

## Squash WA School Programs: Guidelines for Schools

Squash WA offers two school programs –**Squash Stars**, and **Just Squash It**, that are delivered by experienced, certified, WWC-checked coaches. Squash Stars is free for schools, but for Just Squash It, schools need to book courts with their [nearest squash centre](#).

### Mini Squash

*For primary school students in years 1-6*

#### Aims

- For students to be introduced to squash, with the hope that some students may take up the sport.
- For students to have some fun while being active.
- Ensuring inclusive participation in a familiar environment

#### About the Session

Squash Stars is a hands-on, in-school program that brings squash directly to your campus for students in Years 1–6. Using specially designed rebound nets, our qualified coaches transform your hall or multipurpose area into a mini squash arena. During the sessions, students learn the fundamental skills of squash such as correct grip, basic strokes, footwork, movement, coordination and simple games in a safe, fun and inclusive environment. Activities are designed to keep children active, build confidence and develop both general movement skills and sport specific abilities.

As school timetables can be tight, Squash Stars is structured to be flexible. It can be delivered over a single day with four to five sessions, catering to multiple classes and offering flexibility in delivery and structure. The program has been designed in collaboration with ACHPER and is delivered in line with the Australian Curriculum Health and Physical Education.

To be eligible, it is preferable that your school be within 10km of a squash centre, but we can be flexible with this.

#### Booking a Session

Please click on the link to book the Squash Stars program and a Squash WA representative will be in touch once we receive an expression of interest form [Mini Squash Program Booking](#).

If you have any additional queries, please contact 0434 785 555 or via [engagement@squashwa.asn.au](mailto:engagement@squashwa.asn.au).

Click here for more information about Squash Stars: <https://squashwa.asn.au/for-schools/>

## Just Squash It Program

*For secondary school students.*

Schools attend their nearest squash centre for 7-10 weeks to play squash (see exceptions note below), and Squash WA will provide a coach for up to the first three sessions at no charge.

These guidelines will cover the **Just Squash It** program.

### Aims

- For the coach to cover the basic shots.
- Provide teachers with resource material and ideas for group work to continue the term (without the coach).
- At the end of the coach visits, students should be confident enough to play games in a safe manner.
- Provide coaching to develop squash skills.
- For students to be introduced to squash, with the hope that some students may take up the sport.
- Initiate and/or develop links with junior clubs.
- Encouraging schools to enter the Squash [Interschool competition](#)

### The Program

The program is designed for schools to select Squash as their Sport or Activity of choice. Squash WA may provide a coach for up to the first three sessions at no charge to the school to cover the basics of squash for both the student's and teacher's benefit. Should a school have multiple classes, a coach may be provided for each, as long as they engage with the program.

Squash racquets, balls and eyewear is supplied as part of the program by the Squash Centre. All participants are encouraged to wear NON-MARKING sports shoes. Students and/or the school with their own equipment are encouraged to use their own.

Should a school fail to cancel their booking with an assigned coach, within 2 hours of the session, the school will forgo that lesson and only the balance of sessions will be completed. (Squash WA is required to pay the coach in this instance)

### Booking Sessions

All sessions are generally held at the squash centre closest to the school. Court fees are to be negotiated between the school and the squash centre. **The school must book the courts directly with the squash centre before Squash WA can assign a coach.**

Once the school has booked the squash courts:

- Once you have read the attached details of all our school programs, and you wish to make a booking, please do so via our webform: [Just Squash It - Expression of Interest](#).
- Squash WA representative will be in touch once the EOI has been received.
- Squash WA will endeavour to engage a coach on the dates and location the school has booked.
- Squash WA will communicate with the Squash centre, the school, and the Coach to confirm the booking.
- Coaches will then contact the schools before the booked dates, to introduce themselves and confirm attendance of the squash program.

The school may also contact a coach themselves, especially if the coach has previously visited. If this happens, please let Squash WA know about the organised sessions well before the sessions take place via the EOI [Just Squash It - Expression of Interest](#).

---

#### Squash WA

144 Robinson Avenue, Belmont WA 6104  
Ph. 0434 785 555

If the school is enthusiastic about having a coach for the school's complete program, they are welcome to arrange this with the coach. Please note that Squash WA will cover up to the first three sessions; anything more becomes a private arrangement between the Coach and the school and sits outside of Squash WA.

