

YSRA SCHOOLS PROJECT

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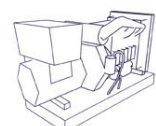
1. Objective

To create greater opportunities for **VENUES** and **COACHES** to access schools in Yorkshire for **juniors**

2. Background

Venues with successful schools programmes tend to have successful clubs, coaches and junior programmes with individual success at county and beyond. Juniors are the future of squash. Parents are the key to the juniors. There are a number of examples of successful school links in the county and beyond. We need to look at those and try to combine these with a plan which can be easily used by other clubs and venues in the county without a great investment of time and money.

We need to research the current successful schools programmes and identify **examples of good practice** for venues to enable them to link into schools in an **economic and sustainable** way.

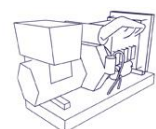


What are the key **challenges / barriers** to success?

- Sending coaches into schools with hitting boards is time and money consuming which we do not feel gets juniors into the clubs
- Set up costs for programmes based in schools, e.g. rebound nets (£200 each) rackets, balls and goggles
- Understanding coach to pupil ratios, i.e. class sizes
- Getting children to the club – cost/ safeguarding, teacher time, parent commitment
- All costs must be covered for the coach - £20 per hour minimum
 - this may not include travel time and set up and take down time.
- Coaches and venues not taking on board schools projects because of the time and money implications
- Lack of direct contact with Schools and organisations
 - Need a viable network
- Schools misunderstanding the value and purpose of working with squash coaches
 - Assumption that service is free
- Lack of access to school Parents



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3. Investigations / research



County Associations



1. Kent County Association

Aim: to understand the Kent programme and identify what can be translated into workable programmes in Yorkshire.

- 10 Academies In Kent – An Academy is a school with an annual repeat booking for KS1 and 2 children for squash at a club, starting with a school lesson.
- Equipment: Mini nets are taken into school.
- Numbers: Approx. 10-15 juniors from each school join the club each year (100-150 new juniors for Kent).
- Time: The School finds space to run these programmes and the coach accommodates. Ideally in the PE lesson. After school drew very few children.
- Funding: mixture of school and coaches applies for external funding.
- Where: schools need to be close to a club and have a coach who has the time during the day to go into schools (therefore not part time)
- How: contact the Head Teacher and make the language they use in schools to the funding pots and to the coaching academy. Having a school as a Squash Academy sounds good
- Cost: Charge £30 per session for 6 weeks
- When: 6 weeks per year – usually at start of year
- It took 12 months to get a good model in Kent and 3 months to set up the first school
- The initial contact with the schools was very LUCKY – via a contact, a teacher, a head. It took many calls
- Kent paid Steve 20 hours per week, on top of this he gave 10 voluntary hours per week to set it up



More details in appendix

2. Lancashire

Aim: to understand how Lancashire have successfully implemented a schools programme

- Need a team of coaches
- Approach the schools directly, obtain the PE co-ordinator name and direct messages to them, send emails, flyers and try face to face.
- Send a proposal for a 5 / 6 week course stating how many pupils can participate each time.
- Tailor the proposal to appeal to different groups, e.g., girls
- Offer more than just squash, e.g., other games / activities / short tennis.
- £45 per session (covers x2 coaches & equipment)
- Take squash to the schools, be flexible on the space they offer,
- Use Mini squash walls
- Invite participants to come to the squash club/venue for a mini tournament.
- After school clubs can work, however the venue/club must be within a short walk from the school. Aim to walk the children from school to the club, parents collect from the club at the end of the session.
- After school clubs must be low cost – max £5 per child – paid termly.

3. Hampshire

- This successful project took 2 years to set up and was run by Scott Griffiths.
- Hampshire Squash have launched ‘Squash Stars’ based on the [LTA](#) model of offering new juniors 6 weeks coaching for free (once a week) including a starter kit (racket, ball, goggles, kit bag and t-shirt) sponsored by Titan Sports, also includes coaching session card to sign off each session (6 in total)
- Other counties are following Hampshire’s lead, such as Sussex and Warwickshire.
- Parents pay **£25** for the starter pack which is then delivered to the club for the first session.
- They give £10 to clubs for each new participant, this covers 2 coaching sessions @£5 per session. The coach is persuaded to provide an additional 4 sessions (6 in total). There was some resistance by the coaching community to offer 4 free sessions, as some saw it as a loss of critical income. Some clubs happy to underwrite the cost and others clubs less supportive over free sessions.
- The key was to get the advertising for ‘Hampshire Stars’ right:
 - New website page dedicated to juniors, pictures of kids playing etc
 - Poster designed to enable clubs to add their own logo/details on and placed in the club and on social media etc (this has limited impact due to the nature of clubs being quite closed environments)
 - Use Parent Mail for schools to target families directly
 - Posters placed in Community Centres
 - Leaflets used to distribute
 - Facebook advertising – this has been very successful



