

JUNIOR SQUASH PROGRAM PATHWAY

Active Start

Age 5-6

Get to Grips

Age 7-8

Stroke of Genius

Age 9-12

Squashing It

Age 12-18

Master the Court

See pro

High performance

Please see the back of this sheet for program details.

Contact our Squash Pro Jamie Hickox (squash@northfieldclub.com) if you have any questions.



JUNIOR SQUASH PROGRAMS



Active Start

Age 5-6

In the active start program children are introduced to basic squash skills, like how to hold a racquet, how to hit the ball, and the use of hand-eye coordination.

Get to Grips

Age 7-8

In the Get to Grips program children will build on the basic skills they learned in the Active Start program. They will develop their essential squash skills, learn how to move on court and the ready position, with a focus on learning how to position the ball.

Stroke of Genius

Age 9-12

In the Stroke of Genius program the emphasis is on further skill development to help build a strong technical base. Players are introduced to rallying, scoring, and competitive play, with more emphasis on skill development and fun than playing to win.

Squashing It

Age 12-18

In the Squashing It program older children and teens learn to develop their skills on court. The emphasis is on skill development and technique, with the opportunity to play competitive points.

Master the Court

See pro

This class is part of our high-performance squash program. Training regimens for this program are more intense, with the aim of preparing players for competition.