

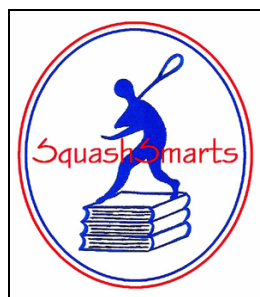
SquashSmarts, Inc.

Proudly Presents



EMBRACE

A Community Service Squash Camp for Kids
July 10-14, 2006 - Chestnut Hill, PA



EMBRACE CAMP – A HISTORY OF EXCELLENCE

Founded in 2004 by staff from the SquashSmarts after school youth program, *EMBRACE* is America's first-and-only summer day camp to combine squash and fitness instruction with a fun and educational community service project.

Your child receives three hours of Squash instruction every morning from the finest teaching pros in the Philadelphia area. Hosted by the *Chestnut Hill Academy Spring Side Squash Club* (featuring six international squash courts), our expert staff will help your child discover proper squash technique and strategy as well as nutrition, stretching, yoga and training for young athletes.

In the afternoon, your child will participate in an enriching and educational community service learning project coordinated by the *Wissahickon Restoration Volunteers (WRV)* where kids explore and learn about their environment while giving back to and restoring their community! Campers also receive an exclusive look at, and have a chance to play-test, the latest in the line of elite *Prince Squash* products. Complimentary shirts, lunches and bottled water are provided for all participants.

NEW FOR 2006: All *Embrace* campers will end the week with a competitive tournament experience! Campers receive FREE ENTRY into the inaugural SquashSmarts Junior Open, a fun and competitive tournament that is open to the public and will be held Friday and Saturday, July 14-15. This event is sanctioned by the *United States Squash Racquets Association* (Silver Level tournament) and counts toward the USSRA 2006-2007 Junior Rankings.

To register for *Embrace*, please review the enclosed forms with your child. All participants must complete and return Form A, Form B (signed by parent) & Form C (signed by physician) to SquashSmarts by June 30, 2006. Campers will not be allowed to participate without all completed and signed forms. For information, please contact our staff at 215-895-4964.

We are looking forward to working with your child at the 3rd annual *Embrace* Camp!

Stephen S. Gregg
SquashSmarts, Inc.
Executive Director

Andrew S. Hopkins
SquashSmarts, Inc.
Squash Director



GENERAL CAMP INFORMATION

Camp Start & End Dates:	Monday, July 10 through Thursday, July 13, 2006
SquashSmarts Junior Open:	Friday, July 14 and Saturday, July 15, 2006 (free entry for all campers!)
Daily Drop-Off & Pick Up:	9:30 AM drop off and 4:30 PM pick up at the Camp Facility
Camp Facility:	Chestnut Hill Academy/Spring Side Squash Club (CHASS Squash Club) 500 Willow Grove Ave, Philadelphia, PA 19118
Transportation:	Participants must arrange their own transportation to arrive and depart from the Camp Facility at the above times each morning and afternoon
Community Project:	Wissahickon Valley Park. Students participate in hands-on activities, including trail clearing, evasive plant removal, wood working and similar projects involving environmental restoration.
Cancellation Policy:	No refunds for cancellations received after Tuesday, July 5, 2006
Camp Director:	Andrew Hopkins SquashSmarts
Questions/Information:	215-895-4964 SquashSmarts
Emergency:	215-248-3085 CHASS Squash Club (during camp hours for <u>emergencies only</u>)

CLOTHING / EQUIPMENT

Squash/Fitness

- 1 pair non-marking athletic shoes
- 1 squash racquet & 1 pair of protective eyewear
- 1 pair of athletic shorts/skirt
- 1 athletic tee-shirt or collard shirt
- 1 pair white athletic socks

Community Service Project

- 1 pair outdoor/hiking shoes or sneakers (no flip-flops, sandals or open-toed shoes of any kind)
- 1 long-sleeve light cotton shirt, sweatshirt or windbreaker jacket
- 1 pair of long work pants or jeans

Note: Squash racquets, protective eyewear and non-marking shoes may be purchased at the camp [see entry form]

Note: Gloves and tools are provided; proper use and safety explained by the *Wissahickon Restoration Volunteers* staff.

DAILY ITINERARY

Arrive wearing squash/athletic clothing;

Carry outdoor/hiking pants or jeans and shirts, socks and shoes separately.

