

TRY IT.

PLAY IT.

LOVE IT.

SQUASH IN THE WAIKATO - 2021

Secondary Schools



SQUASH
WAIKATO



INTRO to Squash



TERM 1
4 week Club based
coaching. FREE to join



TERM 2
4 week Round Robin
Inter-schools 'Have a
go event'





INTRO to Squash - 4 week Coaching detail:



The first session will overview Squash - the rules, principles and how it compliments many Fundamental Skill components that cross-over into other sports

- General Court Movement
- Ball Control
- Technique
- Gameplay



Coaches - keeping it local

Community based coaches



Learn the
Fundamentals of
squash



Emma Millar - NZ Senior
Womens Champion



Fun movement based
activities with your
friends



Finn Trimble
NZ Junior Champion



Team based
competition



Kay Newman
World Masters Champion



Details

Coaching starts

Dates: Coaching starts on Monday, 15th March, 2021
Time: 4.00 pm - 5.00 pm
Where: Local Squash Club. (TBA)
Cost: FREE

Competition starts

Dates: 4 week competition starts on Monday, 10th of May, 2021
Time: 4.00 pm - 5.00 pm
Where: based on draw - TBA
Cost: \$30 per team

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Key Dates for Squash 2021

Waikato Inter-schools 'Give Squash a go' Coaching module

Starts 15th of March, 2021



Waikato Inter-schools 'Give Squash a go' Competition

Starts 10th of May, 2021

Werder One Day Junior series

Starts 11th of April, 2021

<https://www.squashwaikato.co.nz/events-1/junior-1-day>

Waikato Secondary Schools

Individuals 10th of June || Teams - 15 & 17th of June

Let's get started.

**EXPRESSIONS OF INTEREST BEING TAKEN
NOW**

WWW.SQUASHWAIKATO.CO.NZ

**ACCESS TO
FACILITIES 24/7**



Questions?

development@squashwaikato.co.nz
m. 021-852-772



Richard Harris
Development Officer