



England Squash & Racketball NEWS!

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Welcome to the August 2011 edition of the London & South East Regional Newsletter for London, Middlesex, Surrey, Sussex, Kent.

We now have our own regional page on the ESR website and the competitions and events will be put on here in future:

<http://www.englishsquashandracketball.com/clubs/in-your-region/london-and-south-east>



General News

Coaching courses: see http://www.englandsquashandracketball.com/find/courses/results?post_code=&distance=&date= and contact Louise Pickford (louise.pickford@englandsquashandracketball.com) to sign up for these courses.

Funding:

<http://www.englandsquashandracketball.com/clubs/funding>

Dates to look forward to:

Regional Junior Closed Tournament 2011: 10th-11th Sept 2011.

Regional Racketball Tournament 2012: 3rd/4th March 2012

Regional Webpage

Please see our regional webpage

<http://www.englandsquashandracketball.com/clubs/in-your-region/london-and-south-east> for details of the following:

A Job Advert

News

Junior Squash Camps and Coaching

Adult Squash Camps and Coaching

Squash and Racketball Tournaments for Juniors and Adults, including National Club Champs, National Schools Cup, Junior Regional Closed, County Closed Squash and Racketball, Junior and Senior and more

A Weight Management Course

A Competition

etc

Volunteer of the Month

Congratulations to Patrick Fleming for winning this month's 'Volunteer of the Month' Award.

Patrick is the Chair of Surrey Squash & Racketball Association. He has been in post for just over a year and has brought about some significant changes and is a leading force in driving squash and racketball in Surrey. He has led a dedicated, hard-working committee through a period of review and consultation and brought together the Surrey Development Plan.



This plan is a structure from which to build a vibrant squash and racketball community in Surrey. The committee aim to achieve this by helping clubs to nurture their existing membership and to attract new members. An important element of the plan is the appointment of a part-time Director of Squash and Racketball, and a part-time Administrator.

Surrey are pioneers of this structure in our region and we believe that if successful, which we believe it will be, then several other counties may follow suit with roles such as these to support the great work that all the county committees do for squash and racketball in our region.

'Volunteers do a great job and really are the backbone of squash. Without them we wouldn't be able to train and play like we do'. Nick Matthew

If you know of anyone else who you believe deserves to be nominated for volunteer of the month please e-mail your nomination with your reason to:
kirstie.thompson@englandsquashandracketball.com

Take your place on Team England

DUE TO POPULAR DEMAND EXTENDED UNTIL 1st OCTOBER!!!



England Squash & Racketball are delighted to announce the launch of the golden ticket competition, offering one lucky ESR member the chance to become part of Team England, the official elite squad.

The winner will become a member of the 2011/2012 Team England Squad which includes:

- A training session with the squad and England coaches
- A signed England kit and racket
- A place on 'official team photo'
- Their profile on Team England section of the ESR website
- VIP tickets to a tournament

Nick Matthew, world number one and men's team captain says, "This competition is a great opportunity and will allow the lucky winner chance to join the inner circle of the England squash team, and see how some of the world's top players train and live on a daily basis."

Laura Massaro, British national champion and Commonwealth silver medallist also can't wait to welcome along the newest recruit. "This is a fantastic opportunity to meet and greet some of the players from Team England. It's a one off chance to watch how we train on a day to day basis and have a picture taken with us as a team and with your favourite player."

To be in with a chance of winning this once in a lifetime prize activate or join today

www.englandsquashandracketball.com

10 runners up will also receive a signed racket and bag and of course all activated members will receive a wealth of membership benefits, including 20% off a Squash TV discount, up to 50% off theme parks such as Alton Towers, Squash Player Magazine, 50% off total squash subscriptions and 10% off purchases at sportsdiscount.com

To activate your membership visit www.englandsquashandracketball.com click the activate button and follow the onscreen instructions. If you're not already a member it's easy to get involved. ESR offers an online pay and play membership for adults and juniors through the website.

