than excellence.



A man in a black long-sleeved shirt is speaking to a group of children in a gymnasium. The children are sitting on the floor, and one boy in the foreground has his hand raised. The background shows a large indoor sports facility with white pillars and a glass wall.

WE BUILD PRO CHAMPIONS. AND EVEN FUTURE DOCTORS, ENGINEERS, AND CEOs.

MSQUASH summer camps prepare kids for success on and off the court.

Elliot Ridge, under the guidance of legendary Malcolm Willstrop, has coached elite adult players and juniors at many schools. He developed the strongest junior program in the UK, and represented the England Junior National Team.



SUMMER TRAINING PASSES. TOO GOOD TO PASS UP.

Choose between an Unlimited 13-Week Pass or a Flexible 30-Day Pass.

The MSQUASH Unlimited Summer Training Pass.

Get 13 weeks of squash in one package.

Combine training, travel, and tournament play.

Master your skills. Maximize your summer potential.

Learn from each of our 13 master coaches, including world champion pro players and college coaches.

Choose mornings and/or afternoons.

Mix and match without losing any camp credit.

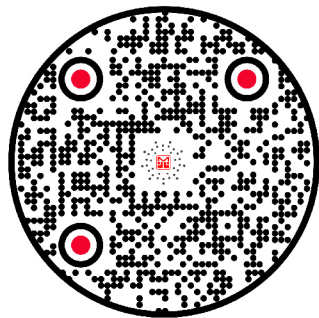
Tournaments on the weekend?

Just take a break from camp.

Unlimited Passes get a 60% discount.

Manage it all through the MSQUASH app.

Scan the QR code to sign up.



MSQUASH SUMMER 2024 UNLIMITED TRAINING

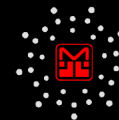


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MSQUASH UNLIMITED PASS
SUMMER CAMPS TICKET

UNLIMITED CAMP WEEKS
ALL SUMMER LONG

100% PLANNING
FLEXIBILITY



OPTIMIZATION OF
TRAINING, TRIPS &
TOURNAMENTS

UNLIMITED PASS 2024

- Get a 60% discount
- Get access to all 13 camp weeks
- Get 100% planning flexibility
- Get an MSQUASH Uniform Kit:
2 shirts + 1 Q-zip
- Manage it all w/ MSQUASH app



**OUR 30-DAY TRAINING PASS:
SUMMERTIME ON YOUR OWN TIME.**
The freedom and flexibility to plan squash around your own schedule.

MSQUASH
SUMMER 2024
30 DAYS OF CAMP

MSQUASH 30 DAY PASS
SUMMER CAMPS TICKET

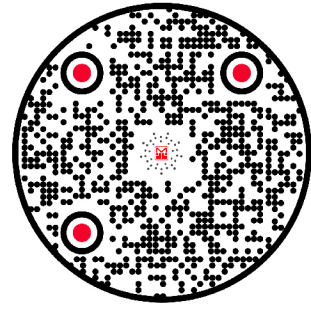
UNLIMITED CAMP WEEKS
IN A 30 DAY PERIOD

8 COACHES
EVERY WEEK

2-CAMPUS
EXPERIENCE

What if you want only two weeks of camps?
Or four weeks? Or every other week?
Or just mornings? Or only in the afternoon?
Then MSQUASH's 30-Day Training Pass is for you.
Get the flexibility to build a program
around your other summer plans.
Do as much as you want in a 30-day period.
Plan your participation around
your own tournaments and schedule.
30-Day Passes receive a 25% discount.
Manage it all through the MSQUASH app.
Scan the QR code to sign up.

- 30-DAY PASS 2024**
- Get a 25% discount
 - Get a full-day or half-day plan
 - Mix/match over a 30-day period
 - Get an MSQUASH Uniform Kit:
2 shirts + 1 Q-zip
 - Manage it all w/ MSQUASH app



IN PLACES KNOWN FOR OYSTERS, WE DEVELOP PEARLS.

Enjoy a dual campus state-of-the-sport experience.



SOUTH NORWALK, CT

PORT CHESTER, NY



25,000 TOTAL SQUARE FEET

14 Total ASB Squash Courts

ASB ShowGlassCourt for Local/National/International Tournaments

360° Video Analysis Glass Court w/ Glass Floor

3 InteractiveSQUASH Courts

High Performance Track and Reaction Training Studio

Medical Grade Movement Studio and Mixed Reality Multi-sport Court

**THE WEEKS YOU COMMIT IN SUMMER
PAY OFF IN FALL, WINTER, AND SPRING.**

MSQUASH summer camps: An investment for you.
A bummer for anyone who has to play you next season.





AN ENTIRE SEASON TO MASTER THE GAME WE ALL LOVE.
SUMMER 2024



msquash.com
844-677-8274

SOUTH NORWALK, CT
85 WATER STREET
NORWALK, CT 06854

PORT CHESTER, NY
23 WATERFRONT PLACE
PORT CHESTER, NY 10573