

England Squash & Racketball Events Bulletin!

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Welcome to the September 2010 edition of the London & South East Regional Events Bulletin for London, Middlesex, Surrey, Sussex, Kent.



Announcements

Squash & Racketball Coaching Courses:

UKCC Level 1 Coaching Course at the Finchley Manor on 2nd October and 6th November.

UKCC Level 1 Coaching Course at the University of Sussex on the 7th November and 5th December.

Please contact Louise Pickford (louise.pickford@englandsquashandracketball.com) to sign up for either of these courses.

Manchester Junior Open Sanctioned Event 2010

**National Squash centre,
Manchester 20th/21st Nov 2010**

Under 11's, 13, 15 & 17

Entry Fee £15

T-shirt for each entrant

(CLOSING DATE 1st November 2010)



For More information and an entry form please

Contact Chris Lengthorn on 07827343370

Email: chris.lengthorn@englandsquashandracketball.com



**England
Squash &
Racketball**



**MANCHESTER
CITY COUNCIL**

THE MANCHESTER JUNIOR OPEN

ESR Sanctioned Event
20TH/21ST November 2010

ENTRY FORM

Venue:	National Squash Centre, Sportcity, Manchester, M11 3FF	Tournament Organisers: Chris Lengthorn
Club Tel:		Email: chris.lengthorn@englandsquashandracketball.com

Please complete in **BLOCK CAPITALS**:

FULL NAME :					
ADDRESS					
	POSTCODE :				
E-MAIL					
HOME TEL NO		MOBILE			
COUNTY ELIGIBILITY		COUNTY RANK- ING			
NATIONAL RANKING					
T SHIRT SIZE (Please circle)	Small	Medium	Large	X Large	
I wish to enter:	(Please Circle)				
Girls		11's	13's	15's	17's
Boys	Age				
ENGLAND SQUASH MEMBERSHIP NO:					

The closing date for entries is Monday 1st November 2010 Entries received after this date will not be accepted.

Important notes – Please read

*Receipt of your entry and draw details will be sent by email – **please write your email address clearly!***

Registration/match times for each grade will be emailed during the week preceding the tournament.

I enclose my entry fee of £15.00 (cheques made payable to Manchester City Council)

I agree to abide by the Players Tournament Code of Conduct

Please forward the completed entry form with payment to: Chris Lengthorn, England Squash and Racketball, National Squash Centre, Rowsley Street, Manchester, M11 3FF



National Racketball Doubles Championships



9th & 10th October 2010

Venue:	Devon and Exeter SRC Prince of Wales Road Exeter Devon EX4 4PR	Tournament Organiser: Adam Lings
Club Tel:	01392 436100	Tel: 07980641910

Event Category: please tick	Men's Doubles:	Ladies Doubles:	Mixed Doubles:
-----------------------------	----------------	-----------------	----------------

NAME (Player 1) :			
ADDRESS			
	POSTCODE :		
E-MAIL			
HOME TEL NO:	MOBILE:		
T SHIRT SIZE (Please circle)	Small	Medium	Large X Large
ESR MEMBERSHIP NO			

NAME (Player 2) :			
ADDRESS			
	POSTCODE :		
E-MAIL			
HOME TEL NO:	MOBILE:		
T SHIRT SIZE (Please circle)	Small	Medium	Large X Large
ESR MEMBERSHIP NO			

The closing date for entries is Thursday 30th September 2010.

We agree to abide by the Championship rules and England Squash & Racketball code of conduct.

Signed..... Date.....

The entry fee of £22.50 per team (made payable to England Squash & Racketball) must accompany this entry form.

