



412 SQUASH

JUNIOR SQUASH PATHWAY



TOURNAMENT PREP SQUAD

**MINIMUM US SQUASH
RATING 3.0+**



AGES: 9–14



Structured training
with high commitment



Advanced skill &
tactical training



Tournament focus:
mental, tactical,
physical, technical



Prepare for tournaments
and achieve results



FREQUENCY: 3–5x per week

Minimum attendance:
3 sessions per week



STRIKERS & JUNIOR LEGENDS ACADEMY SQUADS

ASSESSMENT REQUIRED



**AGES: 10–14 (STRIKERS) &
12–15 (JUNIOR LEGENDS)**



Focused training environment



Skill refinement:
technique, tactics, movement



Match play & strategy
development



FREQUENCY: 2–3x per week

Minimum attendance:
2 sessions per week

ASSESSMENT REQUIRED



DEVELOPMENT SQUAD

**ASSESSMENT OR
RECOMMENDATION REQUIRED**



AGES: 8–10



Structured introduction
to competitive squash



Fundamentals: technique,
movement, strategy



Learn fundamentals: technique,
movement and strategy through
feeding and supervised drills



FREQUENCY: 2x per week

Minimum attendance:
2 sessions per week

**ASSESSMENT OR
RECOMMENDATION REQUIRED**



FUTURE CHAMPS CLINICS

NO EXPERIENCE REQUIRED



AGES: 5–14



No experience required



Introductory, fun and engaging



Learn fundamentals
through games and activities



FREQUENCY: 1x per week