- 9:15 AM Arrive CHASS Squash Club
- 9:30 AM Stretch, Warm Up & Introduction of Daily Focus
- 9:45 AM Daily Instruction, including...
 - Squash Lessons & Drilling - 1:5 Teacher to Student Ratio
 - Squash Strategy, Match Play, Beat-the-Pro, Team Events
 - Squash Rules & Referee Education
 - Yoga/Fitness/Nutrition/Cardio Testing
- 12:15 PM Group Stretch & Cool Down
- 12:30 PM Lunch for Students and Staff
- 12:55 PM Depart for Wissahickon Valley (5 minute walk to project site)
- 1:00 PM Wissahickon Restoration Project...
 - Trail Clearing
 - Ecosystem Education
 - Plant Identification
 - Evasive Plant Removal
- 4:00 PM Return to CHASS and prepare for Departure
- 4:15 PM Parents meet students in parking lot outside Squash/Skating Club.



KEY STAFF & PERSONELL

- | | |
|------------------|---|
| Stephen Gregg | <i>SquashSmarts</i> |
| Andrew Hopkins | <i>SquashSmarts</i> |
| Jake Greenbaum | <i>SquashSmarts</i> |
| Jane Affleck | <i>SquashSmarts</i> |
| Julie Williams | <i>SquashSmarts</i> |
| Nancy Khan | <i>Wissahickon Restoration Volunteers</i> |
| Bryan Patterson | <i>CHASS Squash Club</i> |
| Mike Hymer | <i>Prince Squash</i> |
| Robert Partridge | <i>Peak Performance Squash</i> |
| Susan Lerman | <i>Certified Personal Trainer & Yoga Instructor</i> |

FORM A: ENTRY INFORMATION

Complete and return with Forms B, C and Payment by June 30, 2006

Full Name (Child #1): _____

Full Name (Child #2): _____

Address: _____

City, St, Zip: _____

Daytime Phone: _____ Email: _____

Emergency Contact (Name): _____ Relationship _____

Emergency Contact (Phone): _____

Date of Birth (Child #1) ____ / ____ / ____ Gender: F M

Date of Birth (Child #2) ____ / ____ / ____ Gender: F M

Please circle the appropriate answer:

Will your child attend all six days of the camp/tournament?	Yes	No				
If No, circle which day(s) he/she will be absent:	Mon	Tue	Wed	Thu	Fri	Sat
Does your child have a squash racquet?	Yes	No				
Does your child have protective squash eyewear?	Yes	No				
Does your child have non-marking squash shoes?	Yes	No				
If No, my child's <u>men's</u> shoe size is						_____ (e.g. 5.0, 5.5, 6.0, etc)

Entry Fee: 4-day camp + 2-day tournament [1 child]	\$350.00
4-day camp + 2-day tournament [1 child] + Scholarship Assistance*	\$500.00
4-day camp + 2-day tournament [2 children]	\$600.00
4-day camp + 2-day tournament [2 children] + Scholarship Assistance*	\$750.00

* **Scholarship Assistance:** Your generous support helps one SquashSmarts student to attend this very special week. Scholarship Assistance (\$150) is tax deductible. SquashSmarts will provide a tax receipt after the conclusion of the camp. SquashSmarts is a 501(c)3 non-profit corporation serving children from West Philadelphia. For more information, visit www.SquashSmarts.org

Total Entry Payment Enclosed: \$ _____

Please make checks payable to "SquashSmarts". Mail completed and signed forms with payment by Friday, June 30 to:

SquashSmarts, Inc.
c/o Drexel Athletics
3141 Chestnut Street
Philadelphia, PA 19104

FORM B: PARENT/GUARDIAN WAIVER & RELEASE OF LIABILITY

Please complete, including Parent/Guardian & Physician signatures, and return with Form A & Payment by June 30, 2006.

In consideration of my child being able to participate in The Embrace Camp and all related activities, the undersigned:

1. Acknowledges and understands that my child will be engaging in sports and outdoor activities where he/she could become injured or ill, and that there may be other risks not known to me or not reasonably foreseeable at this time;
2. Assumes all foregoing risks and accepts personal responsibility for any damages following such injury or illness;
3. Relieves, releases, discharges and agrees to indemnify SquashSmarts, Inc, the Chestnut Hill Academy Spring Side Squash Club, the Wissahickon Restoration Volunteers and their agents and employees from any and all claims of any kind for injury as a result of my child's participation in "The Embrace Camp" July 10-14, 2006;

THE UNDERSIGNED HAS READ THE ABOVE WAIVER AND RELEASE, UNDERSTANDS THAT HE/SHE HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNS IT VOLUNTARILY.

