

SOUTHGATE SQUASH AND RACKETBALL CLUB

SATURDAY JUNIOR SQUASH COACHING

SPRING TERM 2010

- CLUB:** Southgate Squash and Racketball Club (SSRC),
Waterfall Road,
London N14.
Telephone: 07904 300288
Email: 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 can be borrowed.
- DATES:** First session: Saturday 9th January 2010
Last session: Saturday 27th March 2010
NB No coaching on 13th and 20th February (half term)

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