



Ladies Squash Information v1.2 – 5/7/2021



Our vision for Ladies Squash/Racketball

“To inspire and encourage more women and girls to pick up a racket and learn to play, getting fit, learning skills and having fun.”

Ladies Squash/Racketball Coaching Sessions

Ladies squash has been growing over the last few years and is run by a team of volunteer coaches and ladies who support the sessions.

Sessions run on Monday evening from 7-8pm. We recommend you come 10/15 minutes early to stretch, change your shoes, chat with other members and meet the coaches.

We hope to run additional sessions Wednesday evening and Saturday afternoon.

Our sessions are inclusive to Squash and Racketball players of any ability including beginners.

COVID Safe

We will do our best to keep all participants safe, whilst 6 per court is allowed, we will have a limit of 4 ladies per court. Please ensure you follow the club guidelines and rules which include:-

- Please wear a mask unless on court or seated

It is recommended ladies take a rapid test before the session, whilst not mandatory, it helps protect everyone.

New Ladies

New Ladies over 16 are welcome, secondary school age girls are permitted but may prefer to attend our junior squash where they can play with similar age and ability players.

Arrival & Registration

Arrive 6.45pm – In order to maximise time on court, it would be great if all ladies could arrive early and meet outside by the benches, weather permitting, or in the bar/lounge area. Please make your way to court 1&2 at 7pm.

Squash Shoes - All ladies should change into their squash shoes within the club. It is important you wear different shoes to walk from the carpark. Stones and mud can damage the court surface and make it slippery/unsafe.

Sessions Format

Session format can vary as it will depend on the number of squash/racketball players and abilities. A typical sessions consists of the following:-

- Stretching – important, and varies per individual
- Very short warm up jog- nothing to intensive
- Grip check
- Solo racket & ball – just to get hand/eye co-ordination
- Actives in pairs (feeding, routines etc)
- Coaching advice/Q&A – swing, movement, position on ball etc
- Fun challenge (coaches favourite bit, we always have a go)
- Games for those who would like a final hit
- Stretch & cooldown, shower and head for the bar!

Of course, should you want to suggest an alternative format, as long as it's fun, just let the coach know!

Dates and Prices

Ladies Squash coaching will run on Mondays from 05/07/21 at 7pm to 8pm. There will be additional sessions on other days (possibly Saturdays and/ or Wednesday evenings) numbers permitting and subject to court availability.

Price £5 per session for members; booked and paid for on line through MMM.

Ladies club sessions (turn up and play)

Ladies only and mixed club sessions - attend for a hit, see friends and play league games - unfortunately; **due to extended COVID restrictions, club sessions are DELAYED**

In between coaching sessions, we will aim to run Ladies Club session for ladies to come down and get on the court for some games with each other, routines and play their league games. The cost will be £1 to cover the courts and paid through MMM via booking onto the session.

Club Membership

Throughout the month of July only, we are offering new lady and girls members free membership and no setup fee, ending 31st December 2021. This means ladies can benefit from:-

- Entering ladies squash league
- Entering squash or racket ball mixed sex leagues
- We are hoping to enter a team in the Bucks Ladies League
- Pay in internal fun leagues and club tournaments
- Play friendlies and book courts any time (£5 peak and £3 off peak per 45 minutes)
- Access to the bar, lounge area
- Access to changing rooms and showers
- Reduced price tennis membership

Please register here on [Manage My Match \(MMM\)](#) and then email Maxine at maxine.major@aylesburytennisandsquash.com to request your FREE ladies and girls membership until 31.12.21.

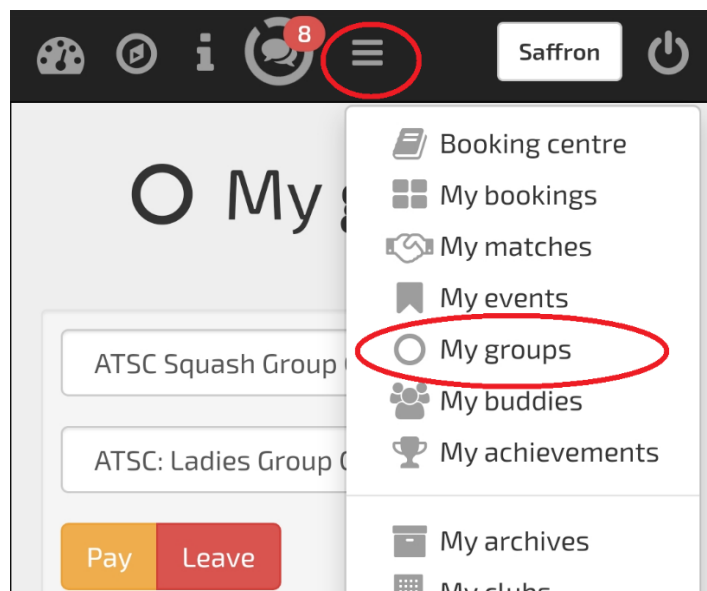
Club Membership (including England Squash membership) for ladies is usually £13 per month with a £20 setup fee (new members only).

