

ABINGDON JUNIOR SQUASH PROGRAM

(Program Structure)



Saturday Junior Coaching

The central element to the program combining both social activities and training.

The aim is to give you the opportunity to do more training each week. If you cannot make a Saturday session, because you are taking part in a competition or a special family event, you can join one of the after school clubs that week in order to keep up with your training.

Wednesday Junior Club Night

Social evening with plenty of game experience.

School program and after school clubs

The school program is a three week course in a group with your school friends.

The beginners fast track after school club bring new players up to speed with the basic elements of the game.

The competitors fast track after school club is for players who have started to play some county squash or England Squash Bronze Events.

1 to 1 Coaching Session

Intense individualized training which can be booked as a one off booster or on a weekly basis.