



ELITE PROGRAM
AGES 10-17 | 4.0-6.0 RATING
FALL 2026 (September 9 – December 16)

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 - 6.0 and keen interest in higher level tournament play
- Group size this fall will be capped at 12 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
- **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
Fall Package (10% Discount, 2x week Sept-Dec) \$2,315 Monthly Package (2 x week): \$735 / month for Sept-Nov \$365 for Dec	Fall Package (10% Discount, 1x week Sept-Dec) \$1,480 Monthly Package (1 x week): \$470 / month for Sept-Nov \$235 for Dec

FALL 2026 DATES

SEPTEMBER Wednesday, September 9, 2026 Monday, September 14, 2026 Wednesday, September 16, 2026 Monday, September 21, 2026 Wednesday, September 23, 2026 Monday, September 28, 2026 Wednesday, September 30, 2026	OCTOBER Monday, October 5, 2026 Wednesday, October 7, 2026 Monday, October 12, 2026 Wednesday, October 14, 2026 Monday, October 19, 2026 Wednesday, October 21, 2026 Monday, October 26, 2026 Wednesday, October 28, 2026
NOVEMBER Monday, November 2, 2026 Wednesday, November 4, 2026 Monday, November 9, 2026 Wednesday, November 11, 2026 Monday, November 16, 2026 Wednesday, November 18, 2026 (NO CLINIC) Monday, November 23, 2026 Wednesday, November 25, 2026 Monday, November 30, 2026	DECEMBER Wednesday, December 2, 2026 (NO CLINIC) Monday, December 7, 2026 Wednesday, December 9, 2026 Monday, December 14, 2026 Wednesday, December 16, 2026

REGISTRATION

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