Booking onto sessions / Payment

Due to extended COVID restrictions, we are limited to the number of ladies per coaching session

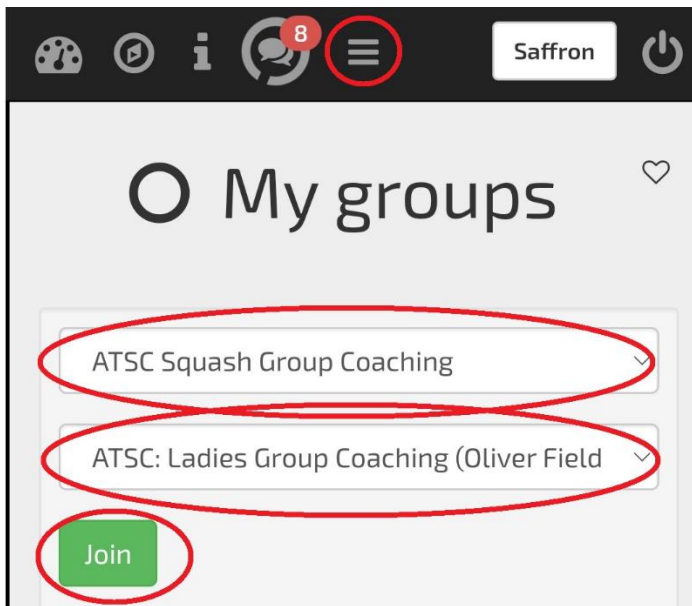
Sessions must be booked and paid in advance via [Manage My Match \(MMM\)](#) by doing the following:-

Click on the menu, three lines top right and select My groups.

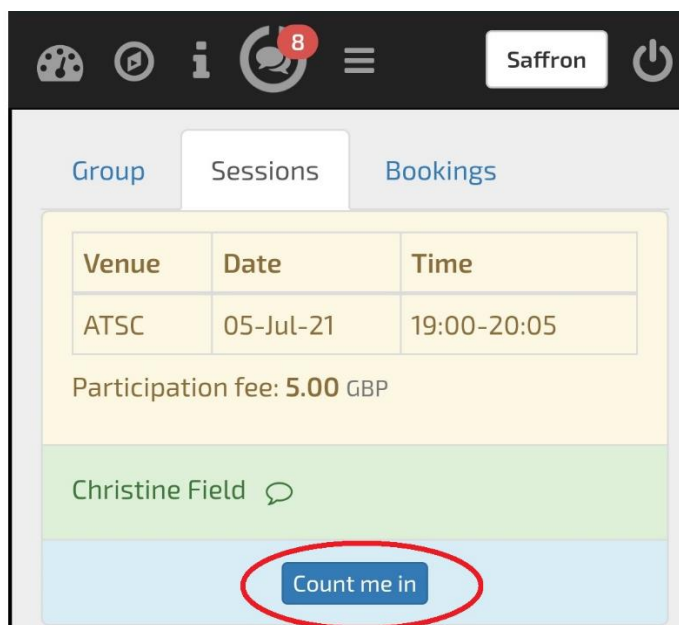


Choose ALTSC Squash Coaching Group, then select ALSC, Ladies Coaching Group.

Press join, please note this will not book you onto any sessions, just make you a member of the ladies squash MMM group.



You can now mark session/dates you are planning to attend by pressing count me in. Payment will be taken from the card details on your account.



Equipment

We can we loan rackets/glasses for new starters and provide balls.

Regular Ladies - We recommend purchasing your own equipment (racket, balls) if you are planning to regularly attend ladies squash.

None Marking indoor Shoes -All ladies will need their own clean non marking and indoor trainers.



Glasses – A personal message from the coach, I would strongly recommend safety glasses when playing squash as the ball is small, accidents can happen and they prevent injury. I always wear safety glasses even when coaching.



Ladies Squash Leagues

We intend to run a ladies league and expect this to have varying ability players. For any ladies feeling more confident they can enter the clubs main mixed leagues for squash and racket ball. If you are willing to help us run the ladies league, or are interested in playing, please speak to Julia or Maxine.

News / WhatsApp

If you text one of the below numbers we will add you to our ladies squash WhatsApp group.

- 07803 249941 – Julia Foster
- 07803 353934 - Maxine Major
- 07988 313996 – Oliver Field

ATSC Safeguarding Team

Our Safeguarding Team can be contacted at safeguarding@aylesburytennisandsquash.com should you have any queries.

Additional One to One Coaching – £20 per 45 minutes + court fee

Our coaching team can offer one to one coaching, or sessions for friends, for £20 per 45 minutes + court fee. Please contact us at juniorsquash@aylesburytennisandsquash.com and we can put you into contact with a coach.

Our Coaches: -



Oliver Field –
England Squash Level 2 Coach
ofield@fitmail.co.uk



Julia Foster –
Ladies squash lead member
julia@fosterfamily.eu



Maxine –
Membership and General
enquiries
maxine.major@aylesburytennisandsquash.com



Chloe Foster
England Squash Level 2 Coach



Saffron
Squash Leader