Please let Squash WA know in writing should there be any cancellation or date changes to the program via [engagement@squashwa.asn.au](mailto:engagement@squashwa.asn.au).

Should your school require Public Liability insurance to a particular level, please confirm with your local Squash Centre that they hold cover that meets such requirements.

### Before the First Session

The coach is to contact the teacher to:

- Introduce themselves
- Confirm that the program is going ahead as planned
- Discuss the program and establish the expectations of the school/teacher:
  - The number of expected students.
  - Are the sessions for fun and activity, or assessment?
  - Let the teacher know they will be responsible for the behaviour and discipline of the students.

### During the First Session

On entry to the Centre, the Coach will meet the school and give a quick "housekeeping" chat, which will involve where the bathrooms are, the layout of the centre etc., and how to collect equipment.

Eyewear is **COMPULSORY** at all times while on the court if under the age of 19. Insurance **WILL NOT** cover a junior if injured whilst not wearing eyewear. Teachers are encouraged to keep an eye on this to ensure eye safety at all times. The teacher's responsibility is to manage behaviour and discipline, not the coaches.

Please be aware that there may be other people using the squash courts. We want you to have fun, so long as it comes with respect and good behaviour.

Depending on the coach's experience, the students' experience (if they have attended the program before) and the number of students per class, the coach may want to follow a session plan provided by Squash WA or completely tailor the session as required.

The Coach will also outline the Rules before the first session commences:

- Safety is the most important rule
- Students must always wear eyewear whilst on court
- Respect for everyone, including the coaches
- Stop hitting the ball when the coach is teaching and or doing a demo
- Always knock on doors before entering a squash court, as players will be facing the front and may not see you come in
- Suggest removing watches from wrists and phones from pockets – have experienced damage before
- Have fun!!

### Last Coach Attended Session (Week 3)

At the end of the final session with the coach, the coach will:

- Thank the teacher and students for choosing Squash
- Thank the sponsors of this program
- Encourage teachers and students to participate in the Interschool competition

---

#### **Squash WA**

144 Robinson Avenue, Belmont WA 6104  
Ph. 0434 785 555

- Provide vouchers for free court hire at participating centres.

### Promotion of Junior Squash Club

This program aims to encourage students to take up squash and/or join a Junior Club Program at any centre across Perth.

Please also encourage school to enter the Interschool competition.

### Promotion of Sponsor Message

The coach must discuss the sponsor message with the players. Smarter than Smoking is being phased out, and the new message is Fuel to Go and Play. Throughout the three sessions, please include the following messages in your sessions:

- Choose water. For the best performance on and off the court, hydrate with water.
- Choose fruit for a healthy halftime or full-time snack.
- Choose veg. We fuel our bodies with two fruits and five vegetables every day.
- We get active every day to be our best on and off the court.

### Exceptions to the program

As in life, there are always exceptions to the rules and programs. Should a school want to book a shorter period than 6-10 weeks or book multiple classes for one-off sessions, whatever the request outside of the program parameters, Squash WA will endeavour to work with the school and the squash centre to accommodate the request.

Squash WA is committed to getting as many schools and students through this program as possible within our schools' budget. To achieve this, we have a responsibility to ensure the program is shared fairly and equitably among all schools. We ask that all exceptions to the program be discussed with Squash WA before booking coaches. This will allow Squash WA to assess budgets, availability of coaches and amend the required reporting, both internally and to our Stakeholder partners.

Alternative coach attendance options:

- 1 – 3 sessions at a centre: Coach will attend first session only.
- 4 – 6 sessions at a centre: Coach will attend the first two sessions.
- 7 – 10 sessions at a centre: Coach will attend three sessions.
- Additional sessions you would like your coach to attend will be invoiced directly by that coach. Minimum one hour charge at \$60/hr maximum.

### Other Documentation

As mentioned throughout the guidelines, Squash WA has resources that the Coaches and teachers can use to assist with the program. Please get in touch with Squash WA for a copy of these documents or for assistance with the Just Squash It program.

- Invoice and Feedback Template (a separate template for Just squash It and Inflatables) - For coaches.
- Session Plans – for coaches.
- Key Points and Assessment - for the teacher.
- Player assessment - for the teacher.
- Information to promote Junior Club Programs – for teachers, coaches, and centres.

---

#### Squash WA

144 Robinson Avenue, Belmont WA 6104  
Ph. 0434 785 555