

ESRC Junior Coaching Price List Season 2020-2021

fall 17.8.-20.12.2020 and spring 7.1.-4.6.2021

Squash School, 4-9 y

Weekly training	Coaching fee
squash session, 60 min on court	215 € / fall 215 € / spring

ESRC squash training is for juniors of all levels, total beginners included!



37-40 coaching weeks during season

ESRC TEHOtraining

The most motivated juniors are invited into TEHOtraining. In season 2020-2021 100% Tehotraining-package costs 1070 € + 1070 € and includes 2 * 120 min squash sessions & 1-3 * 120 min game practice sessions & 60 min fitness session weekly. Plus other individual training according to instructions of your squash coach.

Bonus 1

ESRC offers Squash Academy juniors a weekly fitness session included in the coaching fee. You are welcome to join a group that fits your schedule!

More info: info@esrc.fi

Squash Academy, 9-19 y

Weekly training	Coaching fee
squash session, 90 min & fitness session, 60 min (voluntary)	320 € / fall 320 € / spring
squash session, 90 min & game practice session, 120 min (1-3 times) & fitness session, 60 min (voluntary)	535 € / fall 535 € / spring
squash session, 2 * 90 min & fitness session, 60 min (voluntary)	630 € / fall 630 € / spring
squash session, 2 * 90 min & game practice session, 120 min (1-3 times) & fitness session, 60 min (voluntary)	805 € / fall 805 € / spring

ESRC squash sessions in small groups.

Squash Academy training by professional squash coaches. During season you can swap groups or change the amount of your training sessions if you like.

Squash sessions 60 min on court, game practice 90 min. Please make sure to do 15+15 min warmup and cooldown independently before and after your training sessions.

Game practice sessions (Esport):

Tue 15.45-17.15 | Thu 19.15-20.45 | Fri 16.15-17.45

Fitness sessions (Esport):

Tue 17.15-18.15 (juniors) | Mon 18.15-19.15 (adults)

Bonus 2

Juniors in all ESRC coaching groups can play **squash for free** every day on available squash courts at Esport Center and Kivenlahti Squash!

No bookings in advance.

ESRC membership required to attend coaching groups. Yearly membership for under 9 years olds 25€, 9 to 19 years olds 50€, adults 75€ and family membership 120€. All you need is indoor shoes to begin. Racket and eye shields provided by ESRC in the beginning if you don't have your own equipment yet. Your coach can guide you in equipment needs. You are welcome to a squash coaching group for one trial session without obligations. **You can start in a coaching group during the season as well.** In that case you pay for the remaining season only. **You commit to a group for a minimum of a half season.** Invoicing for coaching in 5+5 instalments in a year by email or e-invoicing. Absences due to long lasting injuries and illnesses will be refunded after a four week waiting period when medical certificate is presented. ESRC uses [MyClub](https://myclub.fi) for member registry and communication.

ESRC coaches divide juniors into coaching groups. Juniors' **TEHOtraining** by invitation only. The coaching season starts on 17.8.2020 and finishes on 4.6.2021. No coaching during school Xmas and winter holidays. There are 37-40 coaching weeks in one season depending on holidays. Coaching at two venues in Espoo: Esport Center and Kivenlahti Squash.

Squash sessions are for training squash technique, movement and tactics with a professional coach in a small group. **Game practice sessions** are mini games played against other juniors in a bigger group. Coach is present and organizes the session. **Fitness sessions** include versatile fitness exercises organized by ESRC coach. ESRC members can also take **private squash coaching** lessons from ESRC coaches. More info: www.esrc.fi → in English. ESRC strongly recommends paying for **Squash Licence and Insurance** which covers potential accidents in supervised training. It's obligatory in tournaments. More information on Squash Licence: www.squash.fi → lisenssi. ESRC juniors can obtain a 20 euro summer card from Esport Center which allows them to play freely during 1.6.-14.8.

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