

Silver Leys, Hadham Road,  
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England Squash & Racketball Club of the Year 2007 & 2013

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## ***Junior Squash Coaching Sessions at Bishop's Stortford Squash & Racketball Club***

At **Bishop's Stortford Squash and Racketball Club**, we are very proud of our extensive junior coaching programme (organised and run by 'Limitless Squash'). Our aim is to offer all young players an opportunity to play squash and racketball and to encourage them to participate at a level they are happy with. Whether this is an hour a week to try out a new sport, have a game with friends, play in the Herts or Essex Leagues, represent the County or become the next World Champion!

### **Saturday Morning Group Sessions**

We cater for all ages from 4 years through until 18, and all abilities from complete beginners to English National team players! Juniors do not need to be a member of the Squash Club itself to attend the coaching sessions, although this is actively encouraged as pupils progress.

The Mini Squash session (for children aged 4 to 7 years) lasts 30 mins from 9:30am on Saturdays. Later sessions last 50 minutes and take place at either 10:00am or 11:00am, depending upon the child's ability. We are able to use up to 6 courts for the different groups: Starters, Intermediates and Advanced. Each session currently costs £7 (mini squash however is just £4), and you pay at the beginning of each half term (generally 5 or 6 weeks). Coaching normally runs during school term time only. Juniors are expected to be ready to go on court on time and should then be collected promptly at the end of their session.

The first 'trial' session of each child is offered 'free of charge'.

### **Coaches/Volunteers**

Our junior morning coaches are qualified with England Squash (our sport's National Governing Body) at various levels and are often assisted by volunteers from the club who play regularly themselves.

### **Additional Coaching / Fun Sessions / Camps**

We also offer 1:1 individual coaching in both squash and racketball for all abilities throughout the week either to "get you off the mark" or to improve your game. Please contact either of our two coaches (Nick Mulvey or Jake Byrne) at [coaching@limitlessquash.co.uk](mailto:coaching@limitlessquash.co.uk) for further details. Regular after school sessions (generally Tuesdays or Fridays) and one of 'camps' during school holidays are also routinely held.

### **Club Regulations**

Please make sure juniors do not wear dirty trainers on court – squash shoes should be clean, non-marking and not previously used for outdoor activities. The wearing of safety goggles on court is mandatory. These may be borrowed from the club during coaching sessions; however we recommend juniors purchasing their own as they are now compulsory for all England Squash associated junior events. Parents of all children under 9 must remain on the premises during coaching sessions.