Please forward the completed entry form with payment to:

**Adam Lings, Devon and Exeter SRC, Prince of Wales Rd, Exeter, Devon,
EX4 4PR**

Contact: 07980641910 or email adam@devonandexeter.com

THE WORLD'S BEST SQUASH LEAGUE



SUPPORTED BY



SEE SOME OF THE WORLD'S TOP PLAYERS AT A VENUE NEAR YOU

- BENZ-BAVARIAN DUFFIELD
- CLFS ESPORTA OXFORD
- PONTEFRAC
- CHAPEL ALLERTON
- MB NOTTINGHAM
- PROBUILD BRISTOL
- TEAM CHICHESTER
- SURREY HEALTH & RACQUETS
- TWP ST GEORGE'S HILL
- IGT WINCHESTER
- EXETER DIAMONDS



England
Squash &
Racketball

Follow the league action on:

www.pslsquash.com



Premier League Squash

SUPPORTED BY



2010 / 2011 TEAMS

GROUP A

A - CLFS Esporta Oxford
 B - Pontefract
 C - MB Nottingham
 D - No Match
 E - Benz-Bavarian Duffield
 F - Chapel Allerton

GROUP B

A - Surrey Health + Racquets
 B - Team Chichester
 C - Exeter Diamonds
 D - TWP St George's Hill
 E - Bristol Probuild
 F - IGT Winchester

FIXTURES

5 October	A v B	E v C	F v D
16 November	C v A	D v E	B v F
23 November	E v A	B v D	F v C
25 January	A v D	C v B	E v F
1 February	B v E	D v C	F v A

15 February	B v A	C v E	D v F
1 March	A v C	E v D	F v B
8 March	A v E	D v B	C v F
15 March	D v A	B v C	F v E
29 March	E v B	C v D	A v F

SEMI-FINALS

5 April (TBC)

FINAL

3 May (TBC)

www.pslsquash.com

Adult Weekend Squash Camp



at

**Coral Health & Fitness Club, Orchard Road, Hove, East Sussex
BN3 7BG Tel: 01273 731262**

**Saturday 13th & Sunday 14th November 2010
10am – 4pm**

Coaches:

<p>Mike Harris Former England Junior Coach and Team Manager, London, South East and South West Academy Director, Coach to 3 European and 13 British Champions, Qualified England Squash Level 4 Performance Coach</p>	<p>Ben Hutton Coral Health & Fitness Head Coach, Sussex Senior County Champion, Sussex Junior County Coach & Assistant London Regional Coach Qualified England Squash Level 3 Coach</p>
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Cost:

£120 for the weekend

An adult coaching weekend aimed at men and women of Club Team Player standard and above.
Come and have an enjoyable weekend of squash in Brighton & Hove,
Focusing on Developing Skills, Developing Rally's and Learning to Win
Plus meet & train with new players and enjoy a social evening in Brighton
(Cheques made payable to Mike Harris)

Numbers are limited to 16 so please book early to avoid disappointment

To reply by email please send completed form to whimesy@gmail.com
If you have any queries please call Mike Harris on 07826 316065

Name	
County	
Playing ability	
Email address	
Contact Telephone No's.	

To return by post send to Mike Harris 13 Lullington Avenue, Hove,
East Sussex, BN3 7EQ



Stevenson Squash Coaching

Would your squash benefit from the experience of one of the UK's most experienced squash coaches. . .



Squash Player Website



Level 4 'England Squash' qualified coach



Weekend adult squash camp

- Improve racket control
- Movement refinement
- Better shot selection
- Reduce errors

Course includes 16 hours tuition, carefully prepared and polished over many years with quality hand out support material.

12/13/14 November
4/5/6 February

14/15/16 January
4/5/6 March


Hi, I'm Graham Stevenson

I've tons of coaching experience gained over the past 30 years and I am sure I can help you improve your squash, whatever your current level. Come and join us for a fun adult squash weekend.... see you there !

Graham Stevenson



 **01798 831428**

 **grahamstevenson@onetel.com**



www.squashplayer.co.uk/gssquash.co.uk

Graham is also running a course on 1/2/3 October with places still available! Please contact him if you are interested.

