

Members of the Harvard women's squash team,

First off, I would like to congratulate you on a great 2008-2009 season. I have really enjoyed working with you and admire the hard work you have put into your training. Now that the season is over, **our focus begins on next year**. Before you begin your summer training you need to ask yourself a few questions; "How hard am I willing to work this summer?" "Am I as strong as I could be?" "Am I content with how our season ended this past year?" "Do I want to be a part of a championship team?" These questions may seem like simple ones, but how you answer them can help motivate and guide you through your summer. If the answers to these questions aren't enough to motivate you, how about the following for next years GoCrimson headline:

WSQU: NO.1 SEED WOMENS SQUASH TEAM ENDS PERFECT SEASON WITH CSA NATIONAL TITLE.....how bad do you want to see this headline before you leave Harvard?

The summer is a crucial time for strength and conditioning. You no longer have to deal with the daily academic stress of the school year. With that said, you really need to prioritize your training and make sure you are eating well and getting plenty of sleep. You also do not have your teammates with you during your training. This is a time to step up and push yourself when external motivation is lacking. Coming off a good season should not be enough for you and your teammates. As a team and as an individual member you need to decide how hard you are willing to work to achieve what you could not during this past season. You need to realize that your team is relying on you to come back in the fall in great shape and ready to work toward another successful year. If every member of our team can do this, we are off to a great start. This summer manual is designed to help you achieve your goals and make sure you return in the fall strong and ready to train.

This manual is designed to be followed in order with the **percentages and exercises prescribed**. If at any time during your training you come across a question or concern, do not hesitate to contact me.

Lets be the hardest working team in the country this summer!

Coach Forsyth

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