



gosling  
junior

# SQUASH

club



gosling  
sports park

# Introduction

Welcome to Gosling Junior Squash Club. The club was founded by Ron Palmer some 20 years ago, and now run by Kevin McElligott with Paul Roper (both qualified and insured England Squash Level 2 Coaches).

We meet every Saturday (except Christmas and a couple of weeks in the summer) with two sessions, one for beginners (11am to 1pm) and the other for improved players (9am to 11am). Admission to the improved session is by invitation only.

Juniors from 8 years old to 18 years, boys and girls are all welcome.

Exceptions for slightly younger children can be made depending on ability and the parent staying throughout the session, and prior agreement with the coaches.



# What we do

Our aim is to develop our juniors into top players so they can enjoy a lifetime of squash.

We teach all aspects of the game from the very basics (correct way to hold racket, where to stand etc.) to the more advanced elements (movement, tactics etc.).

Our sessions comprise of:

- Warm ups/conditioning
- Group and individual coaching
- Matches
- Fitness sessions
- Leagues and ladder matches
- Ability gradings with Award Certificates



We run our own junior leagues on a monthly basis, for the advanced session only, and a 'Ladder' challenge competition, which is open to both sessions, where juniors can challenge anyone above them to try to take their position.

We are active in the Hertfordshire County Squash and enter teams into the county leagues. We also encourage our juniors to enter county and national competitions.

## Cost

Each session presently (January 2017) costs £4.20 for non Gosling members (£3.20 for members). This is paid at reception where you should also sign in with emergency contact details.

In addition there is a £5 annual fee paid to the Junior Club for the supply of equipment.

## Equipment

Non-marking indoor court shoes and appropriate clothing must be worn at all times.

When a junior first comes to the club we will provide, where required, a racket and safety glasses.

After the second session parents will be asked to complete a Parent Consent Form. This will provide us with contact details and any medical information you feel we should be aware of i.e. asthma, diabetes, allergy to Penicillin etc.

At this point the junior should buy his/her own racket and safety glasses (we are happy to advise on these).

Club shirts are available from us at £15 and should be purchased after the second session.

Please ensure that your club shirt is worn at the sessions every Saturday.



# Safety

We have a number of safety procedures in place which must be followed:

1. Fill in attendance sheet at reception with appropriate emergency contact number for that day.
2. Ensure we have your Parent Consent Form with up to date information.
3. Always wear safety glasses when on court.
4. Never enter a court without knocking and waiting for answer.
5. Keep safety in mind when playing and follow the 'Let' and 'Stroke' rules which we teach you.

Squash, by the very nature of the game, can be dangerous if safety rules are not followed. We teach these rules from the first lesson and ensure they are followed.

The 'Let' and 'Stroke' rules are in place not only to ensure fair play but also to prevent injury.



# Your obligations

By joining Gosling Junior Squash Club you agree to the following:

- to attend the sessions on a regular basis
- to come appropriately dressed and equipped
- to arrive on time
- to follow all safety rules
- to play league and ladder matches as required
- to enter the Herts Closed Junior Squash Tournament (held once a year in September)
- to be prepared to play for the club team if selected
- to respect coaches and follow their instructions
- not to roam around Gosling being mischievous during sessions
- not to use any electronic devices during sessions
- not to do anything to endanger other juniors
- not to throw objects, run or make loud noise on the squash balcony.

Any form of bullying or thuggish behavior will not be tolerated.

where  
champions  
are born



gosling junior  
**SQUASH**  
club

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