2nd Surrey Closed Racketball Tournament

When? Thursday 7th to Saturday 9th
October 2010

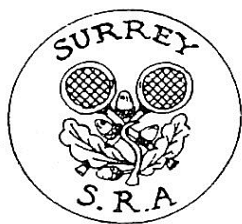
Where? New Malden TS&B Club
Somerset Close, KT3 5RG

Includes six graded men's events, two ladies events and a mixed junior event

Entry forms and further details
available at www.newmaldenclub.co.uk

Entries close Sunday 3rd October





SURREY SQUASH & RACKET- BALL ASSOCIATION

2nd Racketball Closed 2010



Date: Thurs 7th, Friday 8th & Saturday 9th October 2010
 Venue: New Malden Tennis Squash & B Club, Somerset Close, New Malden, Surrey, KT3 5RG.
 020 8942 0539. www.newmaldenclub.co.uk

- | | | |
|--------------------|-----------------|---------------------------------------|
| Men's | Grade A (Main) | - Players in Surrey Cup Divisions 1-4 |
| | Grade B | - Players in Surrey Cup Divisions 5-9 |
| | Grade C | - Club players not team standard |
| | Event 40 | - Players 40 years & over |
| | Event 50 | - Players 50 years & over |
| | Event 60 | - Players 60 years & over |
| Women's | Grade A | - open to all players |
| | Grade B | - Players 45 years & over |
| Open mixed Juniors | | - Under 19's |

Closing Date: Sunday 3rd October 2010

Entry Fees: £10.00

All the draws will be posted at www.newmaldenclub.co.uk.

Minimum of 8 players required per event otherwise some may be amalgamated. The junior event will be mixed, unless there are good number then a boys and girls event will take place.

Play on Thursday 7th Oct & Friday 8th Oct will commence at 6.30pm.

See entry form for earliest time. Finals will be played on Saturday evening. Followed by entertainment with BACKTRACK



ENTRY FORM

Surrey Racketball Closed Championships 2010

PRINT NAME (MR/MRS/MS/MISS)

.....

PRINT ADDRESS.....

.....

TELE(HOME).....**(MOBILE)**.....

D.O.B (age group event).....**TEAM/RANKING**.....

EMAIL ADDRESS.....

CLUB.....

EARLIEST TIME AVAILABLE THURS/FRI

MEN'S EVENTS please tick

WOMEN'S EVENT please tick

Grade A (Div 1-4)	<input type="checkbox"/>	<input type="checkbox"/>		
Grade B (Div 5-9)	<input type="checkbox"/>	<input type="checkbox"/>	Main Event	<input type="checkbox"/> <input type="checkbox"/>
Grade D (Club players)	<input type="checkbox"/>	<input type="checkbox"/>	Women's Over 45	<input type="checkbox"/> <input type="checkbox"/>
Grade E Over 40	<input type="checkbox"/>	<input type="checkbox"/>		
Grade F Over 50	<input type="checkbox"/>	<input type="checkbox"/>	OPEN Junior Under 19	<input type="checkbox"/> <input type="checkbox"/>
Grade G Over 60	<input type="checkbox"/>	<input type="checkbox"/>		

Send form with your entry fee of £10.00 per event. (make cheques payable to SSRA) (Includes entertainment Saturday evening) to:- Claire Baker C/o New Malden TS&B Club, Somerset Close, New Malden Surrey KT3 5RG



www.squashnet.co.uk

Powerful, cost effective
web-based solutions for
Squash Clubs

Recommended by



10% OFF
Setup Fees for
ESR member
clubs*

For a FREE Demo or to discuss your club's needs:
call **01962 862626** OR
email **info@squashnet.co.uk**

Websites

For clubs, counties,
associations and
leagues

Court Bookings

Online and in-club
booking system for
clubs

Leagues, Tournaments, Ladders & Rankings

For clubs, counties
and leagues

Membership Database

Secure Internet-based
database system for
clubs with optional
modules to meet club
requirements

"Since changing our website, we have found it so much easier to update news and information. What used to be a laborious chore is now a quick and effective process that keeps our membership up to date with the latest news at the club. The combined use of newsletters and messages has definitely improved member communication and the ease of use means that we now have a website that is interesting and relevant with all the latest news and pictures readily accessible for our members."