Priced at just £10 for adults and £5 for juniors (U19), pay and play members receive all the benefits of club members through the online member portal. To join today visit http://www.englandsquashandracketball.com/membership_types and your membership will be automatically activated.

The closing date for activated members is 1st October. Good luck!

Maidstone Open

Well done to everyone who competed in the Maidstone Junior Open, especially the winners:

Bu19 – Daniel Hockborn

Bu17 - Ben Coates

Bu15 - Jack Martell

Bu13 - Alex Engstrom

Bu11 - Nathan Mead

Gu15 – Jasmine Hutton

Gu13 - Amber Marshall

Gu11 - Joelle Wilton



Jack collecting his trophy for winning the boys U.15's.

Regional Coaches/Tutor Workshop – Lillishall National Sports Centre – August 15/16 2011



The grand surroundings of Lillishall recently witnessed an historic event where regional leads and assistant coaches gathered to participate in a 2 day workshop organised by the ESR Coaching and Performance department. After a rousing welcoming speech by Head of Coaching & Performance Keir Worth and a quick ice breaking game of bingo run by Graeme Williams, the coaches and

head office staff discussed the new organisational changes and had an overview of the direction we want to head in as a collective group. After lunch, special guest Peter Moores (Lancashire Cricket Coach and former England Coach) spoke inspiringly, making the coaches think about their approach to the way they teach and how to get the best out of your players. He discussed the current fad of 'Sat Nav' coaching and briefly talked about his experiences as a sought after coach.

After dinner, everyone gathered around and took part in a traditional pub quiz with the North West/Head Office team convincingly winning. It gave everyone time to socialize and get to know each other, a key ingredient to the team mentality that has been implied to the day's proceedings.

The second day of the workshop saw a number of the Tutors join us for the more practical aspects of the meeting. Although everyone enjoyed the previous day's theory based sessions, as soon as court time was mentioned, the coach's eyes seemed to light up! ESR National Coach Chris Robertson and Assistant Coach David Champion, along with National Regional Lead Lee Drew and Elite Coach Development Manager Paul Carter, were all good enough to drop by and take everyone through a new initiative developed by the National Coaches called the Golden Rules. The rules go through a number of tips on the technical, tactical and movement aspects of the game and will hopefully encourage coaches to utilize the methods been taught at National level.

The main aim of the two days was to align the methods used throughout the nation and to help coaches develop their squads and encourage them to continue to learn.

The two days were a huge success, by the end the coaches were buzzing and extremely keen to put what they learnt into practice helping to make their players the best they can possibly be.



Two Great Chances to Watch Your Favourite Players

Cheer on England from the comfort of your own home!

England are hoping to match their top seed billing and be crowned champions in the final on Saturday. Follow their progress and watch all the action from the World Team Championships, Paderborn LIVE and FOR FREE on www.laola1.tv

Buy one get one free tickets at the British Grand Prix

The ROWE British Grand Prix – Manchester 2011 is the biggest PSA World Series event to be staged in the UK and will see all of the world's top ranked men's players battle it out for Europe's largest prize money and most prestigious title. The championship's first two quarter-finals will be staged on Thursday 22nd September and ESR are offering an **exclusive Buy One, Get One Free on all unreserved sidewall tickets** for the **Quarter-Finals** to be staged at the National Squash Centre in Manchester on **Thursday 22nd September** and the likely matches, based upon seedings, are:

7pm James Willstrop vs. Amr Shabana

8pm Nick Matthew vs. Peter Barker

Please note that this offer to purchase **2 unreserved sidewall tickets for only £10.00** is only available by calling **0844 8797 949** or on iSQUASHstore.com.



World's Top Eight Set For ROWE British Squash Grand Prix

The world's top eight squash players have already confirmed their entries for September's **ROWE British Grand Prix Squash Championship** in Manchester, England.

The **ROWE British Grand Prix – Manchester 2011**, one of the year's nine Professional Squash Association (PSA) World Series championships, will take place at the **National Squash Centre in Manchester** from **19th to 25th September**.

With entries yet to close, a high-quality field is guaranteed for the biggest event to be staged in the UK in 2011 – led by England's **World No1 Nick Matthew** and defending champion **Ramy Ashour**, the World No2 from Egypt.

