

Let’s grow a Thanet School Squash Academy!!!!

As the Kent Squash Development Coach, it is my pleasure to invite you to help me create a Squash Academy for your school.

Owing to the Pandemic our successful Kent Primary School Academy project had to be put on hold for nearly a year. However, with Governments Roadmap for recovery restrictions have now been eased and schools such as yours have been advised that you can re-establish links with external coaches / clubs.

This means that you can now introduce your pupils to squash , which is the biggest calorie burner of all the racket sports (640 calories per 40-minute session on average) and improves their mental strength through learning to be tactically aware to play the game efficiently . . what more could a person want from a sport!!

Over a 7-year period over 60 academies have been created across Kent at schools just like yours. It has seen juniors who was losing interest in sport rekindle their love for physical activity as they found a sport that they could compete with those who normally excel at sport.

Where does the journey start?? – In your school hall , or after the Pandemic in term 5 & 6 outside on the playground.

What equipment do we need?? – None, the ESR Licensed coach will bring the rebound walls, rackets and balls and ensure all Covid guidelines followed.

How many can do the session?? – A class of 30 – 34 is normal

When can we do the course?? – During you PE lessons is preferable as more juniors will have a chance to sample the 5-week course.

Then what happens?? – The class will be invited to form an Academy at either Thanet squash club or The Baypoint club , whichever is nearer, on a night that does not clash with a major after school club

Is that it – No!! Many of the Academy juniors follow the Kent Squash Talent Pathway , playing for their club / county / Region and even Nationally . . plus, the school will be invited to play other schools in Kent School Competitions. The Academies will be invited to play in the Kent Academy Cup , which is a one-day event where all the Kent School Academies compete. A new Area league is being designed so that you can play schools in the Thanet area which will reduce the travelling time.

I am not sure ; can we sample it?? . . A free taster session in term 5 or 6 can be arranged so for a class from year 3 to 6 to see the fun activities involved . . its not just hitting the ball against a wall at this stage of the journey but working on their ABC skills to develop into racket players!!

Interested?? – I hope so!! If so, please contact your SGO and me , Steve Franks ([elsteveo969@hotmail.co.uk](about:blank) or 07855288471) for more info.

Stay Healthy

Steve Franks , Kent Squash Development Coach, ESR Level 4 , HPA , PGrad in Sports Science