

# DRAGON SQUASH CUP

**“Rising Stars” (Beginner Level)** - This level is intended for players who are just starting their adventure with squash or have little experience in the game. Players at this level are usually familiar with the basic rules of the game, but their technique, fitness and strategy are still under development. "Rising Stars" players focus on improving basic skills, such as correct posture, basic strokes and orientation on the court.

**“Court Challengers” (Intermediate Level)** - Intermediate level players have a solid technical foundation and demonstrate good court orientation. They already have experience in tournament competition and are able to use more advanced strategies while playing. At this level, "Court Challengers" can successfully use a variety of shots and their game is characterised by greater control over tempo and tactics. Players work on developing endurance, agility and precision in the game.

**"Elite Masters" (Advanced Level)** - Advanced players are people with great experience and skills in squash. Their technique and fitness are at a very high level, they can precisely control the ball and use advanced tactics. Players at this level compete at the highest level, often participating in tournaments and have a deep knowledge of the game and the ability to quickly adapt to the opponent's style.