

# JUNIOR SQUASH COACHING

We now regularly run junior squash coaching sessions for 5 to 18 year olds. The sessions take place most Monday evenings from 6pm.

We follow the "Unsquashable" mini squash format for younger children and provide more advanced coaching for older juniors.



## **Coaching Objectives:**

The primary objective of the junior lessons is that the children have fun. Along the way they will learn the skills required to play squash and also the rules of the game. Upper-most in the mind of the coaching team is that this is all done in a safe environment.

## **Coaching Team:**

We have two qualified coaches as follows:

- Simon Wiser (Level 1)
- David Frost (Level 1)

All coaches are CRB checked and have attended child protection courses.

## **Fees:**

The fees are £3.50 per child per session. All monies received go towards equipment costs, payment of court lights etc. Rackets, balls and safety goggles etc can be provided at no extra charge so your child just needs to come dressed appropriately for squash and be ready for fun.

Please note that all of the coaches provide their time on a voluntary (unpaid) basis.

**Come and join us .....**



If you have a child or children between 5 and 18 years of age and would like them to learn this wonderful game, then just pop down to the courts on Monday evenings from 6pm or email Megan Frost at: [Megan.Frost@st-four.com](mailto:Megan.Frost@st-four.com).