

Berkshire County Coaching

29th of October

09:30-11:30 & 11:30-13:30

With Paul Carter (England National Coach)



&



Andras Pal (Professional Level 3 Coach)

At Wellington Health and Fitness Club

We are pleased to announce the 1st Berkshire County Coaching with Paul Carter and Andras Pal. The morning session is aimed at the advanced players of the county while the afternoon session is for intermediate / development players.

Programme Objectives:

- On court technical, tactical, physical, high performance session with Paul as done by elite athletes
- Skill & condition games, match play
- Each session will be capped at 12 players

Booking details:

County level Pricing: £25 per player, £40 Siblings

Development level Pricing: £20 per player, £30 Siblings

(Accompanying Parents & Supporting Junior Squash Coaches Free)

Booking is essential. To secure your place contact Andras Pal via email:

Andras.squash@gmail.com or Tel: 0740-255-7654 Payments to be made to **(latest 25th of Oct):**

Berkshire Junior Squash

Acct: 10938623

Sort code: 16-26-18