- It was important that the product / offer looked professional, so good artwork and messaging.
- Hampshire are planning to relaunch the Stars programme but with some changes
 - Parents will pay for the starter pack up to £30
 - Packs to be sold via website, using PayPal as the system
 - Parents **must** register their details to be included on the Hampshire database
 - Packs will then be delivered to the club (currently Scott has all the packs in his house so is responsible for delivering or posting out)
- Target aged group is 5 – 11 years old
- Biggest challenge of holding stock of t-shirts, different sizes
- England Squash have launched Squash Stars on the back of this

Venues



1. Pontefract Foundation

Aim: to understand how the foundation works and to listen to the language of the teacher

- 10 week programme with Year 4 children who walk to the club
- 30 children – 3 coaches available during the day
- Equipment and courts supplied
- School pays for some of the costs because it believes in the project
- Started by Malcolm Will stop and Jayne Robinson – now run by Jayne

Why is it successful?

- The coaches understand the children
- The teacher appreciates the work of the club

What did the teacher say?

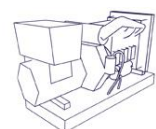
- Start with local schools
- Schools have to swim so whichever year group isn't swimming make squash their sport
- "So, we introduced one year group to squash, much like swimming - made it that year group's 'thing' or main sport that half-term. That stuck, the moment we met Malcolm and Jayne. We begged them to let us keep coming after the initial agreed 6-week taster. Within 5 months with them, we begged Malcolm and Jayne to let us come with that year group for as long as possible. "



- OFSTED - Squash exceeds every aspect of the curriculum given its expectations on conduct (front and centre- to establish the seriousness of squash as a national sport) and the skills developed through coaching. It ticks all the OFSTED boxes: they would love the behaviour expectations, sportsmanship and physical skill development. They would also love the international dimension and classroom aspect (e.g., fitness testing). We use technology, peer group work and independent work to cover many components of the English, Science and PE NC objectives too.
- Approach PE Co coordinators and Go-Ahead Heads. Approach secondary schools
- **The conduct expected in the sport is a rare and precious aspect of the game. Parents seek this.** Staff would find it intriguing. I know that we did and do still. It's a rare formula but much needed.
- Share on social media and include hashtags



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2. Chapel Allerton Schools Programme

Aim: to learn how Chapel Allerton run successful schools programmes which can be replicated elsewhere

- Headed up by Carrie Ramsey
- Using the tennis and squash together, Chapel Allerton has success with juniors and schools.
- How? Word of mouth, posters, social media, emails to schools they have relationships with
- What? Beginners course - £30 – 6 weeks – free racket from Dunlop
- Conversion rate – 24 new players, 16 became junior members this year
- Key – the schools trust them, they have history

3. Ferriby Hall – Squash Squad

- Headed up by Lisa Martin
- A private partnership between Ferriby Hall committee and Swanland Primary School for local 6-10 year olds which was funded by pupil premium.
- The head of Swanland school was so impressed by the turn around in the squash players behaviour and school work as a result of squash squad, she is considering adding squash courts to any future renovation/expansion of the school.
- Children can be **eligible** for the **pupil premium** for a variety of reasons. These include their family circumstances, such as their income or occupations, and whether or not they're in care. If a child is **eligible**, a school will receive the necessary amount of funding for each child per school year.

4. Howden Area and Humber Squash - 2009

- Headed up by Derek Norris
- A successful Howden/ Humber Schools programme when ES paid for coaches and National Lottery funding was available
- Hard work and passion
- Non Squash Playing Parents need time and finance to keep their children playing
- Courts in Howden area have squash walls in schools
- Contact North Yorkshire Sport and attend the PE Coordinators meeting

5. Sheffield Steel City

Mission: Steel City Squash is a voluntary organisation based in Sheffield, South Yorkshire, striving to empower young people to 'Dream Big'.