Billy Kerr, Manager, Winchester Tennis & Squash Club

"SquashNet provides the perfect one-stop shop for Clubs to better serve their members and help develop squash in their communities. It certainly ties in well with England Squash & Racketball's aim to help our affiliated clubs by making available the tools they need to be successful."

Jim Lord, Operations Director, England Squash & Racketball

* Offer may be withdrawn at any time. Offer available to new SquashNet clients only, and may not be used in conjunction with any other offer.

Do these issues sound familiar? Find out how SquashNet can solve these and many other challenges that your club faces.

SquashNet

Recommended by



10% OFF
Setup Fees for ESR
member clubs*

It's really hard to communicate effectively with our members

It's so much hassle managing repeat bookings for club night, coaching etc!

Websites
For clubs, counties, associations and leagues

Court Bookings
Online and in-club booking system for clubs

We still have paper booking sheets—surely there's a better way?!

We don't know how to update our website easily...

We have a problem with no-shows for courts

I wish we could tell who should be where in our club rankings

Leagues, Tournaments, Ladders & Rankings
For clubs, counties and leagues

Membership Database
Secure internet-based database system for clubs with optional modules to meet club requirements

We waste so much time updating our membership data in different places

Our leagues take ages to set up each month—help!

We still have hand-written leagues on our club's noticeboard

We find it hard to keep accurate membership lists

We still store our membership data in a spreadsheet

Contact SquashNet today to see how we can help your Club: 01962 862626 | info@squashnet.co.uk | www.squashnet.co.uk

* Offer may be withdrawn at any time. Offer available to new SquashNet clients only, and may not be used in conjunction with any other offer.

Southgate Squash & Racketball

Racketball Mornings on Monday, Thursday and Friday

9.30-11.00am - £5 per session (£3.50 members). Sessions to include: Shot practice, game tactics, movement, games (Beginners welcome). Stay and have a coffee after!

For more information: www.southgatesquashclub.co.uk.

Free!! Junior squash sessions for September 2010

An opportunity for new participants to have 10 weeks of squash coaching/taster sessions, and coaching opportunities for previous participants or members to continue their coaching. For more information: www.thewalkerground.co.uk/category/upcoming-courses or www.southgatesquashclub.co.uk

Racketball Mornings on Monday, Thursday and Friday

9.30-11.00am - £5 per session (£3.50 members). Sessions to include: Shot practice, game tactics, movement, games (Beginners welcome). Stay and have a coffee after!

For more information: www.southgatesquashclub.co.uk.

Southgate Squash and Racketball Club
At Walker Cricket Ground, Waterfall Road N14

Sport Unlimited - Autumn 2010

**FREE!! Squash Coaching sessions for
8-16yrs (New participants only)**

Previous participants £40 for 10 week session

Every Wednesday from 15th Sept until 24th Nov

Or

Every Friday on 17th Sept until 26th Nov

(No coaching during half term – 27th/29th October)

**Wednesday/Friday 5pm – 5:45pm or
Wednesday/Friday 5.45pm – 6:30pm**

All abilities welcome.

YOU MUST PHONE, TEXT OR EMAIL TO SECURE YOUR PLACE

Phone: - Vickie Prow on 07904 300288

Email: admin@southgatesquashclub.co.uk

**A £20 refundable cheque (payable to WCGT) is required for each new participant taking part
in the free sessions and will be return once you have attended a minimum of 8 sessions**

Sessions are open to people with disabilities.

