



ELITE PROGRAM | 4.0+ RATING
FALL 2024 (September 4 – December 11)

Our Elite Training Program helps tournament players pursue their competitive goals through technical and tactical analysis, leading edge sports psychology, and sport-specific physical training. To ensure a strong coach-to-player ratio, we limit the number of spots for each session.

LOCATION

Harvard University
Murr Center
65 North Harvard Street
Boston, 02163, MA

HEAD COACHES

Hameed Ahmed
Luke Hammond

Harvard Squash Associate Head Coach
Harvard Squash Assistant Coach

[Profile](#)
[Profile](#)

DATES & TIMES

Mondays and Wednesdays 6:30-8pm

** List of specific dates on the last page*

Parents are welcome to watch the last 10 minutes of the session before pickup from the courts at 8pm.

If they wish, parents are welcome to relax at the couches in the lobby meeting space or tennis gallery.

SKILL LEVEL REQUIREMENT

- Players with a rating of 4.0+ and keen interest in higher level tournament play
- Group size this fall will be capped at 10 players (first-come, first-served)



TOPICS COVERED

- **Tactics:** Phase recognition, counter strategy, helping players leverage their strengths
 - **Technique:** Building racket skills with a pro-like approach
- **Confidence, focus and emotional regulation:** Mental training adapted from the same programs used by Harvard's national championship teams
 - **Movement and fitness:** Learn to move in the same patterns as elite players
 - **Monthly video analysis** for technique and tactical development
 - **General college application process and recruitment discussions** (optional)
- **Goal-Setting and KPI's:** We will include a spring summary via email on key areas of focus for each individual player. We will highlight, monitor and discuss Key Performance Indicators for each individual ranked in order of priority. We will discuss and document specific goals established in conversations with each player.

PRICING

2 x Week Options	1 x Week Options
<p>Fall Package (10% Discount, 2x week Sept-Dec) \$2,200</p> <p>Monthly Package (2 x week): \$700 / month for Sept-Dec</p>	<p>Fall Package (10% Discount, 1x week Sept-Dec) \$1,415</p> <p>Monthly Package (1 x week): \$450 / month for Sept-Dec</p>

FALL 2024 DATES

<p>September</p> <p>Wednesday, September 4, 2024 Monday, September 9, 2024 Wednesday, September 11, 2024 Monday, September 16, 2024 Wednesday, September 18, 2024 Monday, September 23, 2024 Wednesday, September 25, 2024 Monday, September 30, 2024</p> <p>October</p> <p>Wednesday, October 2, 2024 Monday, October 7, 2024 Wednesday, October 9, 2024 Monday, October 14, 2024 Wednesday, October 16, 2024 Monday, October 21, 2024 Wednesday, October 23, 2024 Monday, October 28, 2024 Wednesday, October 30, 2024</p>	<p>November</p> <p>Monday, November 4, 2024 Wednesday, November 6, 2024 Monday, November 11, 2024 Wednesday, November 13, 2024 Monday, November 18, 2024 Wednesday, November 20, 2024 Monday, November 25, 2024 Wednesday, November 27, 2024</p> <p>December</p> <p>Monday, December 2, 2024 Wednesday, December 4, 2024 Monday, December 9, 2024 Wednesday, December 11, 2024</p>
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REGISTRATION

Fill out the [REGISTRATION FORM](#) and we will get back to you about availability, payment information etc.

