



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.

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 8 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 100 junior players between the ages of 4 and 17.

36 girls , 64 boys.

Youngest players are in 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 number one: Return every one of your opponents shots within the lines.

Couldn't be easier!

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

"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

Parent Squash Coaching for beginners and improvers

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 extremely useful for parents to become familiar with the training style and routines that their children go through.

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

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.

MONDAY

4.30- 5.30 - JUNIOR MIXED ABILITY (Total)

TUESDAY

4.20- 5.15 - JUNIOR MIXED ABILITY (Ferriby)

4.30- 5.30 - JUNIOR MIXED ABILITY (Total)

WEDNESDAY

4.30- 5.30 - JUNIOR MIXED ABILITY (Total)

THURSDAY

10.30- 11.30 - ADULT MIXED ABILITY

4.30- 5.30 - JUNIOR MIXED ABILITY (Total)

7.00- 8.30 - PARENTS SQUASH TRAINING

FRIDAY

4.30-5.00-JUNIOR BEGINNERS (Total)

5.00 - 6.00-JUNIOR MIXED ABILITY (Total)

6.00- 7.00 JUNIOR ADVANCED (INVITE ONLY)

SATURDAY

9.30 - 10.30 - JUNIOR BEGINNERS (Total)

10.00-11.00-JUNIOR MIXED ABILITY (Ferriby)

10.30 - 11.30 - JUNIOR IMPROVER (Total)

11.30 -12.30 JUNIOR ADVANCED (INVITE ONLY)

1.30-3.00 JUNIOR TEAM SQUASH (Total)

Uniform

I request the players wear uniform for training and competition:

There are several reasons behind this decision:

A uniform:

- 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 I will hear about it as they have "Olcote" stamped on their back.

- lets 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 skirt, 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.



ALL BOYS AND GIRLS DUNLOP T SHIRTS—£15

ADULT SIZE SHIRTS—£20

ALL SKORTS—£10

HOODIES £22 (JUNIOR) £25 (ADULT SIZES)



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.

EYE PROTECTION

Squash goggles are a mandatory requirement for all junior squash players up to the age of 19.

I 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, 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

1



2



3



“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”.

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 member)

Monthly fee for 1 TO 3 HOURS/WEEK plus team squash(3 siblings) - £42 (£35 if the juniors are total fitness OR ferriby members)

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— 771221 Account—7854768

1 to 1 coaching sessions — £15

Adult sessions- £5

NB Squash training is an all year round activity

We don’t stop for school holidays and we are never rained off.

RACQUETS

All junior mini squash racquets are supplied free of charge.

When a player progresses to a full size racquet , there are a selection of racquets for them to a try with and buy. If you choose to buy your own always buy carbon frame between 100 and 140g in weight.



Wilson 120 £40

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

Vince Lombardi