Southgate Racketball

MONDAY, THURSDAY & FRIDAY RACKETBALL MORNINGS

9.30-11.00am

£5 per session



-
Session to include:

Shot practice

Game tactics

Movement

Games

-
(Beginners welcome)

-
Stay and have a coffee after!

-
For more information call Southgate Squash & Racketball
Club

Tel: 07904300288

Email: admin@southgatesquashclub.co.uk

Southgate Squash and Racketball Club

Paul Carter's

(Former British No1 & Elite Coach)

Advanced Coaching Programme for Juniors 11 - 14yrs & 14 – 19yrs

**For the following 9 Saturdays (2010)
4pm & 5pm
11th Sept, 18th Sept, 16th Oct, 23rd Oct,
13th Nov and 20th Nov**

**10am & 11am
4th Dec, 11th Dec and 18th Dec**

**£90 for all sessions
Non-members welcome (£110)
Includes coaching and court fees**

**FOR MORE INFORMATION, TO BOOK AND PAY FOR A PLACE
PLEASE CONTACT THE VICKIE PROW ON:**

Email: admin@southgatesquashclub.co.uk

Tel: 07904 300288



Free Squash & Racketball
Coaching and Taster Sessions for Adults!!!!

At
 Southgate Squash and Racketball Club
 Walker Cricket Ground, Waterfall Road N14

Every Thursday
For 3 weeks as follows:
7:15pm: Squash (waiting list only)
8pm: Racketball
8.45pm: Squash
 (45 min sessions & All equipment provided)

Starting Thursday 16th Sept 2010

A £20 refundable cheque (payable to SSRC) is required for each participant and will be return once you have attended all sessions

Places are limited, so please call 07904 300 288 or email:
admin@southgatesquashclub.co.uk to reserve your free place.

Preference will be given to those people who have never played before.
 Sessions are open to people with disabilities.

See the SSRC website for more great info on Squash and Racketball
www.southgatesquashclub.co.uk

Southgate Squash and Racketball Club • Walker Ground • Waterfall Road • Southgate • LONDON • N147JZ
www.southgatesquashclub.co.uk • email: ssrccommittee@yahoo.co.uk • telephone: 07904 300288



2nd

Jersey Racketball Festival

18th – 20th March 2011

Sponsors



"Why not fly or sail south to the beautiful island of Jersey where spring comes early to take advantage of some friendly/competitive racketball. Jersey is just nine miles by five miles yet somehow manages to have fifty miles of spectacular coastline. Whichever way the wind blows you can find a beach or cove to relax in, or take a stroll along the cliffs and enjoy the seasonal colours"

For more information or to receive an entry form please contact Nick Taylor Director of Squash & Racketball on 07829-747034 or email nick@nicktaylorsquash.com

Last years 'A' winners – Exeter Diamonds



Jersey 2nd Racketball Festival 2011



Sponsored by:



Friday 18th – Sunday 20th March 2011

@ Jersey Squash & Racketball Club, and all Island wide venues

Tournament rules



- > The event is limited to 32 teams of 5 players, mixed teams allowed, bonus point for those teams fielding female players!
- > Matches will be played at Jersey Squash & Racketball club, Fort Regent, Les Quennevais, St John Recreational ground & Victoria College.
- > There will be a minimum of 3 matches
- > All entries by entry form only and posted to:
Nick Taylor, Jersey & Racketball Squash Club, St Clement, Jersey, JE2 6PN
- > The Entry Fee is £200 per team and includes HEAD event T-shirt (5) live entertainment at Friday's Welcome Party, Festival Gala Evening and buffet on the Saturday, trophies and prizes. Entry fee must accompany this Entry Form by the 19th February 2011, no entry by email, text or verbal.
- > Cheques payable to: JSRA
- > AVIS are our recommended car hire agent and are offering special festival rates, please call 01534 519100 or www.avisjersey.co.uk and quote: Jersey Racketball Festival
- > AMBASSADEUR hotel is our official hotel, please contact them direct for bookings on (01534) 724455
- Draws will be published on www.jerseysquashandracketball.com by 25th February and you will receive a welcome pack by email.
- > Nick Taylor contact details are nick@nicktaylorssquash.com mobile 07829 747034