- Headed up by Adam Turner
- 6 weeks coaching
- 4 educational blocks and 2 aspiring workshops
- Year 5-8
- Affiliated to the PSA, Sheffield Hallam



- Headed up by Adam Turner
- Dream Big – from weekly school groups to a talented athlete programme
- Programme starts in June 2021

More details in Appendix

6. Abbeydale

- 8 School relationships developed over the last 2 years
- Funding by South Yorkshire Sport
- Year 3 children – 60/90 per school reaching over 500 students
- Costs estimated to be £7000, none currently to be met by the schools
- Transport to the school
- 3 weeks at the squash court
- 2 coaches minimum – Sam Gardiner and Mark Tasker
- South Yorkshire Sport pulled out leaving them to let down the schools

7. Calderdale Community Squash

- Header by Aron Robinson of Old Crossleyians and involved with Mythmroyd CC
- “Street” Squash – taking squash into Calderdale to make it accessible
- Set up a charity and has a board of trustees
- Halifax Panthers Charity and Invictus Charity
- Funding from Calderdale as a result of the COVID pandemic – Calderdale is in the top quarter of most deprived areas in the country
- Schools involved
- Initial set up phase currently
- Needs our support and needs funding



Councils



1. North Yorkshire Sport

Aim: to explore and understand how we could run a trial in schools through NY Sport

- Faye Pashby is from NY Sport. They have links to schools via zoom, termly meetings and links to school PE co coordinators.
- Funding was not discussed as this will be a barrier – the expectation of a trial is that it is free to the schools.
- Time: 6 weeks ideally as soon as possible
- Where: local schools to the clubs
- NY Sport to introduce YSRA to local schools and us to fund a trial at Dunnington and in Harrogate

More details in Appendix

2. Schools Sports Partnership

Aim: to explore and understand how we could run a trial in schools through NY Sport

- Debbie Speed works from Harrogate High School for the local partnerships. They have links to schools
- Funding was not discussed
- HSSP to introduce YSRA to local schools and us to fund a trial at Dunnington and in Harrogate

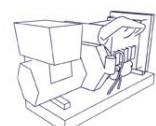
More details in Appendix

Charity/ Funding



1. Rackets Cubed Charity

Aim: to learn how Rackets Cubed run successful schools programmes and to identify where this can be replicated in Yorkshire



- Rackets Cubed is a schools based programme – its main benefit is diversity and outreach for organisations wanting to give back. It reaches out to schools in hard hit communities and offers the children a different image of sport and activity.
 - Its needs a club with funding volunteers as well as coaches who are available in the day.
 - Its people are very influential, dynamic and driven.
 - For coaches and venues it does not offer a solution for new members.
 - This project is really key for rackets and the future – but not for this specific project.
- See full notes in Appendix of this power of this programme

2. The Queens Foundation

Application in Dropbox – took 6 hours and submitted on 17.5.21

3. FEAST – NYCC

Application in Dropbox – took hours and a real focus on nutrition

England Squash

<https://www.englandsquash.com/get-involved/education/schools>

4. Results

TRUST	<ul style="list-style-type: none"> • Trust linked to relationship seems to be the only way in
RELATIONSHIP	<ul style="list-style-type: none"> • Schools are not keen to talk to individuals so if you have a relationship already they trust you and will speak • Very difficult without a relationship • Need coaches who are good with children and people to build this relationship
VALUE	<ul style="list-style-type: none"> • Unless schools see the value to their OFSTED, their children, their staff they wont consider this • If clubs / venues see no value they wont invest in the project either • Coaches have to be paid a minimum wage for every hour they invest in this
FUNDING	<ul style="list-style-type: none"> • Schools say they have no money - they do have money they just dont want to openly use it on squash • Offering to find other ways and then maybe they will open the door to use that funding when they see value • Some bigger clubs can find funding through charity/ business organisation but this depends on the club size
SUSTAINABILITY	<ul style="list-style-type: none"> • Venues and coaches will invest in this process if they can see it being sustainability and of value to their club
TIME	<ul style="list-style-type: none"> • The Coaches need to be available during the day • The project takes weeks / months to develop
COMMUNICATION	<ul style="list-style-type: none"> • Listen to the school • Understand the coaches and club needs • Ask for feedback from everyone • Act on ideas



