

PRINCETON UNIVERSITY

SQUASH CAMPS

Daily Schedule for all Squash Camps 2024 Camp Season

Squash Camp – Day 1

10:00a | Check-In at Baker Rink (all campers)
11:00a | Camp Welcome/Intros and Fire Drill
11:30a | Lunch
12:15p | On/Off Court Training Session
12:40p | Camp Orientation
1:15p | On Court Session 1
2:15p | Goal Setting
3:00p | On Court Session 2
4:30p | Stretch
5:00p | Day Camper Pick-Up at Jadwin Gym
5:30p | Dinner
7:00p | Evening Activity
10:30p | Lights Out

Squash Camp – Days 2-4

7:30a | Breakfast
8:20a | Roll Call – Depart for Jadwin Gym
8:45a | Day Camper Drop-Off at Jadwin Gym
9:15a | On/Off Court Training
12:00p | Lunch
2:00p | On Court Play Training
5:00p | Day Camper Pick-Up at Jadwin Gym
5:30p | Dinner
7:00p | Evening Activity
10:30p | Lights Out

Squash Camp – Day 5

7:30a | Breakfast
8:30a | Roll Call – Depart for Jadwin Gym
8:45a | Day Camper Drop-Off at Jadwin Gym
9:15a | On/Off Court Training

Squash Camp – Day 5 (cont.)

12:00p | Lunch

2:00p | On Court Play Training

5:00p | Day Camper Pick-Up at Jadwin Gym

5:00p | Overnight Camper Check-Out