Jersey

Hotel Ambassador



HEAD

Entry Form

Name & Team name _____

Address: _____

Email address: _____

Tele numbers: _____

Club & County: _____

Team players standard: _____

This is important to what category you will be placed in



Surrey Safeguarding Adults Board Training Programme

Voluntary and Community Awareness

A series of half-day awareness sessions for those working (paid or volunteer) in small voluntary sector organisations or with/for small community groups

September 29th 2010 morning and afternoon in Chertsey
 October 20th 2010 morning and afternoon in Godalming
 November 23rd 2010 morning and afternoon in Leatherhead
 February 23rd 2011 morning and afternoon in Chertsey

Is it Safeguarding?

A one day course to explore key elements of Safeguarding Adults decision-making and offer guidance on the practical implementation of the Surrey Multi-agency Safeguarding Adults Procedures. This course is aimed at those people in an organisation who have to make management decisions when an incident occurs.

October 5th 2010 January 6th 2011 all in Chertsey

Managing Safely

A one day course for managers, previously run by Joint Training, which aims to improve the knowledge, skills and expertise of managers in respect of their recruitment, supervision and management of staff who work with vulnerable adults.

September 27th 2010 in Leatherhead November 30th 2010 in Leatherhead
 January 13th 2011 in Chertsey March 1st 2011 in Chertsey

Independent Management Reviews

A one day course to help senior and operational managers to produce Individual Management Reviews for the Serious Case Review process.

January 13th 2011 Chertsey

Post Abuse Support

When adult abuse occurs it can have a major impact on everyone involved and others who work in or use a service. This two day training course will focus on a range of supports, approaches and skills that managers can use to address trauma, risk and system failures in order to maintain services and seek resolution of issues.

25th & 26th November 2010 Leatherhead

Coming soon

Trainers update

An opportunity for those who train others about Safeguarding Adults to update their knowledge and review new training resources

For further information about any of these courses and an application form please contact:

Safeguardingadults.training@surreycc.gov.uk

Safeguarding Adults Team, Fairmount House, Bull Hill, Leatherhead, Surrey KT22 7AH

Tel 01372 833520

Ben Ford's Courses at Cottons & Holiday

Courses at Cottons:

Ben Ford has new 6 week beginners squash courses and racketball courses at Cottons Health Club (next to London Bridge station) on Saturday mornings from 11th Sept and starting again from 30th Oct. These will be taken by a qualified coach.

Squash: 10-11am. Each week the session will focus on one or two shots, from drives, boasts, serve, return, volleys, drops, matchplay and rules.

The groups will only consist of 4 people as to provide intense sessions. For the 6 week course the cost is £75 for fitness first health club members and £90 for non-members.

Racketball: 11am-12. Racketball is the fastest growing racket sport and is a little bit slower than squash but the rallies are a lot longer so is still a great workout. It's a little bit easier to pick up than squash as the balls are slightly bouncier but rackets are shorter. Rackets can be provided.

The cost is £75 for fitness first members and £90 for non-members.

These will be rolling courses, so when one course is full Ben will start taking bookings for the next course. Please contact Ben if you are interested.

benford75@hotmail.com

Squash holiday in the Sun:

Ben is looking to organise a squash tailored holiday to Fuengirola on the Costa del Sol, Spain at the end of June next year, leaving on the Wednesday and coming back on the Sunday. There will be coaching sessions every morning and a tournament and matches against locals in the evening. Obviously on top of all the squash there will be lots of sun, beach and nightlife. This is for a maximum of 16 squash players of all standards. Non squash players are welcome but as the club only has 4 courts 16 players is the maximum. The holiday will be for over 18s only.