But these formidable players – Matthew is the reigning World Champion and Ashour winner of the world title in Manchester in 2008 – will have their work cut out against competition provided by Egyptians **Karim Darwish** and **Amr**

Shabana, the World No3 and No5, respectively; Englishmen **James Willstrop** (World No.4) and **Peter Barker** (World No.7); plus French pair **Gregory Gaultier** and **Thierry Lincou**, both former World No.1's currently ranked World No.6 and World No.8.

And the full draw will feature a number of exciting young players – all eager to make inroads into the elite top eight group after success on the National Squash Centre's spectacular all-glass court.

The ROWE British Grand Prix, for the second year the biggest event to be held in England, will be the fourth PSA World Series event of the year, following the Australian Open in Canberra in August.

Please see next page for more information and details of how to buy tickets.

England Internationals Set To Avenge World Title Defeat At ROWE British Grand Prix

England internationals **Nick Matthew**, **James Willstrop**, **Peter Barker** and **Daryl Selby** will be aiming to make up for their defeat by **Egypt** in the **World Team Championship** final in Germany at the **ROWE British Grand Prix Squash Championship** in **Manchester** in three weeks.

The **ROWE British Grand Prix – Manchester 2011**, the fourth of nine **PSA World Series** championships in 2011, will take place at the **National Squash Centre** in **Manchester** from 19-25 September.

It was on Saturday that favourites England went down 2/1 to defending champions Egypt in the climax of the most successful world team championship in recent memory in Paderborn.

Nick Matthew, the world number one from Sheffield, is seeded to meet **Ramy Ashour** in the Manchester final in a repeat of the first string battle in Germany where the Yorkshireman suffered his first ever straight games defeat by the world No2 from Cairo.

“So far this season, Ramy is playing the best squash but a lot can change,” said 31-year-old Matthew after his defeat. “But I have to go away and look at how to play him. He raised the bar and I have to respond to that.”

Willstrop suffered his first defeat to career-long rival **Karim Darwish** in five years.

“It was very hard to take, especially after all the effort that we as a team have put in but, after a while, you realise you just have to move on – you have to deal with losses and disappointments like this in sport,” said Leeds-based Willstrop later.

Willstrop and former world number one Darwish are also in opposite halves of the British Grand Prix draw – and could only meet again in the final.

It was **Peter Barker** who scored England’s lone win in the world championship final – his sixth successive win in an undefeated run in England shirt in Paderborn!

Barker, the seventh seed in Manchester, looks set to have to beat team-mate Matthew to progress to the final, according to the draw.

Daryl Selby, the world No11 who was making his world championship debut for England, won all but one of his four matches. The Manchester draw predicts that the 28-year-old from Brentwood will line up against Gregory Gaultier, the world No6 from France, in the last 16.

For the second year in a row, the ROWE British Grand Prix will be the biggest event to be held in the year in the UK.

The qualification rounds will be held at **Wolverhampton Lawn Tennis & Squash Club** on Friday 16th and Saturday 17th September. Matches start at 12:00 noon on the Friday and at 5:30 pm on the Saturday. Entry is free for all spectators.

Tickets for the **ROWE British Grand Prix – Manchester 2011** can now be booked online at www.isportgroup.com/ticketing or by telephone on **0844 8797 949**. For further information email: sales@isportgroup.com

For further information visit the ROWE British Grand Prix – Manchester 2011 Official Website www.britishsquashgrandprix.com or email info@isportgroup.com



**England
Squash &
Racketball**
2011 Coaching
Conference

**DON'T MISS THE OPPORTUNITY TO BE INSPIRED AND MOTIVATED
TO COACH!**

Following a hugely successful inaugural coaching convention, England Squash & Racketball (ESR) returns to Lilleshall National Sports Centre on December 19/20 2011 for the second Coaching Conference in association with Tecnifibre International.

The 2011 agenda promises to deliver informative, varied and original perspective on coaching practices, theories and methodology and includes keynotes and seminars from the English Institute of Sport, ESR Coaching & Performance Team and Team England players.

