

Spotlight

Hokitika Squash Club

From having no junior programme before Squash Stars to having more than 10 turning up to junior sessions has been an awesome kickstart to what sounds like an exciting future for junior squash in Hokitika. With strong connections in one of the local primary schools and the club neighbouring the other, the club are hoping to increase awareness of the game through in school programmes that will then hopefully increase awareness and interest throughout the wider Hokitika community. Run by parents and club volunteers who are relatively new to the sport, it is great to see what can happen when people come together!



Update

As some clubs are nearing the end of their first term of Squash Stars, it is great to see the participants earning their Star Awards!

Please have the participants rate their experience on our SMILE meter poster on their last session – an email will be sent with more information about this.

If you want to order wristbands or pre-printed certificates or SMILE meter posters, this can be done by emailing John (john@squashnz.co.nz). Or you can print your own certificates and SMILE meters.

Q&A

My group of kids range in ability - some can hit a ball and others can't. How can I make the activities cater to all of them?

This is very common! Try to offer different 'levels' of challenge and allow them to choose when and how they progress through an activity. Think of the S.T.E.P. model. Example for altering 'target master':

- Create a range of different targets – on the floor and/ or on the wall.
- Get them to throw and catch rather than hitting to the target.
- Allow them to choose different types of balls to use.
- Add a buddy (peer) or have an activator or adult jump in to toss the ball to them or hit with them to the target.

Tips and tricks

If you are struggling to get and retain the attention of your group while giving instructions, try some of the following strategies:

- Minimise distractions – e.g. have them place all equipment on the floor when you are talking to the group.
- Check for understanding before sending them off – ask a question(s) to make sure they understand what you are asking them to do. "what equipment will you need to complete the activity?" "what are you trying to do in this activity?"

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.