



EVERGREEN SQUASH CLUB

Junior Squash Development



MISSION

Develop the sport of squash within the community at a recreational level by offering programs and events to have kids enjoying a fun and motivating sport and, at the same time, offering opportunities to progress to a competitive level.

Our main goal is to promote this sport that has been an excellent source to maintain kids healthy in body and minds as well as keeping them focused through school, work and their entire life!

Program Objectives	Benefits of this sport
<ul style="list-style-type: none">• Introduce juniors to the game of squash, including rules and match play• Teach and encourage sportsmanship• Develop racquet skills, strategic thought, and setting of objectives• Improve fitness• Enjoy a healthy social atmosphere• Build friendships, gain confidence and have fun!	<p><u>Physical and skills development::</u></p> <ul style="list-style-type: none">• Hand-eye coordination• Muscle tone and huge strength (Legs, core, arms)• Great speed, agility and balance• Excellent cross-training for any other sports such as hockey, soccer, volley-ball rugby• Learn strategy, critical thinking, setting up objectives• Helps built positive attitude and determination

Squash offers unparalleled benefits: Opportunities to participate in tournaments, fun events, clinics, advance training, etc. Being part of a junior competitive team, etc.; a sport that can be enjoyed no matter what the weather, and a game where you don't always need a partner for practice. Plus: friendship, character building, university opportunities and a lifetime of health and optimum fitness.

Evergreen Junior Squash Events:

EVERGREEN JUNIOR SQUASH CHAMPIONSHIPS (3rd weekend of Oct): Evergreen has been organizing one of the best Junior tournaments in the province since 1971. We hope everyone will participate!!

Comfort Inn Evergreen PSA Pros Tournament (second week of January): World Professional players will come to compete in an spectacular event! We will have an amateur a Junior's tournament events and the juniors will have a chance to meet, be coached and see amazing world class players show their skills.

Evergreen Club Tournament (April): All members welcome to participate in this great tournament! We will have all amateurs events from D to A levels and Juniors events.

Doubles Tournaments: We will be advising about Doubles tournaments were the juniors can participate to get integrated to this great squash modality!

Round Robins/ Dual meets: We have periodically dual meets with Hollyburn Country Club with their team of juniors to have more integration of the kids playing squash in the North Shore.

BC Junior Squash Tournaments: We encourage all kids to participate in the tournaments around the province. For more info about tournaments around BC please visit www.squashbc.com.



Evergreen Junior Coaching Program

Since 1971, our club has one of longest running and most successful junior squash programs in the province. It has been an effort of many volunteers combined with highly experienced squash professionals. This program has produced more provincial champions than any other program in BC.

Program Overview:

The program will consist in various aspects of squash development:

- Squash skills: Drills for skills, critical thinking and strategy
- Fitness: Aerobic, anaerobic, strength, elasticity
- Injury prevention: stretching and specific exercises
- Learning to play squash games and have fun participating in squash events and competition
- Mental preparation: Positive thinking, auto motivation and visualization
- Learning to set up short and long term goals
- Learn to play doubles squash to learn team skills and cooperation



Bring a friend

Having a friend is always more fun because they share with you the same experiences and have a sport in common to share. This also helps promoting squash at the same time. He can come to a session to try and see how it's like.

Costs and Signing up

Cost for Fall / Winter Session twice a week is : \$250.00 including HST Sept.17 to March 6,2010

Once a week program is upon request (\$135 including HST)t. We encourage everyone to participate twice a week.

To participate in the Junior Training Program, a player must be a Junior member of Evergreen Squash Club. Evergreen Club Membership Dues and Squash BC membership dues must be paid separately as per forms. Visit www.squashbc.com for info about Squash BC benefits.

Please fill up the following forms:

- Evergreen Junior Training Program Application
- Liability Waiver
- Membership Application Form (If not a member)

Please bring your completed forms and payment to the first session or send by mail to the club..

It is never too late ! If the program already started, please contact us to integrate you in the program.

Parent Participation

This is a great way to get involved in your kids activities. They also benefit as they see their parents understanding and enjoying what they are doing. It has been proven that kids with parents volunteering do better and get more motivated to participate in any sport.

In order to maintain the affordable price, the Junior program is dependent on volunteers. We encourage parents to be available for various duties including coaching, court monitors, and for our annual Jr tournament. Your contribution will be highly appreciated!

Squash Professionals:

Main Pro: Phil Arthur: Over 10 years of experience coaching in Australia and over 15 years in Vancouver (Evergreen Squash Club). He was top 10 player in Australia, former National Team in Australia and ranked 80 in the World in the 80's. He is also a personal trainer. His experience brings great benefits to our program.

Assistant Coach : Alicia Haneine Over 5 years coaching juniors in Mexico and 6 years in Evergreen. Former National Team in Mexico in the 90's. Ranked top 8 in BC , Five times in BC Provincial Team and National 40+ champion(2009).

Program Schedule (Sept.17 to March 6, 2011)

FRIDAYS:

5:15PM	Beginners:	First time players, (55 min. session)
6:00 PM	Novice :	Have played a racquet sport & can hit the ball, (55 min. session)
6:45 PM	Intermediate:	Able to rally and play a game (55 min. session)
7:30 PM	Advanced:	Experienced player focus more on strategy (90 min. session)

SUNDAYS:

4:00 PM	Beginners:	First time players, (55 min. session)
4:00 PM	Novice :	Have played a racquet sport & can hit the ball, (55 min. session)
5:00 PM	Intermediate:	Able to rally and play a game (55 min. session)
6:00-7:30	Advanced:	Developing skills at competitive level (90 min. session)

** Groups will be determined in the first sessions of the program.

Optional drop in extra sessions on Tuesdays : 3:30-4:30 \$8.00 / player per session. Please confirm attendance at juniors@evergreensquash.com as we have space limited.

No sessions : Oct. 10 Thanksgiving Day and from Dec.12 – Jan. (back on Jan.7)

Sessions will be replaced for tournaments: Junior tournament (Oct.22,24) and PSA tournament (Jan.14,16)

Attendance

The program will be limited to 45 juniors. We'll like to see the enrolled juniors to attend the scheduled training sessions. We will be monitoring attendance to ensure everyone is making the most of the program. Please let us know of any absence by sending an to juniors@evergreensquash.com (link).

Safety and Equipment and Rules:

Protective goggles are MANDATORY to avoid any injuries in the eyes!

Please bring comfortable sport clothing : Shorts and T-shirt, indoors court shoes with clean non-marking soles (not to be wear outdoors), racquet and goggles (protective eyewear) and water bottle.

The Junior program provide squash balls, so keep your squash balls at home so they don't get lost.

**** We can provide racquets and goggles if needed. =>**

Evergreen has developed a set of rules of conduct that must be followed by each member.

1. Non-marking court white shoes and goggles must be worn while on the courts.
2. Please arrive 10 minutes early so that you have time to get changed and warm up
3. Please respect the club, the members and the facilities. No running, yelling or throwing balls.
4. Listen to the coach instructions so the session will be more productive for everyone.
5. Always knock on the door of a court before entering. If the court is in use wait for the doors to be opened from inside. Do not knock before your scheduled time.

Contact:

Squash Pro : Phil Arthur : 604-671-2881

Junior Director – Alicia Haneine. By e-mail: juniors@evergreensquash.com or cell.604-617-9997