The evening dinner will incorporate the ESR Coaching Awards, an initiative designed to acknowledge, thank and reward Squash and Racketball coaches across the country for their dedication, innovation and coaching achievements. Live music will entertain following dinner.

The 2011 cost remains at £230.00 per delegate (includes: one night's bed and breakfast twin accommodation (December 19 2011), lunches, conference dinner, refreshments and conference resources). An early bird discount of £30.00 per delegate applies to all completed bookings received before August 31 2011. Applications and payment received after this date will be charged the full delegate rate. Spaces at the conference are limited, please book early to avoid disappointment. To receive a coaching conference application, please contact the ESR Coaching & Performance Department – 0161 438 4318 alternatively louise.pickford@englandsquashandracketball.com

The ESR Coaching Conference is a fantastic opportunity to witness the current methods and approach utilised by the ESR Coaching & Performance Team and to share and discuss your own experiences, practices and philosophy's.

Funding

Sportivate

See next page

Inspired Facilities

Inspired Facilities is focused on making it easier for local community and volunteer groups to improve and refurbish sports clubs or transform non-sporting venues into modern grassroots sport facilities.

Part of Places People Play, Sport England's programme to deliver a London 2012 legacy of increased mass participation in sport, Inspired Facilities is investing £50 million of National Lottery funding in up to 1000 community sports projects between 2011 and 2014.

<http://inspiredfacilities.sportengland.org/>

The form is simple to complete and the funding is perfect for small community clubs with potential projects but limited money to fund them. There is also the Thomas Cook Disadvantaged Children's Fund which you can access through the same form for capital or revenue funding that helps disadvantaged children in the community.

Small Grants Programme

The Sport England Small Grants Programme uses lottery funding to make awards of between £300 and £10,000 to not-for-profit organisations to deliver new community projects to either grow or sustain participation in sport or to support talent development. This is ongoing funding which you can apply for at any time.

http://www.sportengland.org/funding/small_grants.aspx

Sportivate

The Sportivate programme is managed by Active Surrey. Round 2 for applications is now open and will close on Monday 5 September 2011 for projects running between October 2011 and March 2012. Sportivate is a 4-year programme so there will be plenty of opportunities to access this funding.

If you are interested in applying please visit the [Sportivate](#) webpage to download and complete the Sportivate Application by Monday 5 September 2011. If you have any questions or queries regarding Sportivate please email sportivate@surreycc.gov.uk or call 01483 518943.

We look forward to receiving your Sportivate Applications,

Active Surrey Sportivate Team

Additional Information about Sportivate Programme: *Sportivate is a nationwide campaign that forms part of the [Places, People, Play](#) Olympic legacy programme.*

Sportivate will target 14-25 year olds. This target group will receive 6 weeks of high quality coaching in the sport of their choice and then be guided into regular participation within their local community. Our vision? By 2015 to have helped over 5,500 young people in Surrey to participate in long term sporting activity.

If your club is looking to engage with 18-25 years olds Sportivate funding can help you with the cost of:

- coaches/instructors
- facilities
- sports equipment
- participants travel
- marketing
- training of coaches/instructors

Sportivate is an Olympic legacy programme aiming to get more 14-25 year olds participating in regular sport and exercise. **Round 2 is now open for applications. Priority will be given to applications targeting 18-25 year olds.**

This is available in all counties but the details e.g. deadlines may vary slightly. Please see your local county sports partnership for details. Their contact details are on the last page of this newsletter.

BritishSports.com

BritishSports can help you attract more members and publicity for your organisation.

With the new mobile version of BritishSports.com visitors to our popular site can now search whilst on the move so it's even easier and quicker to find information about your organization and its members e.g. contact details, address with map, distance from current location etc.

Many of your member clubs are likely to be already listed on BritishSports.com and receive regular validation emails, however if you are able to would you please advise clubs that there is a simple 'update/add club' form available online where clubs can either amend information or suggest a new club for inclusion.

