



**ELITE PROGRAM**  
**AGES 10-17 | 4.0-6.0 RATING**  
**SPRING 2026 (January 5 – May 20)**

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

## SPRING 2026 DATES

<p><b>January</b></p> <p>Monday, January 5, 2026                      Wednesday, January 7, 2026                      Monday, January 12, 2026                      Wednesday, January 14, 2026                      Monday, January 19, 2026                      Wednesday, January 21, 2026                      Monday, January 26, 2026                      Wednesday, January 28, 2026</p>	<p><b>February</b></p> <p>Monday, February 2, 2026                      Wednesday, February 4, 2026                      Monday, February 9, 2026                      Wednesday, February 11, 2026                      Monday, February 16, 2026                      Wednesday, February 18, 2026                      Monday, February 23, 2026                      Wednesday, February 25, 2026</p>	<p><b>March</b></p> <p>Monday, March 2, 2026                      Wednesday, March 4, 2026                      Monday, March 9, 2026                      Wednesday, March 11, 2026                      Monday, March 16, 2026                      Wednesday, March 18, 2026                      Monday, March 23, 2026                      Wednesday, March 25, 2026                      Monday, March 30, 2026</p>
<p><b>April</b></p> <p>Wednesday, April 1, 2026                      Monday, April 6, 2026                      Wednesday, April 8, 2026                      Monday, April 13, 2026                      Wednesday, April 15, 2026                      Monday, April 20, 2026                      Wednesday, April 22, 2026                      Monday, April 27, 2026                      Wednesday, April 29, 2026</p>	<p><b>May</b></p> <p>Monday, May 4, 2026                      Wednesday, May 6, 2026                      Monday, May 11, 2026                      Wednesday, May 13, 2026                      Monday, May 18, 2026                      Wednesday, May 20, 2026</p>	

## REGISTRATION

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