5. Poster



“IT WAS THE BEST DAY OF THE ENTIRE SCHOOL LIFE”

YORKSHIRE SQUASH IS LOOKING FOR SCHOOLS. THIS IS WHAT SCHOOLS SAY ABOUT THE PROGRAMMES:

- The Coaches take time to know my children personally and help them.
- The children are simply buzzing about the experience.
- The team know exactly what these children need.
- My favourite aspect upon our return to schools is that their rackets poke out of the children's bags- it's a super all day reminder of our adventures down at the club.
- Squash coaching is a technical sport that combines good conduct with a high level of fitness and skill. Primary aged children love it. Try it.
- The commitment of the coaches at the squash club to developing the children's attitude to the sport is second to none.
- Everyone knows someone who plays or played Squash. It is a sport for fitness, for enjoyment, for life. Children love playing Squash.

IF YOUR SCHOOL WOULD LIKE THIS IMPACT ON THEIR CHILDREN PLEASE CONTACT:
NICKY.HORN@YORKSHIRESQUASH.COM

QUOTE FROM ST. JOSEPHS, PONTEFRACT

6. Costs

BUDGET

Item	Hourly rate	Total for each project
Coach time	18x £25.00	450.00
Admin set up time	18x £15.00	270.00
Equipment	Balls & Rackets	90.00
Court Costs at Club	£4.00 (per court – 3 courts)	72.
Take home end session bag / t shirt		150.00
Extras		53.00
TOTAL		£1085.00



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YORKSHIRE SQUASH & RACKETBALL ASSOCIATION

www.yorkshiresquash.com

President – Dr. Assem Allam

School: Oatlands Infants, Harrogate
Contact: Jo King
Club: HSFC
Numbers: 27-30

Coaches: Robbie Burnett, Nicky Horn, Sam Watson, Barry Anderson
Paperwork: COVID, DBS, Safeguarding
Courts needed: 4
Equipment: bag supplied week 2, borrow racket, balls, overgrip on each racket

INDOOR shoes tell them at the start and keep telling them

Aim:
Enjoyment with positive wellbeing
Physical exercise and movement
Good communication with children to understand their needs
Development in Agility, Balance, Co ordination
Parents consider starting group squash coaching at the club

Day	Week	Venue	Staff	Equipment	Schedule / Plan
21.6.21 9am	1	School	NH SW	Balls Rackets Ladders	Introduction Sam and Nicky – think what the children want Warm up – if warm can go outside, if wet inside, Bean Game and Funny walks, stretching we lead, children

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					<p>throw up their ideas, balancing like sportsmen</p> <p>Development –</p> <p>27 children split into 5 groups – each group to lead a stretch based on their knowledge</p> <p>Balances – developing this with sports balances</p> <p>Co Ordination – ball throwing to self in teams, ball circles in teams</p> <p>racket work – co ordination, intro and give out, holding, gripping, statues without ball, balancing then bouncing ball on the racket</p> <p>Conclusion – challenge with throwing balls and using rackets – which pairs partnership can throw ball and partner hit it to catch the ball</p> <p>Additional extra – weather nice on grass loads of room – in teams, when I say – hit the ball as far as you can and collect the ball, safety key children loved it</p> <p>Finish – summary and what we are doing next week – going to the club</p> <p>Check what the children got, ask Jo and teachers if this has worked well</p>
The children didn't stop talking about it all day! We are looking forward to our sessions over the next few weeks.					
28.6.21	2	Club	4 coaches + 2 staff	Balls Rackets Bag Ladders	<p>Squash bags out in front of court 1 for 830 Monday</p> <p>Walk children to the club</p> <p>Introduce - Toilets, water, familiarity, fire procedures</p> <p>27 children to be split into 4 groups – 7 per court</p> <p>Warm up – recap of the previous week in the club, movement, stretching, ball skills</p> <p>Movement – traffic lights game</p> <p>Stretching – get each child to lead a stretch, help them if needed</p> <p>Balance – like a footballer, like a runner, like a squash player</p> <p>Court – explain rules and get them to move to the key places of the court, service box, t corners, jump for lines or over the lines</p> <p>Co ordination – ball throw up and down, 2 hands, one hand, ball bouncing on hand, using the wall throw and catch the ball, hit the ball with your hand</p> <p>Co operation – in pairs on areas of the court, throw the ball to each other in a quarter – teacher to go around as 8th player</p>

