

JUNIOR COACHING

We now regularly run junior squash lessons for 5 to 18 year olds. The lessons take place most Saturday afternoons from 12.45pm and follow the “mini squash” format for younger children and more advanced coaching for older juniors.



The sessions are delivered by Garth Tozer and Les Bywater (England Squash licensed level 2 and 1 coaches respectively). Both are CRB checked and have attended child protection courses. The coaching courses were funded by the Lilleshall Squash & Racketball Club and England Squash & Racketball and all fees paid for the lessons (£3.50 per child per session) will go towards club coaching funds and lights payment - the coaches provide their time on a voluntary basis.

The primary objective of the junior lessons is that the children have fun while learning both the basic skills required for squash (and other racket sports) and the rules of the game of squash rackets in a safe environment. All equipment can be provided at no extra charge.



If you have a child or children between 5 and 18 years of age and would like them to learn the basics of this wonderful game, then pop down to the club on Saturday between 12.45pm and 2.15pm or email Garth Tozer: garthtozer@btconnect.com.