

# Boost club membership with Squash 101

Did you know an estimated one million people play squash in England each year? Our participation programme, Squash 101 is both fun and social, and can help your club attract new members. Here's how your club can get started.

## About Squash 101

Squash 101 is an alternative way to play squash involving up to six players on court. It's a social activity using fun and informal drills to hone racket and ball skills. If you're looking to engage new players Squash 101 is a great option.

Run by a coach or a leader, Squash 101 can be used as a regular club night for newer players, or those that want a social squash opportunity.

What's more, we've got the training and resources to make it a hit at your club!

## Become a Squash 101 leader

Sign up to a Squash 101 leaders course and learn the skills to facilitate Squash 101 sessions.

The course costs £25 per person.

Whatever your role at the club - whether that's a volunteer, parent, or player, it's a great opportunity to become a leader and engage with our sport.

If you're a coach, it's a chance to explore new techniques and ideas.

## About the workshop

During the three-hour workshop, you will:

- discover how to organise, promote and deliver Squash 101.
- learn why people play squash and about their playing journey.
- learn how to use the Squash 101 web app and access video content, monitor sessions and compete against other leaders!



## Squash 101 resources

We'll give you all the resources you need to run a successful programme including:

- session plans.
- a promotional video, electronic posters and web banners.
- promotion on [englandsquash.com](http://englandsquash.com).
- access to the Squash 101 web app.
- Squash 101 leader insurance covering you up to £10 million of public liability (£25 for non-coaching members).
- ongoing advice and tips all the way through your Squash 101 journey.
- a Squash 101 leaders certificate.

**Find a course near you:**

Visit: [englandsquash.com/squash101](http://englandsquash.com/squash101)

**Organise a course near you:**

Email: [participation@englandsquash.com](mailto:participation@englandsquash.com)