

# SOUTHGATE SQUASH AND RACKETBALL CLUB

## SATURDAY JUNIOR SQUASH COACHING

### AUTUMN TERM 2010

- CLUB:** Southgate Squash and Racketball Club,  
Waterfall Road,  
London N14.  
Telephone: 07904 300288  
Email: [admin@southgatesquashclub.co.uk](mailto:admin@southgatesquashclub.co.uk)
- ORGANISER:** Sarah Wilkinson  
Telephone: 020 8886 3891
- COACHES:** Coaches have England Squash coaching qualifications, basic First Aid qualifications and are CRB checked.
- TIMES:** There are three one hour lessons starting at 2.00pm, 3.00pm and 4.00pm.
- GROUPS:** There are two parallel groups at each time slot. Children are allocated to a group based on age and ability. Each coach works with no more than 8 children and has two squash courts.
- COST:** 10 lessons = £50.00 for first child, £40.00 for siblings
- EQUIPMENT:** Juniors are advised to wear eye protectors as recommended by England Squash.  
Trainers should have non-marking soles and be mud-free.  
Rackets and eye protectors can be borrowed.
- DATES:** First session: Saturday 11<sup>TH</sup> September 2010  
Last session: Saturday 4<sup>th</sup> December 2010  
NB No coaching on 25<sup>th</sup> September (Middlesex Junior Tournament)  
No coaching on 23<sup>rd</sup> and 30<sup>th</sup> October (half term)

Please contact Sarah Wilkinson directly or SSRC on the above number/email to book a place.