



## ELITE PROGRAM | 4.0+ RATING SPRING 2025 (January 6 – May 21)

*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
<b>Spring Package (10% Discount, 2x week Jan-May)</b> \$3,150  <b>Monthly Package (2 x week):</b> \$700 / month for Sept-Dec	<b>Spring Package (10% Discount, 1x week Jan-May)</b> \$2,025  <b>Monthly Package (1 x week):</b> \$450 / month for Sept-Dec

## SPRING 2025 DATES

<p style="text-align: center;"><b>January</b></p> <p style="text-align: center;">Monday, January 6, 2025                      Wednesday, January 8, 2025                      Monday, January 13, 2025                      Wednesday, January 15, 2025                      Monday, January 20, 2025                      Wednesday, January 22, 2025                      Monday, January 27, 2025                      Wednesday, January 29, 2025</p> <p style="text-align: center;"><b>February</b></p> <p style="text-align: center;">Monday, February 3, 2025                      Wednesday, February 5, 2025                      Monday, February 10, 2025                      Wednesday, February 12, 2025                      Monday, February 17, 2025                      Wednesday, February 19, 2025                      Monday, February 24, 2025                      Wednesday, February 26, 2025</p>	<p style="text-align: center;"><b>March</b></p> <p style="text-align: center;">Monday, March 3, 2025                      Wednesday, March 5, 2025                      Monday, March 10, 2025                      Wednesday, March 12, 2025                      Monday, March 17, 2025                      Wednesday, March 19, 2025                      Monday, March 24, 2025                      Wednesday, March 26, 2025                      Monday, March 31, 2025</p> <p style="text-align: center;"><b>April</b></p> <p style="text-align: center;">Wednesday, April 2, 2025                      Monday, April 7, 2025                      Wednesday, April 9, 2025                      Monday, April 14, 2025                      Wednesday, April 16, 2025                      Monday, April 21, 2025                      Wednesday, April 23, 2025                      Monday, April 28, 2025                      Wednesday, April 30, 2025</p> <p style="text-align: center;"><b>May</b></p> <p style="text-align: center;">Monday, May 5, 2025                      Wednesday, May 7, 2025                      Monday, May 12, 2025                      Wednesday, May 14, 2025                      Monday, May 19, 2025                      Wednesday, May 21, 2025</p>
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## REGISTRATION

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