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					<p>Competition – in pairs throw to a quarter of the court in a game to try and beat opponent – looking for spaces – understanding the area</p> <p>Rackets – bounce the ball on the racket up and down the court,</p> <p>Conclusion – longest rally – coach drops ball, child hit and run coach drops ball etc</p> <p>Children have squash bags which they need to look after for the week – the bag includes a ball, a racket and a flyer from the club. Children must bring their squash bag back next week.</p> <p>At the end of term the children keep the bag and ball. The racket to be returned unless they continue to play in which case they will be given another racket.</p> <p>Children encouraged to come down on Friday after school or Saturday morning to play more.</p>
<p>90% children forgot their indoor shoes – so lots of cleaning – suggested they walked to club in school shoes – some said they only had one pair (untrue) – asked them if they played rugby or football when they did suggested they walked down in these!</p>					
5.7.21	3	Club	4 coaches + 2 staff	<p>Balls</p> <p>Rackets</p> <p>Cones</p> <p>101</p>	<p>Walk children to the club</p> <p>Warm up – running around side of the court, own stretching, balances, plyometrics jumping up and over lines, ball throwing and catching against the wall, racket balances with the ball, hitting without the ball</p> <p>Development – Squash Off the Wall and 101 Ideas</p> <ol style="list-style-type: none"> 1. 1 person throwing straight, 2 person catch and move to back, 3 person catch, 4 person catch 2. Progress to 1 person throw and 2 person hitting, then move 3. Side wall tapping the ball on their own 4. I drop ball they hit from the t in ones 5. I throw ball they hit from the t in ones 6. I hit ball they hit from the t in ones 7. Lives 8. Sqcricket <p>Building up familiar ABC and developing squash</p> <p>Check children and understand their needs</p> <p>Check if Robbie has details of the Summer Holiday course</p>

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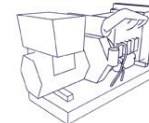
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					Speak to teachers to ensure we haven't missed anyone
12.7.21	4	Club	4 coaches + 2 staff	Balls Rackets Cones 101	<p>Walk children to the club</p> <p>Squash Off the Wall and 101 Ideas</p> <p>Building up familiar ABC and developing squash</p> <p>Check children and understand their needs</p> <p>Speak to teachers to ensure we haven't missed anyone</p> <p>Robbie to have details of the summer school ready</p> <ol style="list-style-type: none"> 1. Warm up – 1 walk, 2 jog 3 star jump, 4 jump and twist, 5 change direction 6 sit down 2. Reflection on what we learnt – pointing shoulder, coffee table, grip, squash court layout 3. Stretching – led by the children with me adding bits 4. Throwing and catching in a team – 2 teams of 3 – first one throws balls, its caught, throw back and sits down, then second person, then run – two teams do it 5. Plyometrics – jumping over cones and lines to aide strength and balance 6. Divide court into 6 areas with cones on the side wall then each player hits the ball with racket 7. Lives on forehand with me dropping ball – get a life if it goes to the back 8. Move to the backhand with me dropping the ball 9. Lives on forehand with me hitting the ball 10. Possible ¾ type game to finish <p>Ask teachers for feedback</p>
<p>What have the children enjoyed? Sqcricket, the Barry Shuffle, playing matches with coaches, hitting lots of balls, lives, red amber green,</p> <p>What could be better? More staff and a game to watch</p> <p>What did the parents think? They loved the bags and rackets for the children to use back at home</p>					
19.7.21	5	Club	4 coaches + 2 staff	Balls Rackets Cones 101 Certificates	<p>Walk children to the club</p> <p>Demonstration by coaches of how to play squash – children watch from court 1</p> <p>Warm up – cars game</p> <p>Stretching and reflecting</p> <p>Lives game on forehand and backhand</p>

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					How to serve Have rallies with each player Move players around courts to play each other Award certificates and “scholarship” to children who want to continue – summer holiday camp
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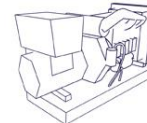
At of term assessment to teachers and coaches for feedback to start second session.