We hope in turn that this will attract added publicity for your organization and members and at the same time provide an opportunity to **win a sporting day out with British-Sports.com** as every response received will be entered into our free competition with a chance to win £50 worth of vouchers towards a sporting day experience.

There's a huge variety of activities including helicopter flights, off road driving, skydiving or maybe something a bit more relaxing such as a day at the races or a wine tasting event.

There are more monthly draws in August and September so the sooner responses are received the more chances to win.

This is a FREE service aimed to provide publicity to clubs which we hope you will welcome. In addition listed clubs will also benefit from the frequent free-to-enter competitions and special offers that are promoted by Britishsports.com throughout the year with the chance to win hundreds of pounds worth of sports equipment, tickets etc.

mark.olivier@britishsports.com

Nick Matthew Website Goes Live

England's world number one squash player **Nick Matthew** has launched his official website www.nickmatthew.co.uk

Matthew will lead the England squad at the World Team Championships in Germany at the end of the month and is also top seed in the **ROWE British Grand Prix - Manchester 2011**. The event is one of the year's nine **PSA World Series** championships and will take place at the **National Squash Centre** in **Manchester** from 19-25 September.

The new website will show not only the colour and excitement of the world's leading squash player but also provide international followers with comprehensive up-to-date information of his on and off-court activities via links to the player's Twitter and Facebook pages and his You Tube TV channel.

Nick will also be providing regular blogs as he travels and competes on the **Professional Squash Association (PSA) World Tour**.

The dynamic and informative bespoke website, which has been created by **SBM Sports** in collaboration with **internationalSPORTgroup**, is packed full of fascinating information and is a must visit for all squash fans.

"I am extremely excited about my new website and the opportunity it will give me to interact with squash fans from around the world. The timing of the launch coincides nicely with the start of the new season and the site will contain regular updates, pictures, videos as well as a tour diary to keep people updated on my progress along the way," said **Nick Matthew**, who earlier this month celebrated his eleventh month as World No1, according to the August Dunlop PSA Men's World Squash Rankings.

www.nickmatthew.co.uk will also feature the latest information from **Nick Matthew's** existing sponsors, including leading racket and footwear brands **Dunlop** and **Hi-Tec** respectively, who both enjoy long-term relationships with the double **Commonwealth Games** Gold Medallist.

WORLD SQUASH DAY: NOVEMBER 5TH 2011
HERE COME THE GIRLS

Q and A:

What is World Squash Day?

World Squash Day is an annual event. Squash federations and clubs all over the planet are encouraged to open their doors, show the world what a great sport we have, and encourage more people to play.

What's special about this year?

World Squash Day 2011 is dedicated entirely to attracting more female players, of all ages and abilities.

What can clubs do to achieve this?

Clubs should stage special fun events and offer free sessions, free coaching and arrange special membership offers to attract more women to join. (See our Online Guide for ideas on events)

How do you keep these new members involved and active?

Good question. You arrange regular weekly sessions to suit the women, and also offer Mums' Mornings in midweek
Clubs could arrange fun, friendly competitions, plus coaching tips and a guide to the rules, so that players can improve as they learn and get the most enjoyment out of the sport.

Is squash good for fitness?

Squash is rated the best indoor sport for fitness (see Forbes Magazine survey) and tests have shown that squash burns more calories than any other indoor sport.

What about schools?

Clubs and federations should be setting up links with local schools to attract large numbers of new, young players. Clubs should make sure they have the coaching staff to cope with an influx of new members. The youngsters should instantly be involved in training programmes leading to fun competitions.

