



Spotlight

Cambridge Racquets Club

Throughout Term 2 a team of volunteers have had over 30 juniors through their Squash Stars programme on a Tuesday afternoon.

The club don't usually run junior programmes outside of Terms 2 and 3 (as they are also a tennis club), but this year they are going to continue offering a junior club programme in Term 4.

During the school holidays, in addition to their regular 1 day fun tournaments, Cambridge are running a school holiday programme that will use lots of ideas from the Squash Stars programme.



Tips and tricks

Using games and storytelling to teach skills will not only create a fun and engaging environment for our young squash stars, but it will help them to visualise and understand what they are being asked to do, e.g. "hit the monster on the wall" could be more exciting than "hit the target" or "squash the moving bug" rather than "stop the rolling ball under your racket". Using visualisation or concrete images can also help them to remember certain elements, e.g. "shake hands with the racket".

Update

What a term it has been - over 700 juniors getting involved! A massive thank you to all of the activators that have made it possible - some of whom have never played squash before, without you all, none of it would have been possible.

The SMILEs meters are showing that the juniors have loved it - which is all credit to the activators.



Q&A

What should we do next with our juniors who have been in Squash Stars this term?

This is a question that many clubs have asked. There are a number of 'next steps' that clubs can take to help give their Squash Stars juniors the support needed in their squash journey.

- For the younger Squash Stars juniors, they are likely to be able to complete an additional term (or terms) of the same/similar Squash Stars programme
- Create a next tier(s) of junior programme in the club (watch this space next year for ideas and activities) - giving your juniors more support to be able to start playing games and learning some of the finer squash skills (different shots and tactics).
- Hold club nights or the opportunity for them to play games (full or modified) to learn how to play, ref and mark.
- Find or host junior 1 day tournaments for them to get involved in - a fun and friendly environment to get a taste of competition.

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.