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FEATURE

DAX INTEGRATES SCHOOL AND CLUB

Jan McKenzie visits the Wiltshire School Games to see how Dax Mellor uses entry-level school courses to build club junior activities



Twelve timed games happened simultaneously, two per mini-squash wall, at the Wiltshire School Games Festival. Leaders (in purple tops) keep and total the scores.

Whistle. Seamlessly, 12 matches start. There are just three minutes' play before the next whistle. The score stops when the whistle blows. All points are valuable, as they count towards the teams' cumulative total. There are six mini-squash nets down the middle of the Marlborough College sports hall for the Wiltshire School Games Festival. Both sides are used, so that is six mini-squash 'walls', which allow for 12 matches and 24 players playing at once.

Whistle. Three minutes are up. The points go to the court leader. Leaders are secondary school pupils, one per court, volunteers who have been on an induction course in preparation for this. Their job is to supervise, mark the games and add up the match scores to give the teams an overall total.

Whistle. A quick change. There is a boys' and girls' team from each school, comprising three players in each. They wear Wiltshire School Games or Wiltshire Junior Squash T-shirts bearing their own particular slogan - for example, 'passion' or 'determination'.

Dax Mellor, the Wiltshire Junior Squash organiser, is introducing mini-squash to the county's School Games for the first time and has entries from 13 schools. This is a massive sports carnival, with pupils aged between seven and 11 representing schools from all over the county in a wide range of sports, so it is a big deal for squash. The squash competition is organised into

group stages and then a knockout competition. Leaders ferry the results to Dax, who is a walking control centre, monitoring the action, doing impressive mental arithmetic, acting as master timekeeper and whistle-blower, so that things keep ticking along.

It is busy, but not chaotic. Dax worked in the Armed Forces in logistics and that is his secret. The format has been thoroughly thought through.

The Games final was between Minster and Ramsbury or 'self-belief' and 'passion', conveniently in black and red. Everyone stayed for the prizegiving.

Schools were generally familiar with the mini-squash format. The point, though, is not just that it was possible for squash to be accepted in the top level of the Games competition, but that it provided a focus for much of the activity which Dax had initiated at school level throughout the year. It is this integration that is the key.

THE IN-SCHOOL PROGRAMME

Dax has been innovative in working with the Wiltshire County Sports Partnership to offer schools an on-site, mini-squash programme held in halls or on playgrounds. Schools receive funding to employ specialist sports coaches with the 'School Sports Premium' and Dax has accessed this to kick-start his programmes, for which there are a number of stages:

1. INTRODUCTION

Initially, schools are offered a taster session. Dax provides the nets, rackets and balls, and works with a coach to introduce mini-squash in schools.

2. SCHOOL PROGRAMME

Phase two is a six-week in-school programme. Sessions have a different theme each week - for example: 1. balance; 2. agility; 3. co-ordination; 4. introduction to games; 5. games and squash ladders; 6. competition. Pupils are graded after the ladders competition, where they move up and down a court depending on how many points they achieve. Importantly, midway through the programme, parents receive a letter from Dax via the school, inviting their child to try out squash on a real court at their local club or facility.

3. CLUB PROGRAMME

Pupils who receive the school programme attend a free club taster session. These events are arranged solely for newcomers and are used to encourage the children to continue their activity past the school programme. The club sessions run after school and at weekends, and are aligned to the school calendar. Each session starts with a warm-up, then moves on to a theme such as 'creating space' or 'taking the ball early'. Pupils sign up in advance of the term. There are three full terms a year: autumn, spring and summer. Each one lasts for around 12 weeks.

4. COMPETITION PROGRAMME

There are five one-day tournaments a year known as the Grand Prix Series. These tournaments are graded, based on age and ability. Each grade competes for two hours with a series of group and knockout matches. Following these, juniors can be led into the county programme and perhaps start to play inter-county squash. "The key is to encourage the children and engage the parents," says Dax. He works with 170 children a week in the Marlborough area, delivering eight sessions per week. With the help of some partners, he is now planning to build a new centre of excellence on the outskirts of Swindon in part to facilitate the programmes - but that is another story.

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