

INTRODUCING...

Jahangir Naseem

REGENCY'S NEW SQUASH PRO



Jahangir Naseem is currently the top player in DC metro area. He has won many tournaments, including the US Nationals in 2006, the Maryland State Championships in 2007, the Sport&Health Open in 2007, and the Potomac Fever. As a Professional Squash player (PSA) he participates in tournaments worldwide. Jahangir has trained under several elite players in Pakistan, including Muhammad Sadiq, the Pakistan and Asian champion. Jahangir has had 20 years of experience in playing squash. Key to his training is fitness. He has created new ideas to coach, especially youngsters, with new techniques and ideas which will bring enthusiasm and zeal to his coaching.

Contact Jahangir:

Email: jnaseem@sportandhealth.com

sport&health
REGENCY