



# ORC SQUASH ACADEMY

---

2025 & 2026 SEASON



# A MESSAGE FROM ALLAN COOK

Dear Squash Families,

Welcome to the Squash Academy Training Program!

I'm thrilled to have you join us on this exciting journey. Whether you're just starting out or looking to elevate your game, you've taken a fantastic step toward developing your skills, building confidence, and most importantly, having fun while doing it.

At our academy, we believe that learning is most effective when it's engaging and enjoyable. That's why our approach is centered around a fun, game-based environment where every drill, match, and activity is designed to challenge you while keeping the spirit of play alive. We want you to love coming to training, to look forward to trying new things, and to see mistakes as part of the learning process.

Our coaching philosophy is built around two key streams:

- 1. Training Stream:** Emphasizing fun, teamwork, and developing a love for the game through creative drills, game-based learning, and social play that keeps everyone motivated and engaged.
- 2. Performance Stream:** Focused on refining technical skills, tactical awareness, and physical conditioning to help you compete at higher levels and achieve your personal best.

I also want to celebrate the incredible achievements of our Ontario Racquet Club juniors. Over the years, our players have excelled in local, provincial, and national tournaments, earning numerous medals and titles. Their dedication and hard work have helped put our club on the map as a leading training ground for talented young squash players. We are incredibly proud of their accomplishments and look forward to supporting many more in reaching their goals.

Some of the ORC Junior highlights include:

**Shaan Jolly:** U15 National Champion

**George Crowne:** U17 National Champion

**Salma Mounir:** U13 National Champion

**Arham Izhar:** Bronze U19 Nationals

**Hollie Naughton:** 5x National Champion, highest PSA ranking 16





# A MESSAGE FROM ALLAN COOK

Our experienced coaching team will guide you through innovative and dynamic sessions within these streams, ensuring that each player's individual needs and goals are met. We understand that the best players are those who enjoy the game, stay motivated, and learn from every experience — whether it's a win or a lesson learned. We also emphasize the importance of sportsmanship, teamwork, and respect.

Supporting each other in a positive environment helps everyone grow — both as players and as individuals. Remember, every challenge is an opportunity to improve, and every game is a chance to have fun, learn, and celebrate your progress.

## Key Components

- **Technical Skill Development:** Focused drill work to refine strokes, shot selection, and consistency, with an emphasis on proper technique and adaptability.
- **Tactical Training:** Learning game strategies, court positioning, and shot placement to outthink opponents and adapt to different playing styles.
- **Physical Conditioning:** Building strength, agility, speed, and endurance tailored to squash demands, ensuring players are physically prepared for competition.
- **Competitive Opportunities:** Regular tournaments, friendly matches, and inter-club competitions to apply skills in real-game scenarios and gain valuable experience.

**Our Mission** - To provide progressive training for our juniors in a social and competitive environment and to play an important role in the players' development.

**Our Vision** - To become Ontario's leading Squash program, where everyone is welcome and treated fairly.

Keep in mind that success isn't just measured by wins — it's about enjoying the journey, staying passionate, and always striving to be your best. Believe in yourself, support your teammates, and never forget to have fun along the way. I can't wait to see your enthusiasm, creativity, and determination shine through as we go through this season together. Let's make it memorable, full of growth, laughter and great squash.

Thank you for being part of our squash family. Let's make this a season to remember!

Best wishes,

## Allan Cook

Director of Squash  
Ontario Racquet Club



# ACADEMY MEMBERSHIP POLICY

## ACADEMY ENROLMENT

To streamline and improve the registration experience for the upcoming season, we are introducing a unified enrollment model for all Junior Academy participants who are not members of the Ontario Racquet Club.

All non-member juniors enrolled in the Academy will be subject to an annual **Academy Non-Member Fee of \$1,335**, plus taxes.

For participants aged 12 and under, up to two guardians will be granted club access, as all children in this age group must be accompanied and supervised by an adult at all times while on club premises.

## BENEFITS OF BEING AN ACADEMY PLAYER AT ORC

- Squash Court booking privileges
- Access to private squash and fitness coaching with ORC professionals
- Use of the Fitness Centre (Ages 15+)
- Use of the Aquatics Centre

Please note the enrolment fee does not include guest privileges or access to ORC programs and activities outside of the Academy. ORC Juniors who are part of a Deluxe or Optimum Family Membership will be exempt from the Enrolment Fee and will retain full access as per their membership benefits.

For information regarding a Family Membership at ORC, you're welcome to reach out to our Membership Department via email: [membership@ontarioracquetclub.com](mailto:membership@ontarioracquetclub.com)

## ORC APP

**Our Ontario Racquet Club App allows Academy Players to book courts up to seven days in advance.** You can also use the app to view ORC's Leisure Swim schedule, book swim lanes, with players age 15+ also able to book fitness classes. A listing of your ORC account transactions may also be found here.

On your smartphone, Search for "Ontario Racquet Club" in the app store (the blue & white one) or go to the Apple App Store (iOS) or Google Play Store (for Android or Samsung Devices).

If you require your User Name and Password for the ORC App, please reach out to Christine Hanlan, our Director of Membership & Guest Services, at [chanlan@ontarioracquetclub.com](mailto:chanlan@ontarioracquetclub.com).