It will be approximately £450 per person and this will include squash, return flights and accommodation.

Please let Ben know if you are interested: benford75@hotmail.com

Hi

Active Surrey is committed to ensuring we support the development of all sports clubs across Surrey. In 2009 Active Surrey ran a series of club development forums across the county to provide clubs with updates and information about club accreditation, coach and volunteer development and funding. The forums also provided the perfect opportunity for clubs to meet their local sports development officer and other officers in the county who can help support the development of their club.

Active Surrey are planning to re-start the club development forums in Jan-Feb 2011 and we are keen to make sure they best meet our partners needs and that of their clubs. Therefore, we would like to invite you to complete a short survey to let us know your thoughts **by Friday 1 October**.

For your survey please follow the link below or paste the address into your URL bar (i.e. the box where you would type www.activesurrey.com).

<http://www.surveymonkey.com/s/CBMGJJT>

We have also put together a survey for clubs to complete as well. The link for the clubs survey is below and if you have any clubs who you think would like to complete this survey please feel free to send this link on to them.

<http://www.surveymonkey.com/s/CG2RVTJ>

In the next 2 months we will be organising the guest speakers / presenters for the forums, and if you or your organisation are interested in either attending the forums or speaking / presenting at the forums please contact Hannah Sprake via hannah.sprake@surreycc.gov.uk or call 01483 518965.

Thank you in advance for taking the time to complete our survey.

Kind regards,
Active Surrey

NEW COURSE - How to involve young volunteers

Find out how to boost the volunteer workforce at the heart of your sport club. Active Surrey has teamed up with Surrey vinolved to run a sport specific workshop to help clubs recruit, retain and reward their volunteer workforce.

To book your place on this fundamental course visit the [Active Surrey website](#), click on 'Workshops and Bookings' and then 'Discounted Booking' to find the course dates and venues. For more information call 01483 518944

Promotional Aids



A3 or A4 sized posters to promote your Squash or Racketball competition.



Racketball promotional Postcards, with “What is Racketball” printed on the reverse.



DVD including “how to guides” for Squash and Racketball and a collection of “why I love” videos featuring players of all ages and abilities. As seen on our website!

NEW RULES POSTERS

We also have new A3 rules posters, one for Squash, one for Racketball and a more abbreviated one for both. Please contact Kirstie if you would like any of the above.

Kirstie.thompson@englandsquashandracketball.com
or 01483 689296



Club/Coach Development Workshops

If you are a club who are working towards your England Squash Club Charter, or a Coach looking to keep your Coach Licence up to date, please use the following websites to find out details of course local to you. These include: Equity in Your Coaching, Safeguarding and Protecting Children in Sport, How to Coach Disabled People in Sport and A Club for All. Alternatively, check local availability by visiting www.runningsports.org

London: <http://www.pro-activelondon.org/>
<http://www.pro-activecentrallondon.org/>
<http://www.pro-activewestlondon.org/>
<http://www.pro-activeeastlondon.org/>
<http://www.pro-activenorthlondon.org/>
<http://www.pro-activesouthlondon.org/>
Middlesex: <http://www.pro-activewestlondon.org/>
Surrey: <http://www.activesurrey.com/>
Sussex: <http://www.sussexsport.org/play-sport/squash/>
Kent: <http://www.kentsport.org/>

Useful Contacts

Paul Fennell
Regional Manager
07989743054
paul.fennell@englandsquashandracketball.com

Kirstie Thompson
Regional Administrator
01483 689296
kirstie.thompson@englandsquashandracketball.com

All **Regional** correspondence can be sent to:
England Squash & Racketball,
Surrey Sports Park,
University of Surrey,
Guildford,
Surrey, GU2 7XH

England Squash & Racketball Headquarters
The National Squash Centre
Sport City
Manchester, M11 3FF
0161 231 4499