



Thank you for joining us

Olcote Squash Academy was founded in January 2008 and has grown to become one of the leading centres of junior squash performance in Yorkshire.

Our philosophy is simple:

Hard work, discipline and a friendly fun environment produces quality players and good children.

It's not about the talent, it's about the effort. Squash is a combination of swift movement, racquet skills and tactics, all of which are addressed in equal measure during coaching sessions.

We have a team of 12 qualified coaches who are all England Squash registered with DBS clearance. All have first aid experience and child protection awareness training.



The Academy

At present we have 174 junior players between the ages of 4 and 17. There are 64 girls, 110 boys. Youngest players are in the reception year at school.

All beginners go through a regime of basics and movement patterns with special attention focused on discipline, general court safety and etiquette.

This keeps the chance of injury to a minimum. Squash eye protection goggles are compulsory for all junior players under 19 years old.

Players generally fall into 2 categories, those who love the game but only wish to play socially and those who love the game and wish to progress toward county, regional, national squad training and competition.

Both types of players are welcome and both are essential in equal measure for a club to be successful and balanced.

The former keep the latter's feet on the ground and the latter keeps the former motivated to continue improving.

“The more I practice, the luckier I get.”

Gary Player

In squash, you only have to perform one simple task to become world **no.1**

Return every one of your opponents shots within the lines.

Couldn't be easier!

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Session times

MONDAY

4.30 - 5.30 JUNIOR MIXED ABILITY (Total Fitness)

TUESDAY

3.45 - 4.15 JUNIOR BEGINNERS (Ferriby)

4.15 - 5.15 JUNIOR MIXED ABILITY (Ferriby)

4.30 - 5.30 JUNIOR MIXED ABILITY (Total Fitness)

WEDNESDAY

4.30 - 5.30 JUNIOR MIXED ABILITY (Total Fitness)

THURSDAY

10.30 - 11.30 ADULT MIXED ABILITY (Total Fitness)

4.15 - 5.00 JUNIOR BEGINNERS (Ferriby)

4.30 - 5.30 JUNIOR MIXED ABILITY (Total Fitness)

7.00 - 8.30 PARENTS SQUASH TRAINING (TF)

FRIDAY

4.30 - 5.00 TOTS SQUASH BEGINNERS 4-5 YRS (TF)

4.30 - 5.00 JUNIOR BEGINNERS (Total Fitness)

5.00 - 6.00 JUNIOR MIXED ABILITY (Total Fitness)

6.00 - 7.00 JUNIOR ADVANCED (INVITE ONLY)(TF)

SATURDAY

9.30 - 10.30 JUNIOR BEGINNERS (Total Fitness)

10.00 - 11.00 JUNIOR MIXED ABILITY (Ferriby)

10.30 - 11.30 JUNIOR IMPROVER (Total Fitness)

11.30 - 12.30 JUNIOR ADVANCED (INVITE ONLY)(TF)

1.30 - 3.00 JUNIOR TEAM SQUASH (Total Fitness)

“When I was young I never wanted to leave the court until I got things exactly correct.

My dream was to become a pro.”

Larry Bird

You can't play a great game of Squash unless you do it in practice first.

Parent coaching for beginners and improvers

Some parents prefer to observe, which is fine, but some prefer to experience squash first hand and these sessions are for them.

Our children see us as examples and invariably if they see you on court playing with discipline and good form they too will adopt this approach.

We think it is useful for parents to become familiar with the training

style and routines that their children go through.

We've never met a child who didn't want to beat their parents at squash.

The longer we can prevent this happening by coaching parents, the more the child will work to better themselves.

It's a win, win scenario for all concerned.



Olcote uniform

The Uniform

We insist the players wear uniform for training and competition. There are several reasons behind this decision:

- ◆ gives a sense of belonging and helps create a supportive squad mentality.
- ◆ when travelling to outside squads and competition it reminds the player where they came from and how they should behave and if they don't behave we will hear about it as they have **Olcote** stamped on their backs.
- ◆ lets the reception staff at the various clubs know that they are part of our academy so they will gain free admission to the leisure centres.
- ◆ makes it easier for players (and parents) to look after and pack the kit for training as they don't have to think about what they will wear.
- ◆ the boys and girls uniforms are squash specific - i.e. they keep the body cool during training but warm when resting.



Boys

Light weight black T shirt, black shorts, black hoodie. and non marking indoor court shoes

Girls

Light weight black T shirt with pink or black coloured skort, purple hoodie, non marking shoes.

All clothing is sold at cost price.

Hoodies are for the colder weather when training on colder courts.



The only place success comes before work is in the dictionary.

No player is a natural.

Squash is **10%** talent, **90%** hard work.

You work hard to become a good player and then work harder to become great.

**ALL BOYS AND GIRLS DUNLOP T SHIRTS
£15**

**ADULT SIZE SHIRTS
£20**

**ALL SKORTS
£10**

**HOODIES (JUNIOR)
£20**

**HOODIES (ADULT SIZES)
£22**



Eye protection / payment options / racquets

“If winning isn't important then why keep score”

Vince Lombardi



Eye protection

Squash goggles are a mandatory requirement for all junior squash players up to the age of 19. We insist all players wear them during coaching and all competitions in line with England Squash coaching guidelines.

There are a variety of styles to suit various head shapes also visors are available for those who wear glasses.

- 1 Prince Scopa pink **£15**
- 2 Prince scope Silver **£15**
- 3 iMask visor (for those wearing glasses) **£35**

Show me a player who has never failed and I'll show you a player who never tried hard enough. Failure is part of growth.

Racquets

All junior mini squash racquets are supplied free of charge.

When a player progresses to a full size racquet we have a selection of racquets for them to a try and buy.

If you choose to buy your own always buy carbon frame between 100 and 140g in weight.



eg. Wilson 120 **£40**

NB Squash training is an all year round activity. **We don't stop for school holidays and we are never rained off.**

Payment options

2 payment options: single session or monthly by standing order

Single session (for visitors and those who attend once in a while) **£5** (pay the coach on the day)

Monthly fee for 1 TO 3 HOURS/WEEK plus team squash **(1 player) £ 24** (£20 if the junior is a Total Fitness **OR** Ferriby member)

Monthly fee for 1 TO 3 HOURS/WEEK plus team squash **(2 siblings) £36** (£30 if the juniors are Total Fitness **OR** Ferriby members)

Monthly fee for 1 TO 3 HOURS/WEEK plus team squash **(3 siblings) £42** (£35 if the juniors are Total Fitness **OR** Ferriby members)

One to one coaching sessions **£15** **Adult** sessions **£5**

All monthly fees to be paid on the **1st** of the month by standing order from your bank a/c to:

K Martin **TSB**

Sort Code **77 12 21**

Account **27854768**