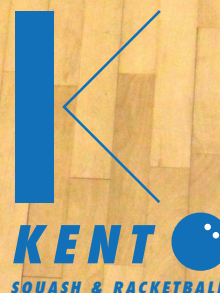
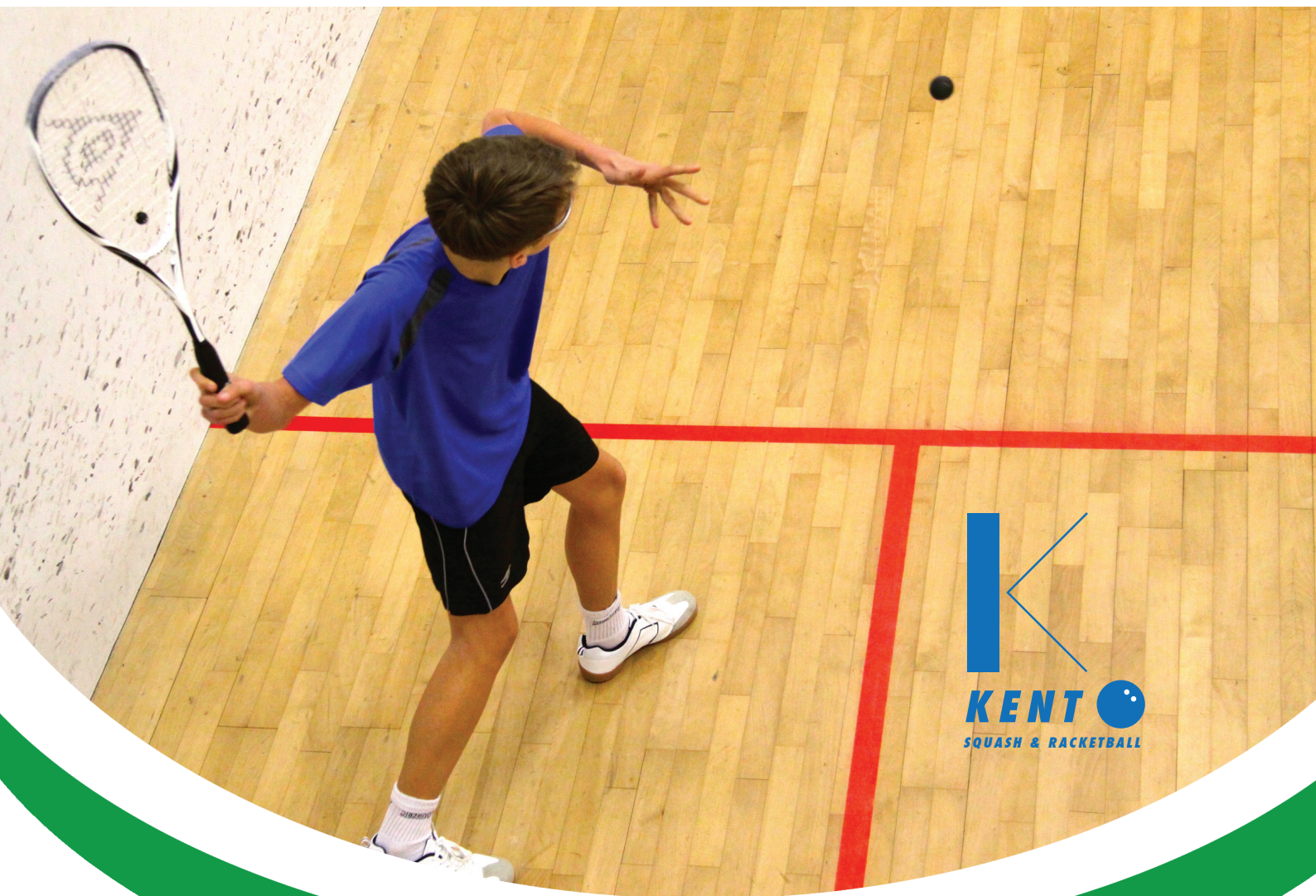




Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



**Canterbury Squash
Rackets Club**

Squash Academy

For more info email Jesse Sazant - Head of Elite Academies
on jsazant@canterbury.kent.sch.uk

*Working in partnership with  Simon Langton Boys to provide a
grammar school band in a comprehensive school*

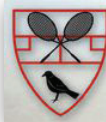
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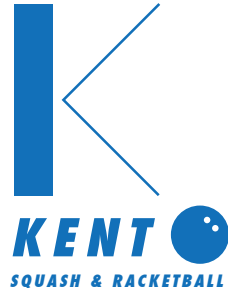
Excellence in Sport

The Canterbury Institute of Sport

Squash Academy



**Canterbury Squash
Rackets Club**



Programme Overview

The new Squash Academy programme is the first of its kind in Kent and England. The programme is for 16 – 18 year olds who wish to develop their performance as a squash player to elite level and who wish to combine this with academic study.

The academy philosophy targets mental toughness and develops focus and commitment with an emphasis on building existing skills for competition at the highest levels. This ensures that wherever players progress, they will have the skills and understanding required to be successful.

The academy is unique, and with the support of Kent SRA and England Squash and Racketball, players gain elite level skills and qualifications as Level 1 or Level 2 licensed squash coaches. A typical week comprises: 2 coaching sessions at Canterbury Squash Club; 2 team strength and conditioning sessions; club training and games.

The academy has an elite sports physiotherapist and sports masseuse on site. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab. Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme.

The programme focusses on functional movement to develop speed, strength and power as a squash player. The academy has outstanding facilities with a £4million sports centre and gym facility providing an innovative strength and conditioning programme that is highly personalised, alongside the technical and tactical squash work to support development.

Head Coach, Steve Franks, has a 10 year track record in developing county level players. He is currently the County Coach Manager and the County Development Coach. He is also Head Coach at both Canterbury and Maidstone squash clubs both of which have had success over the years in the Kent Junior League and whose players have gone on to play at county, regional and national levels.

Contact: Steve Franks - Head Coach
Email: elsteveo969@hotmail.co.uk
Mob: 07855 288471

www.canterburyacademy.co.uk or Telephone 01227 463971