For more information please contact Alan Thatcher: alan@squashuk.com

WORLD SQUASH DAY: NOVEMBER 5TH 2011 HERE COME THE GIRLS

EVENTS GUIDE: WHAT TO DO

Here is a suggested programme of events that can take place at any squash club, anywhere in the world

PLANNING

- 1: Make room in the club calendar for a day of activities to attract new female members to your club.
- 2: Print fliers and posters (download here). Promote the events in schools, colleges, gym clubs and sports shops. Invite wives and girlfriends to join in.
- 3: Register your event on the World Squash Day website (www.worldsquashday.com)
- 4: Make sure you staff up for the whole day to stage all of these events.
- 5: Make sure the club is clean and welcoming to women of all ages. If your courts are grubby and dirty, NOW is a good time to clean them up. You could even buy some flowers for the club lounge!
- 6: Lay on healthy snacks and free drinks all day. Make sure the tea and coffee is nice and the cups are clean!
- 7: Show squash videos on the club TV so your members and guests can see and enjoy top-level women's squash
- 8: Arrange follow-up coaching and fitness classes so your new members can instantly join a programme that will keep them involved.
- 9: Most importantly, arrange crèche facilities for young mums to attend

ON THE DAY

Welcome Classes: Free drinks on arrival
 Introduce Squash and Fitness to your new class
 Coaches hold a quick exhibition to demonstrate the game
 Warm-up: Invite the girls on court to stretch and jog
 Split into small groups for each court
 Coaches should feed easy shots for the newcomers to hit
 Gradually make the rallies longer
 Introduce some fun games so that the girls are playing squash within a few minutes of entering the court
 Quick tactics talk
 Make sure plenty of fresh water and sports drinks are available (FREE) all day long
 Finish each session with a Play The Pro Challenge
 Q and A session on court
 Give prizes or gifts to everyone
 Fashion and Fitness: Arrange special offers on the day for squash shoes, rackets and clothing

TOP TIPS:

- 1: You could repeat the above programme two or three times during the day
- 2: Invite everybody back for a party in the evening to promote the social side of our great game
- 3: Make sure that everyone has a fun time and wants to come back for more
- 4: Make sure there are free follow-up classes
- 5: Make sure you collect email addresses from everyone. Within 24 hours write to thank them for coming along and tell about the next free classes



Inflate Your School's Racket Development

Be part of an exciting new initiative for children from 5 - 11 years.

Ezeesquash launches **Squash/Racket Development**

in Surrey Schools using inflatable squash courts and

The Big Hand

(ideal for pre-racket development and hugely successful in Australia).

For further information contact

Peter Crossman

07717 721 231

peter@ezeesquash.com



FREE

TASTER SESSION

for your school between
October & December, 2011
and plans for additional clubs.



**Breakfast
Club**



**Lunch
Club**



**After School
Club**



PPA

inflatable squash court



Book your
FREE TASTER SESSION
before 30th September, 2011

The Royal Automobile Club

Woodcote Park • Wilmerhatch Lane • Epsom • Surrey • KT18 7EH

If anyone is interested in getting involved as a helper/volunteer or as a paid assistant for the months October –December please contact Peter. There are also EzeeSquash Franchise opportunities now available in Surrey.

If any of you have links with schools who may be interested e.g. your children's school, please pass this on. He is focussing on Surrey initially and then hoping out branch out further afield later on.



Recommended by



SquashNet Offer

The **SquashNet Club Directory** is now live!

All ESR registered clubs are entitled to a **FREE Listing** – check your listing is correct now at <http://clubs.squashnet.co.uk/england.aspx>.

Premium Listings give your club greater prominence at the top of the county listings to help you **recruit new members** and attract visitors, as well as: more information about your Club's facilities and Charter Status; a link to your Club website, Twitter and Facebook accounts; a location map; a contact form for membership enquiries; your Club logo; and no adverts. See an **example** of a Premium Listing at <http://clubs.squashnet.co.uk/england/hampshire/winchester.aspx>.

As a **Special Offer** to ESR clubs during August, we're offering discounted Premium Listings in the Directory for just £25 + VAT through to 30 September 2012 (normally up to £50 + VAT per year, so you can save more than 50%). This offer is limited to the first 3 clubs to apply by 31 August in each county. Quote **PL50ESR** to take advantage of this offer

To upgrade your listing, or if you need to make any changes to your free listing, or if you can't find your Club's listing, call Allan on **01962 862626** or email info@squashnet.co.uk.

