

## Squash Development Programme (SDP) Summer Camp 2008

### at Siri Fort Sport Complex (SFSC) New Delhi

#### A Brief Report

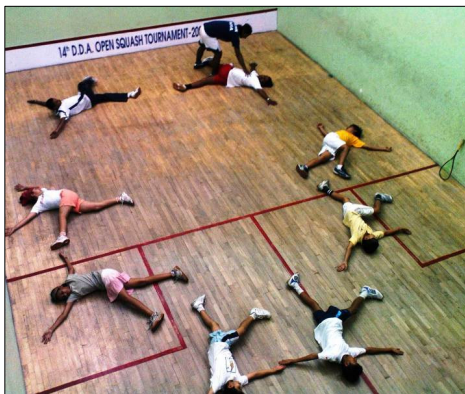
DDA SFSC organized a Squash Summer Camp 08 from 13th May 08 to 14th June 08 at its premises. The camp was organised in association with Team SDP (Squash Development Programme). Team SDP is a partnership between Dr. B.I.Singh, Ritwik Bhattacharya and REACHA (an NGO).

31 Schoolchildren from some of the top Delhi/NCR Schools participated in this Camp. The names of these schools are as follows:-

1. Modern School, Vasant Vihar
2. Mothers International School
3. Modern School, Barakhamba Road



SDP Camp kids with the coaches



Fitness drills in progress

4. IIT Delhi
5. Manav Bharti India International School, Panchsheel Park
6. Shri Ram School, Aravali
7. Ahlcon International School, Mayur Vihar Phase 1
8. Amity, NOIDA
9. Lotus Valley Int. School, Greater NOIDA
10. D.P.S, Vasant Vihar
11. G D Goenka World School, Sohna, Haryana
12. Mayo College, Ajmer
13. D.P.S, Vasant Vihar
14. Sanskriti School, chankyapuri



Dr. B.I.Singh talks to parents about Squash, Fitness & Health

15. Vasant Valley School, Vasant Vihar

16. DPS, RK Puram

17. DPS, Vasant Kunj

18. DPS, Faridabad

**During the Camp the children imbibed/took part in -**

1. Basics of the game of squash
2. Scientific fitness regimes – warm up, cool down, etc
3. Critical sports medicine inputs – highlighting the linkages between organized squash training, appropriate diet, adequate sleep, academic performance etc.
4. Match play temperament and preparation
5. Fun games with kids on and off the squash courts. These games were used as tools for training children
6. Parents workshop and a one and one dialogue with them regarding their child's development in the game
7. How to practice and master individual shots like the service, boast, volley, lob, drop, return of service, parallel drives, cross-court drives etc



**Ritwik talks with kids about Squash basics**

The overall atmosphere in the camp can be summarized as one where serious squash development occurred in harmony with fun and enjoyment for kids. Parents expressed a high level of satisfaction with the overall results attained. Team SDP did their best to ensure that all were satisfied in terms of the attainment of the objectives of this camp.



**Ritwik tells parents about the endless possibilities!**

The Squash Summer Camp 08 was thus a grand success of collaboration between DDA – SFSC (infrastructure support) and Team SDP. The programme will resume from July 08 onwards in various DDA Sports Complexes after the summer vacations in schools.

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