

Squash Program Manager

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Goals of Squash Program Manager:

- Improve client experience
- Organize internal communication

New Website:

Includes information about classes, schedules, coaches, and ways of contact



Our Programs



Rising Stars & Bronze Beginners (60min)

Players will discover the fundamentals and techniques of the sport. The main principle of this clinic is to develop players' hand-eye coordination to help them advance to the next group.

Tuesdays and Thursdays: 3:30pm-4:30pm
Saturdays: 10:00am-11:00am



Silver & Intermediates (60min)

This group is a mix between beginners that has completed the basic understanding of Squash and players looking to play in Bronze and Silver contact forms. Players will be introduced to a more supervised instruction and drills that will sharpen their skills.

Mondays, Wednesdays, Fridays: 3:30pm-4:30pm



Elite Juniors & Seniors

The elite group consists of highly skilled juniors that are competing on a national level. This class is for players that actively playing in Gold and ICT contact forms and are inspired to take their squash towards college and overseas contact forms. This group requires a minimum of commitment of at least twice a week.

Mondays, Tuesdays, Fridays: 4:30pm-6:00pm
Saturdays: 11:00am-12:30pm

Our Coaches



Head Pro
Leroy Leong

Leroy has over 20 years of Squash experience. He joined the New Haven Lawn Club in 2015 and was a visiting Squash Pro before then.



Assistant Pro
Miguel Perez

Perez is a 2019 graduate of the University of Rochester, where he earned a bachelor's degree in philosophy, psychology and brain & behavior.

Coaches Portal:

Records and organizes information about players, attendance, updates, and coaches' access

1. Player Profile:

Coaches Portal

User: mteh
NHLC Website
Logout

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Rachel Owen

Edit Delete

Acc no: A123
Division: GU15
Rating: 4.5
School: Choate Rosemary Hall

Training Logs

New training log

Date	Title	Note
04/28/21	Games	Conditioned games and match plays to improve game strategies. Finished with 3x20 ghosting and core.
04/26/21	High Intensity	Shot and a ghost to increase endurance and accuracy. 3 conditioned games.
03/24/21	Lobs	Worked on lobs: drop the racket when approaching the ball at the front and flick the racket upwards with a short but really quick swing to get the high and soft curve we want.
03/10/21	Match Play	Match play with a focus of being relax and experimenting with holding the ball.
02/19/21	Training Log	Continued to work on holds, keeping the same swing for different shots e.g. same forehand swing for drop and drive to be more subtle.

All training logs

Tournaments

New tournament

Start Date	Name	Division	Position
04/26/21	US Junior Open	GU15	4
04/05/21	Philly Junior Open	GU15	2
03/16/21	Manhattan Squash Junior Open	GU15	5
02/19/21	LA Squash Academy Junior Open	GU15	4
01/29/21	Play Squash Academy Regional Junior Tournament	GU15	3

All tournament records

Fitness Test Results

Beep Test			Jump Test			Sprints			
Date	Result	Best result	Date	Best result	Date	Num of sets	Total	Highest reps	
03/22/21	11-2	103.1	03/22/21	103.1	03/22/21	3	65	22	
03/01/21	11-3	102.9	03/01/21	102.9	03/02/21	5	102	21	
02/15/21	11-1	102.5	02/15/21	102.5	02/16/21	5	101	21	
02/01/21	11-1	103.2	02/01/21	103.2	02/02/21	3	65	22	
01/18/21	11-2	102.5	01/18/21	102.5	01/19/21	5	103	21	

All beep test All jump test All sprints

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2. Attendance:

Coaches Portal

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Attendance

Create report Player List

Date	Name	Div	Present	Absent
05/10/21 monday	Jamie Finch	BU13	<input type="checkbox"/>	<input type="checkbox"/>
	Mohammed Sherbini	BU15	<input type="checkbox"/>	<input type="checkbox"/>
	Joshua White	BU15	<input type="checkbox"/>	<input type="checkbox"/>
	Jaydan Patterson	BU17	<input type="checkbox"/>	<input type="checkbox"/>
	Michael Stoffman	BU19	<input type="checkbox"/>	<input type="checkbox"/>
	Isaac Yan	BU19	<input type="checkbox"/>	<input type="checkbox"/>
	Jessica Chen	GU13	<input type="checkbox"/>	<input type="checkbox"/>
	Donna Grayson	GU13	<input type="checkbox"/>	<input type="checkbox"/>
	Rachel Owen	GU15	<input type="checkbox"/>	<input type="checkbox"/>

Save

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3. Updates:

Coaches Portal

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update: U.S. Bronze Junior Nationals

Edit Delete

Date: 04/27/21
Title: U.S. Bronze Junior Nationals
Content: Great news for our junior players! This past weekend of April 23-25 was the U.S. Bronze Junior Nationals and we had three players from the NHLC participating in the tournament, especially in the Boys U11. The boys had a really awesome result from the weekend. Dwyer Illick came in 1st place, Brendan Taglarmi came in 3rd place, Jacob Price finished 11th/12th. Job well done for our young athletes!

Image:

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4. Coaches:

Coaches Portal

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Coaches

Create New Coach

ID	First	Email	Username
7	Michael Smith	msmith@gmail.com	msmith
6	MJ Teh	min@gmail.com	mtmh

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Making the Project:

Client: Director of NHLC Squash

Methods: MAMP, PHP, HTML, CSS, MySQL

