



Welcome

Wimbledon Racquets & Fitness Club is one of the most vibrant squash clubs in the UK. Head of Squash Phil Rushworth and the WR&FC coaching team offer exceptional coaching from grass roots through to international level.

We are extremely excited to offer a wonderful opportunity for overseas squash players the chance to tour and raise their games in our club environment, whilst working with Phil and Jeremy Colton.

This brochure provides you with all the details you'll need to know whilst on tour at Wimbledon Racquets & Fitness Club.

- Meet the coaches
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Meet the Coaches

Head Coach



Phil Rushworth

- Assistant England Coach at the World U19 Junior Championships 2014
- Head London & South East Regional Coach 2010 - 2013
- Current coach to Charles Sharpes, Ben Coleman, Kyle Finch & Yathreb Adel
- Former coach to Joey Barrington (WR 24)
- Currently studying for High Performance Coach Award Diploma
- Licensed Level 3 Advanced England Squash Coach

Assistant Coach



Jeremy Colton

- Head Squash Professional at Ashtead Squash Club and Dorking Lawn Tennis & Squash Club
- Assistant ESR Regional Coach (London & South East and South regions)
- Assistant ESR Aspire Coach (South of England)
- Former coach to Carla Khan (highest WR #21)
- Co-founder of the WR&FC Junior Academy
- Former Head Squash Professional at David Lloyd Clubs (Epsom & Cheam)



Club Spotlight

First team squash: Our men's first team are the current title holders of the strongest county league in the UK



2015 Surrey County Champions

Wimbledon Cup: We are the home of the Wimbledon Cup event which is the longest serving event in the UK since 1936. It is a professional event for both the men's and women's professional circuits.



2014 Wimbledon Cup Presentation





Club Spotlight

Wimbledon Academy: Wimbledon Racquets & FC is the home of the Wimbledon Academy, which is partnered with the Roehampton University elite squash programme.



It has been established for 10 years, providing talented juniors at county, regional and national levels a platform to maximise their potential as a squash player.

Canary Wharf Qualification Event: Wimbledon Racquets & FC is very proud to be the host club for London's Canary Wharf \$50k Professional Event.



RUSSELL-COOKE | SOLICITORS





Roehampton University Partnership

Wimbledon Racquets & Fitness Club has a strong partnership with the Roehampton University. The University men's and women's elite players access high quality training and play university matches at WR & FC.

Ian Robinson is the Head Coach at Roehampton University and can chat to you about potential opportunities to play squash and study in the UK.



Ian Robinson

- Licensed Level 4 Professional Squash Coach
- Former Assistant England National Coach
- Highest World Ranking 16
- Former British Number 2
- Television squash commentator for the BBC and Sky Sports & Eurosport
- Published author of 3 squash coaching books

Ian will look forward to meeting you while you are on tour.



7 Day Generic Programme

(Number of training sessions and length of the programme can be tailor made to suit your tour requirements)

Monday to Thursday Professional Training Sessions

(10.00 – 12.00 & 14.00 – 16.00/ 8 sessions)

- Morning sessions will involve a heavy emphasis on accuracy based drills to improve ball control
- Afternoon sessions will involve more conditioned games and match play practice to improve tactical awareness

“Play the Pro’s” Afternoon

- One afternoon will be a play the pro session where we will bring in 2 or 3 local world ranked players

Two Evening Test Matches

(18.00 – 22.00)

- Versus Roehampton University and WR&FC Academy/ Team Members
 - Post-match meal

Saturday Tournament

- Local Adult Graded Event with Phil & Jeremy there to offer tournament coaching.



10 Day Generic Programme

(Number of training sessions and length of the programme can be tailor made to suit your tour requirements)

Monday to Thursday Professional Training Sessions

(10.00 – 12.00 & 14.00 – 16.00/ 10 sessions)

- Morning sessions will involve a heavy emphasis on accuracy based drills to improve ball control
- Afternoon sessions will involve more conditioned games and match play practice to improve tactical awareness

Two “Play the Pro’s” Afternoons

- One afternoon will be a play the pro session where we will bring in local world ranked players

Three Evening Test Matches

(18.00 – 22.00)

- Versus Roehampton University and WR&FC Academy/ Team Members
 - Post-match meal

Saturday Tournament

- Local Adult Graded Event with Phil & Jeremy there to offer tournament coaching.



Squash Tour Dates & Costings

**We are looking at tour dates between the
7th to the 19th December 2016.**

7 Day Tour Package - £14,168.00

Based on maximum 16 players = **£885.50 pp**

10 Day Tour Package - £19,860.50

Based on maximum 16 players = **£1,241.28 pp**

All hotel prices are included in the overall costs above.

Both the 7 day and 10 day tours include the Wimbledon Racquets & Fitness Club Saturday Evening Christmas Ball, where you will have a table or two at our Black Tie Christmas Event.

Excluded in the prices are lunches and evening meals at the club which are available every day for no more than £7 a meal.



Contact Details

Phil Rushworth is your direct contact for everything squash related before and throughout the tour.

Please contact Phil through the details below to enquire about the tour. He will be ready to answer any of your queries:

Phil Rushworth

Email: phillip@wimbledonclub.co.uk

Mobile: +44 7749 969 425

We look forward to hearing about your interest of this fantastic tour opportunity at the home of racquet sports across the world in Wimbledon!