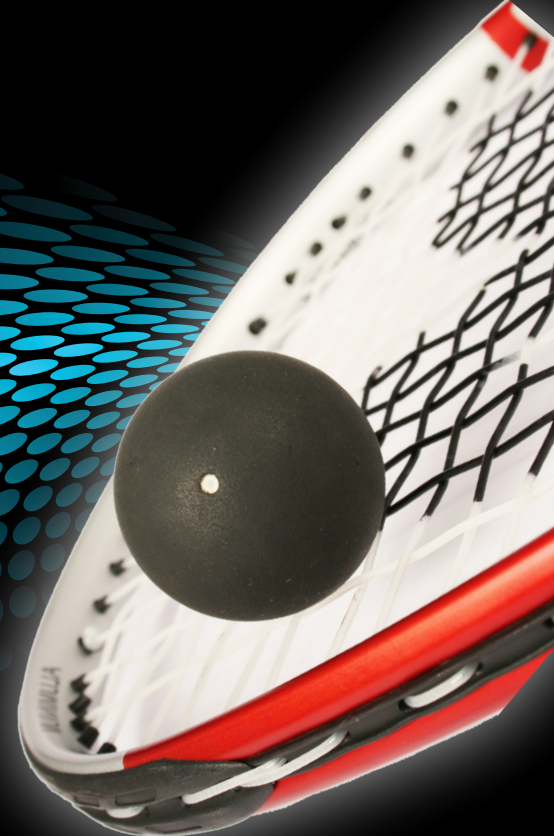


# SQUASH

## AT REGENCY SPORT & HEALTH



### PROS:

#### CONNIE BARNES

An Australian Coach, Connie is the Sport & Health's Director of Squash. Connie played Squash at State grade level in Australia before arriving in the DC area in 2002. Connie has a National Ranking of #7 (age group 2006).

Email: [cbarnes@sportandhealth.com](mailto:cbarnes@sportandhealth.com)

#### DOUG BAUMGARTEN

Doug has been playing and teaching squash for almost 30 years. He has achieved a ranking of #75 on the WPSA professional list, and has won the Virginia State Open tournament twice. Email: [dbaumgarten@sportandhealth.com](mailto:dbaumgarten@sportandhealth.com)

#### JAHANGIR NASEEM

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 and has had 20 years of experience in playing squash. Email: [jnaseem@sportandhealth.com](mailto:jnaseem@sportandhealth.com)

### JUNIORS:

#### CLINICS:

Junior Clinics are held on Sundays: Beginners from 2:30-3:30pm and Intermediate from 3:30-4:30pm.

#### SCHOOL SQUASH:

Many local Middle and High Schools (public and private) are commencing school squash teams. With 11 schools already in the Juniors squash program at Sport & Health (mainly at Bethesda) Connie will be adding 5 schools in VA to the program. Interested in starting a program at your school...? Drop Connie a line.

#### SPRING BREAK CAMPS:

Ages 7 – 17 years. All levels welcome.

#### SUMMER CAMPS:

Full day Summer Camp for ages 7 – 17 years, Connie and her team will be providing the very best in Summer camp programming to help your child develop technique and strategy in a friendly environment. All levels welcome.

See [aussienicksquash.com](http://aussienicksquash.com) for more local squash information.

Please be advised that a 24 hr cancellation period is required for lessons, otherwise the lesson charge will be applicable.

**sport&health**

REGENCY

[sportandhealth.com](http://sportandhealth.com)