

FORTSON SQUASH CAMPS '18

At Bowdoin College

A COMPLETE SQUASH PROGRAM AND DAILY EXPLORATION OF MAINE'S OUTDOORS.

June 24-29, July 15-20, July 29-Aug 3

- Campers will room and board at Bowdoin College, located in Brunswick, Maine, about a 2-hour drive from Boston, and 30 minutes from Portland, ME. College housing is safe, spacious, comfortable and conveniently located within walking distance of the dining area and squash courts. The Bowdoin College dining service has been ranked #1 in the country amongst colleges and universities.
- Bowdoin's Lubin Squash Center features 7 excellent ASB courts in a well-designed open setting, perfect for coaching and group participation.
- Campers ages 9 to 18 of any level are welcome. Affinity towards the outdoors is recommended.
- Personalized approach to training with a primary goal of having each camper concentrate on just a few specific aspects of his/her game to achieve tangible results by camp's end.
- Warm up/stretching, fun drills and specialty games, technique and strategy, the mental approach to the game, video analysis, individual lessons, and rules/refereeing - all in a fun, flexible atmosphere.
- Fully supervised camp - outdoor activities, squash sessions, meals, idle and night time.
- At least one coach per four campers. Limited to 25 participants per week.

TEACHING STAFF - The common trait amongst our staff is our sincere enjoyment of the time spent with the campers, on and off the courts. Our staff consists mainly of present and former Bowdoin players. This gives our program cohesiveness and consistency in teaching philosophy and details, as well as proven chemistry amongst the staff. The Bowdoin Staff is complemented by "better half" Marilu Fortson, former Mexican National Champion and appearances from other capable players/teachers.

CAMP DIRECTOR TOMAS FORTSON – Tomas is in his 18th year as Bowdoin's Men's and Women's Head Coach, as well as the Men's Golf Coach. He has been teaching squash for 35 years and is a former professional player.

THE OUTDOORS EXPERIENCE - Coastal Maine is wonderful during the summer. Beaches, rivers, lakes and mountains are all within easy reach and we explore them every day. We kayak, hike and, regularly, end up each trip on the water. For the more adventurous activities like kayaking, we have experts leading our groups and providing the proper equipment.

THE TYPICAL DAY - Breakfast - a.m. squash (3 hours) - lunch - outdoor activity (3-4 hours) - dinner - p.m. squash (3 hours) - dorm. Splitting the squash sessions with an outdoor activity has a very refreshing effect on the second squash session, providing the additional energy necessary for enjoyable and productive training.

OTHER DETAILS -

- * Shuttles to/from Portland Airport (\$25.00 per trip) and Brunswick's bus station (complementary).
- * The camps are fully insured and fully staffed, including a nurse on site and dorm supervisors.
- * Campers arrive on Sunday (3:00-5:00 p.m.) and depart on Friday (3:00-5:00 p.m.). We have some flexibility to accommodate different arrival/departure times.

For more information please contact Tomas Fortson at (207) 607-9519 or tfortson@bowdoin.edu

COST: BOARDERS - \$ 1,300.00 NON-BOARDERS - \$950.00

| | | |
|---|--------------|---------------|
| Camper's Name | Age | Date of Birth |
| Parents' Names | | |
| Mailing Address | Shirt size | |
| Town | Zip | Gender |
| Home Phone | E-mail | |
| Dad's work # | Mom's work # | |
| Cell Phone #'s | | |
| <u>MAY / WILL</u> need shuttle transportation: to ___ from ___ Portland Airport _____ Brunswick Bus _____ | | |

Please select the week(s) you wish to attend:

(1) June 24-29 (2) July 15-20 (3) July 29-Aug 3

General level of play (for your age): **Advanced** **Intermediate** **Beginner**

2 to 4 aspects of your game you would like to improve:

| | | | |
|-----------------------------|---|------------------------|---------------|
| Years playing squash | Do you compete? | USSquash Rating | |
| School | Grade finished as of this summer | Weight | Height |

Payment included with entry form (please mark):

| | |
|--|-------------------------------------|
| Full Sessions - Boarder (\$1,300.00) *** | Deposit ** - Boarder (\$500.00) |
| Full Sessions - Non Boarder (\$950.00) *** | Deposit ** - Non Boarder (\$300.00) |

Additional night(s) between sessions - please specify (\$120.00 per night)

Shuttle to and/or from Portland Airport (\$25.00 per trip) Roommate request -

Flight information

** Deposits are non-refundable. *** Full payment is due 2 weeks prior to the start of camp and is not refundable if cancellation is made within 2 weeks from the start of camp, unless a new participant can take the vacated spot.

| | |
|---------------------------------|-------------------------|
| Health Insurance Carrier | Policy # or ID # |
|---------------------------------|-------------------------|

Name of Insured

Medical Issues

PARENTAL PERMISSION AND LIABILITY WAIVER

I hereby release, waive, discharge and covenant not to sue the Fortson Squash Camps, Bowdoin College, their respective administrators, directors, agents, coaches, and other employees or participants in the Fortson Squash Camps, from demands, losses or damages on account of injury or damage to, or loss of property, caused or alleged to be caused in whole or in part by my son/daughter's participation in, or attendance at the Fortson Squash Camps.

Parent/guardian (name, signature, date)

**PLEASE MAKE CHECKS PAYABLE TO FORTSON SQUASH CAMPS, L.L.C. AND MAIL TO:
TOMAS FORTSON, BOWDOIN COLLEGE, ATHLETICS DEPARTMENT,
9000 COLLEGE STATION, BRUNSWICK, MAINE 04011**