



SQUASH

YOUTH & ADULT CLINICS

AGES 6 - ADULT

Lefika Ragontse and his Dread Sports Squash & Fitness team offer private lessons for juniors & adults for all levels at Coppermine Racquet & Fitness. Whether you are a beginner or looking to take your game to the next level, our exceptional coaching staff is here to help you reach your goals.

Semi-private, private and group lessons available upon request. Contact us at dreadsquashclub@gmail.com



LEFIKA RAGONTSE

- Coached 16 Junior National Champions
- Four time NCAA Champion
- USA U25 Champion
- 16 time Botswana National Champion



LAZARUS CHILUFYA

- Won 7 Pro Squash Association tournaments
- 20 international titles throughout Africa & US
- Zambia No. 1 ranked squash player for 15 years
- U.S. Open Defending Champion 35+ age group

BEGINNER LEVEL

Players develop racquet and motor skills while creating a passion for the game. Beginner students will learn techniques such as racquet grip, swing, preparation and developing hand eye coordination while learning basic shot differentiation.

INTERMEDIATE LEVEL

Players' skills will be fine-tuned through drills, strength training and court movement. They will learn the technical aspects of the game such as scoring, match play and fitness.

ADVANCED LEVEL

Players will begin to understand game plans, strategic play and develop their mental aspects of the game. Players will demonstrate court awareness through coverage and agility, with an emphasis on match winning shots. Advanced players will continue to grow their skills through competitive play and drilling.

ELITE PROGRAM

Players will work closely with Lefika and focus on developing a winning mindset. The Elite level emphasizes silver and gold level match play and techniques. The Elite program also encourages varsity play with collegiate squash opportunities.

MID-ATLANTIC SQUASH LEAGUE

- Open To The Public
- Organized By Skill Level
- Competitive Weekly Matches



Our Mid-Atlantic Squash League is for juniors and adults and it is designed to facilitate competition and introduce you to other players around your skill level.

Email dreadsquashclub@gmail.com to be placed in the league.

5 WEEK CLINIC SCHEDULE

FALL I September 1st - October 6th
FALL II October 7th - November 3rd

WINTER I November 10th - December 22nd
WINTER II January 6th - February 9th

COPPERMINE RACQUET & FITNESS		1420 CLARKVIEW ROAD BALTIMORE, MD 21209					
CLINICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY	
INTRO TO SQUASH/BEGINNERS CLINIC (Ages 6-11) 1 Hour Clinics: \$145 1x Week • \$395 3x Week • Drop-In \$35	5:30pm (Fall)	6:30pm (Winter)	5:30pm (Fall)	6:30pm (Winter)	9:00am		
INTERMEDIATE CLINIC 1 Hour Clinics: \$180 1x Week • Drop-In \$45 2 Hour Clinics: \$360 1x Week • Drop-In \$90	5:30pm (Fall) 6:30pm (Winter)		6:30pm (Winter)	5:30pm (Fall)	10:00am		
ADVANCED/ELITE CLINIC 1 Hour Clinics: \$200 1x Week • Drop-In \$50 2 Hour Clinics: \$400 1x Week • \$1,125 3x Week • Drop-In \$100	6:30pm (Fall) 7:30pm (Winter)			6:30pm (Fall) 7:30pm (Winter)	12:00pm		
ADULT CLINIC 1 Hour Clinic - Drop-In \$35	6:30pm				9:30am		
WOMENS CLINIC 1 Hour Clinic - Drop-In \$35		8:30am		8:30am			
MID-ATLANTIC SQUASH LEAGUE (9+ Years - Adults) 3 Hours - \$75/Month						1-4pm	

REGISTER NOW!

WWW.COPPERMINEFITNESS.COM

REGISTER NOW!

WWW.COPPERMINEFITNESS.COM