# ORC SQUASH ACADEMY

Squash Director - Allan Cook

Performance Squash  
Reiko Peter

Training Squash  
Allan Cook

Recreational Squash  
Allan Cook

Elite

Training 2

Teen Drill & Play

Performance

Training 1

Squash Fundamentals

Beginners 1 & 2

Squash for Squirts



# PERFORMANCE STREAM

## MEET COACH REIKO PETER

Reiko Peter is an NCCP certified Competition Development Coach. He has coached multiple Canadian Junior Champions including Boys U19, Boys U15 and Boys U11. He has a wealth of experience playing at the highest level reaching a highest world ranking of #66 as well as securing six PSA World Tour titles and represented Switzerland in multiple World and European Team Championships. Since 2019 he has been coaching all levels and ages throughout.

Now based in Burlington, Reiko serves as the Head of Elite Squash Player Development at Ontario Racquet Club (ORC). He brings a high-performance mindset and European training style to ORC's squash programs, focusing on athlete development for players aiming to compete at provincial, national, and international levels.



## ORC'S PREMIER SQUASH OFFERING: THE PERFORMANCE STREAM

The Performance Stream includes Junior Elite, High Performance, and Adult Competitive programs. These streams are designed for athletes seeking to train at an elite level and compete at various competitive levels.

Canada's premier Squash program, the ORC Performance Stream provides top-level athletes with access to world-class coaches, creative and unique training regimens, state-of-the-art facilities, and competitive exposure. Programs are designed to maximize potential and foster holistic athletic development.

## BENEFITS FOR ORC PERFORMANCE STREAM PLAYERS

- **Elite Coaching with Reiko Peter:** Train under a former world-ranked professional with international playing and coaching experience. NCCP certified Competition Development Coach
- **Personalized Athlete Development:** Custom programs tailored to each athlete's growth.
- **High-Performance Facility:** Access to top-quality courts and training resources.
- **Tournament Support:** Coach presence and guidance at selected national and international tournaments.
- **Holistic Training Approach:** Includes strength and conditioning, injury prevention, nutrition, and mental performance support.
- **Regular Competitive Match Play:** Set ladder matches and inter-club competitions.
- **Unlimited Court Access:** Priority booking and walk-on privileges (based on membership level and policies).
- **Clothing Package Included:** ORC-branded gear for Academy players.
- **Up to 39 Weeks of Training:** Year-round coaching and support from Fall through Summer.



# ORC SQUASH ACADEMY

PROGRAM	DATES				SEASON FEES	
Performance TT	Begins 9/2/2025 Ends 6/18/2026	<b>Tuesday</b> 6:40 to 8:40 pm	<b>Thursday</b> 6:00 to 7:20 pm		\$3,978 + HST	\$1,392* Installments
Performance TuS	Begins 9/2/2025 Ends 6/20/2026	<b>Tuesday</b> 6:40 to 8:40 pm	<b>Saturday</b> 10:40 to 12:40 pm		\$4,719 + HST	\$1,652* Installments
Performance ThS	Begins 9/4/2025 Ends 6/20/2026	<b>Thursday</b> 6:00 to 7:20 pm	<b>Saturday</b> 10:40 to 12:40 pm		\$3,978 + HST	\$1,392* Installments
Performance Full	Begins 9/2/2025 Ends 6/20/2026	<b>Tuesday</b> 6:40 to 8:40 pm	<b>Thursday</b> 6:00 to 7:20 pm	<b>Saturday</b> 10:40 to 12:40 pm	\$5,967 + HST	\$2,088* Installments

PROGRAM	DATES				SEASON FEES	
Elite TT	Begins 9/2/2025 Ends 6/18/2026	<b>Tuesday</b> 6:40 to 8:40 pm	<b>Thursday</b> 7:20 to 9:20 pm		\$4,719 + HST	\$1,652* Installments
Elite TuS	Begins 9/2/2025 Ends 6/20/2026	<b>Tuesday</b> 6:40 to 8:40 pm	<b>Saturday</b> 10:40 to 12:40 pm		\$4,719 + HST	\$1,652* Installments
Elite ThS	Begins 9/4/2025 Ends 6/20/2026	<b>Thursday</b> 7:20 to 9:20 pm	<b>Saturday</b> 10:40 to 12:40 pm		\$4,719 + HST	\$1,652* Installments
Elite Full	Begins 9/2/2025 Ends 6/20/2026	<b>Tuesday</b> 6:40 to 8:40 pm	<b>Thursday</b> 7:20 to 9:20 pm	<b>Saturday</b> 10:40 to 12:40 pm	\$6,630 + HST	\$2,321* Installments

\* All Prices are subject to change without notice. Installment fee is payable on Sept 01, Feb 01 and Apr 01 throughout the year.

IMPORTANT DATES	
Week of September 2nd	Start of Season
October 11 - October 13, 2025 (Inclusive)	Thanksgiving Weekend
December 22, 2025 - January 4, 2026	Winter Break
February 14, 2026 - February 16, 2026 (Inclusive)	Family Day Weekend
March 16, 2026 - March 20, 2026 (Inclusive)	Spring Break
April 3, 2026 - April 6, 2026 (Inclusive)	Easter Weekend
May 16, 2026 - May 18, 2026 (Inclusive)	Victoria Day Weekend
June 20, 2026	End of Season
June 22, 2026 - June 27, 2026	Make Up Week - If Required