Premium listings are included FREE for our clients who use any of our **Club Website**, **Online Bookings**, **Online Leagues**, or **Membership Database** systems. To find out more about these, see <http://www.squashnet.co.uk> or call **01962 862626**.

Allan Hawkey

SquashNet

01962 862626

www.squashnet.co.uk | [@squashnetuk](https://www.facebook.com/squashnetuk) | [Find SquashNet on Facebook](#)

Are you looking to increase your club membership?



Give it a Go! is the first ever **North London** sports club festival and is a great opportunity to raise the profile of your sports club and attract new members. Give it a Go! is being held in October 2011 and we hope that over 70 different sports clubs will take part.

To be part of this exciting initiative, all you need to do is open up one of your existing club sessions for free to Give it a Go! participants for 6+ hours in October. Give it a Go! is completely free for clubs and all clubs will benefit from an extensive marketing campaign (dedicated website, twitter, poster campaign and Facebook) in addition to being entered into a prize drawn to win up to £1000 funding for your club.

Don't miss out on this great opportunity! For more information and to register your club please go to <http://www.giveitago.org/club-registration>

Clubsfest in **West London** in October

A month of sports coaching sessions across West London. Free Coaching Courses! and Discounted Memberships!

It is the same format as North London but there is also funding available to set up new sessions.

Please contact me kirstie.thompson@englandsquashandracketball.com for an information and application pack as this one is not available to register online.

ProActive **East London**, ProActive **South London** and ProActive **Central London** are likely to release similar projects in the near future (most likely in the new year) so keep an eye out for this if your club/potential club is in one of these regions.

Promotional Aids



A3 or A4 sized posters to promote your Squash or Racketball competition.



Racketball promotional Postcards, with “What is Racketball” printed on the reverse.



DVD including “how to guides” for Squash and Racketball and a collection of “why I love” videos featuring players of all ages and abilities. As seen on our website!

NEW RULES POSTERS

We also have new A3 rules posters, one for Squash, one for Racketball and a more abbreviated one for both. Please contact Kirstie if you would like any of the above.

Kirstie.thompson@englandsquashandracketball.com
or 01483 689296



County Contacts

Surrey

www.surreysra.co.uk

Sussex

Sussex Squash & Racketball FACEBOOK page!!!

There is also a blog on the Sussex website:

<http://www.sussexsquash.org.uk/blog/>

Middlesex

Facebook group: Middlesex Squash and Racketball. If you are a Middlesex squash player on facebook please join the group.

Also see www.middlesex-squash.com for their latest news.

Kent

www.kent-squash.co.uk

Useful links

Watch squash online at
<http://www.psasquashtv.com/>

UK Racketball: www.uk-racketball.com
They also have a great newsletter that you can sign up to for free with details of upcoming tournaments.



Your Newsletter Needs You!

If you have any stories that you feel would be good for this newsletter please contact Kirstie: 01483 689242 (kirstie.thompson@englandsquashandracketball.com)

The information can be any news-worthy squash or racketball story from within the region.

We also have a regional webpage where we can advertise your tournaments and other events.

Club/Coach Development Workshops

If you are a club who are working towards your England Squash Club Charter, or a Coach looking to keep your Coach Licence up to date, please use the following websites to find out details of course local to you. These include: Equity in Your Coaching, Safeguarding and Protecting Children in Sport, How to Coach Disabled People in Sport and A Club for All. Alternatively, check local availability by visiting www.runningsports.org

London: <http://www.pro-activelondon.org/>
<http://www.pro-activecentrallondon.org/>
<http://www.pro-activewestlondon.org/>
<http://www.pro-activeeastlondon.org/>
<http://www.pro-activenorthlondon.org/>
<http://www.pro-activesouthlondon.org/>
 Middlesex: <http://www.pro-activewestlondon.org/>
 Surrey: <http://www.activesurrey.com/>
 Sussex: <http://www.activesussex.org/>
 Kent: <http://www.kentsport.org/>

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England Squash & Racketball Headquarters
The National Squash Centre
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Manchester, M11 3FF
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 And youtube: <http://www.youtube.com/esquashandracketball>