

## Spotlight

### Greymouth Squash Club

26 juniors over 2 time slots (5-8 years and 9-12 years) have taken to the courts in Greymouth as a result of Squash Stars.

DIY striking implements (doweling and pool noodle), an array of targets and plenty of colours has made the Squash Stars sessions fun and engaging for the 5-12 year olds - most of whom are new to the game.

The club are planning to get the parents involved in the last session and then run an adults session for those interested the following week to try and encourage the parents to get into the sport. They are also looking at offering a significantly discounted family membership to encourage families to continue to hit once the programme finishes this term.



## Update

It is great to see over 550 juniors participating in and absolutely loving the Squash Stars programme throughout the country!

This newsletter will come out regularly during the season and less frequently in the off-season. It is designed to help keep the Squash Stars activator community connected and supported.

## Q&A

### How do I keep my juniors engaged in the whole session?

Our younger juniors have short attention spans, they need to be challenged and involved to stay engaged. Key tips to keep them engaged are:

- Short periods of time per activity
- Lots of variation (modify the games using the S.T.E.P. model)
- Alternate between different types of activities - solo, buddy, whole group
- Make sure the activity is set at right level of difficulty. If it is too easy or too hard they will lose interest
- Get them involved in some of the decision making
- Make sure the instructions of the activity are clear - but don't take too long to get them into the activity (less talking/ listening time - more time doing)

### Tips and tricks

The S.T.E.P. model - modifying activities to meet the needs of the participants.

**SPACE** - make the space being used bigger or smaller. e.g. use ¼ of the court.

**TASK** - change what you are asking them to do. e.g. add an extra bounce or catch with 1 hand.

**EQUIPMENT** - change the equipment being use. e.g. a different striking implement or a different ball.

**PEOPLE** - change the people involved. e.g. the activator can get involved, mix different abilities or change the group size.

### Stay in touch!

If you have any questions you want answered about anything Squash Stars, or have successes you want to share, please contact Emma at [emma@squashnz.co.nz](mailto:emma@squashnz.co.nz).