(Parent/Guardian - Print)

(Date)

(Parent Guardian - Signature)

(Date)

FORM C: MEDICAL HEALTH & HISTORY FORM

Participant's Name: _____

Gender: _____ Date of Birth: _____/_____/_____ Height: _____' _____" Weight: _____ lbs.

Will any medication be taken during the camp? Yes _____ No _____

If Yes, please specify the drug and the dosage: _____

Please specify any known allergies or reaction to drugs: _____

Please list any pertinent medical information our staff should have regarding past injuries, medical history or suggested limitations relating to the participant's ability to participate in the camp for seven or more hours per day.

I hereby certify that the above-named individual has been examined by me within the past 6 months, and that his/her immunizations are up to date, and that he/she is able to participate fully in both indoor and outdoor physical activities.

(Physician - Print)

(Date)

(Phone #)

(Physician - Signature)

(Date)

EMBRACE CAMP - DRIVING DIRECTIONS

CAMP ADDRESS

Chestnut Hill Academy Spring Side Squash Club (CHASS Squash Club)
500 Willow Grove Ave
Philadelphia, PA 19118

From Upper Main Line:

(Wayne, Paoli, Malvern, West Chester, Valley Forge)

202 North through Norristown to Germantown Pike (Rt. 422). Turn right onto Germantown Pike and take it for approximately 10 miles into Chestnut Hill, passing Chestnut Hill College and Chestnut Hill Hospital on the left. Starting with and including the light where trolley tracks begin, go to the 6th traffic light and turn right onto Willow Grove Avenue. Go through 3 stop signs and the school will be on your left, just beyond the track and football field.

From Lower Main Line:

(Bryn Mawr, Haverford, Ardmore, Airport, I-95)

Take the Blue Route (476) North to its end in Plymouth Meeting. Exit East onto Germantown Pike (Rt. 422). Go approximately 7 miles into Chestnut Hill, passing Chestnut Hill College and Chestnut Hill Hospital on your left. Starting with and including the light where trolley tracks begin, go to the 6th traffic light and turn right onto Willow Grove Avenue. Go through 3 stop signs and the school will be on your left, just beyond the track and football field.

From New Jersey, New England, New York, Bucks County:

Take the Pennsylvania Turnpike West to Exit 25 (Norristown/Plymouth Meeting). Go East on Germantown Pike (Rt. 422) approximately 7 miles into Chestnut Hill, past Chestnut Hill College and Chestnut Hill Hospital on your left. Starting with and including the light where trolley tracks begin, go to the 6th traffic light and turn right onto Willow Grove Avenue. Go through 3 stop signs and the school will be on your left, just beyond the track and football field.

From Northeast Philadelphia, Huntingdon Valley, Torresdale:

Take Roosevelt Boulevard or Broad Street (Rt. 611) to West onto Cheltenham Avenue. You will pass a large cemetery on your right. At the next traffic light turn left onto Willow Grove Avenue. Stay on Willow Grove for approximately 3 miles, crossing Stenton and Germantown Avenues. After Germantown Avenue go through 3 stop signs. CHA will be on your left.

From Center City, Walt Whitman Bridge, NJ and Airport:

Take Schuylkill Expressway (Rt. 76) West to the Lincoln Drive Exit. Follow Lincoln Drive to McCallum Street (8th traffic light). Turn left onto McCallum and go over bridge. A little past the bridge the road turns to the right and becomes Mermaid Lane. Go about 100 yards on Mermaid and take the first left, Cherokee Street. Go two blocks on Cherokee and turn right at stop sign onto Willow Grove Avenue. The Wissahickon Skating Club is on the corner and CHA buildings are just beyond it on the right.

From Merion, Springfield (Delaware County), Media, Overbrook:

Take Route 1 to City Avenue Bridge, then follow Center City directions above.

From Montgomeryville, Ambler:

Take Route 309 South to the Paper Mill Road Exit. Turn right onto Paper Mill Road, at the 2nd traffic light make a left onto Cheltenham Avenue. Pass LaSalle High School on the left and at the next light turn right onto Willow Grove Avenue. Stay on Willow Grove for approximately 3 miles, crossing Stenton and Germantown Avenues. After Germantown Avenue go through 3 stop signs. CHA will be on your left.