

SCHOOL SQUASH PROGRAMS

Frequently Asked Questions



What is a School Club?

How does it get started?

Over 15 school squash programs (ES, MS, HS) train and play at Sport&Health clubs between 1-3 times per week.

Generally it is a procedure of the school agreeing to sponsor the activity and advertise to the students the training time scheduled with Sport&Health. High schools also compete in the SIVL (Sport&Health Varsity Interclub League), Middle schools participate in the SIML (Sport&Health Interclub Middle School league). To commence a program contact Connie Barnes by emailing cbarnes@sportandhealth.com

What equipment do I need?

Your son/daughter will need non-marking shoes, a racket, a ball and goggles. Rackets and goggles can be purchased from the Sport&Health pro shops via Connie for \$50-\$75 and \$25 respectively. Balls also at \$4.50 each. Feel free to purchase equipment separately to this offer (try Modells, Sports Authority or online) however, please ensure a light racket is purchased, no heavier than 150gr. Please buy non-marking shoes – gum based are best though tennis will do.

Do I need to be a member of Sport&Health?

No. Your son/daughter will be provided with a card identifying them as a school club participant, they will show this to reception as they enter Sport&Health.

Will my son/daughter have other opportunities to play other than school clinics?

There will be as much squash as he/she would like to play. We offer after school clinics at Bethesda and Regency Sport&Health on weekday afternoons, as well as Saturday afternoons, please see www.aussienicksquash.com under Juniors then click on the club you prefer. Squash league is also available on Sunday afternoons. Lessons are also available: Private \$35 = 30 minutes, Semi-private \$45 = 30 minutes.

What about Tournaments?

There are several Winter tournaments in the DC area in which the students will be able to participate. The SIVL has a compulsory tournament in February 2008.

Parent Meeting

Join us for a meeting at Bethesda Sport&Health date TBC to find out about school squash, college squash, tournaments, equipment etc. To register contact Connie Barnes by emailing cbarnes@sportandhealth.com

Useful internet sites

Aussie Nick Squash: www.aussienicksquash.com

USSRA United States Squash Rackets Association: www.us-squash.org

SquashEmpower: www.squashempower.org

Bethesda Sport&Health: www.sportandhealth.com

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