

Women in Squash Programme - Browns Bay Racquet Club

Manu Yam, a certified NZ Squash Coach at Belmont Park Racquets Club and Browns Bay Racquets Club, has recently devised and ran a programme called Women in Squash. This resulted from his current women students asking for group coaching. He felt this was an opportunity to show them how good squash is for their fitness, overall well being, health and figure. The women were a great focus group as they are 'very keen, interested and raring to go!'

The aims of the Women in Squash Programme were to:

- Get together women of all ages to socialize and, at the same time, get fit and realize the benefits of playing squash
- Learn the fundamental skills of squash (grip, forehand and backhand swing, footwork)
- Learn basic strategy, court craft, court movement
- Learn basic court etiquettes, basic rules and guidelines
- For the women to continue playing squash amongst themselves afterwards and to pursue further skills, programmes and eventually join tourneys

He initially started the programme at Belmont Racquets Club in November '08 but then brought it to Brown Bay Racquet Club in February. The 6 week programme has 2 groups; one morning session and one evening session, with both sessions lasting 1 hour.

The programme runs in between the school term and is open to all women, even non members, interested in learning how to play squash, wanting to get back into playing again or simply wanting to get fit and realise the benefits of the sport.

The programme ran in February was very successful with the morning session having 6 women sign up and 9 women joining the evening session. All of these women went on to join the Women 1 Day Tourney held on the 26th April where they all have shown an improvement in their game. Some of them have gone on to sign up to the Squash Aerobics (another programme ran by Manu) and 'they are just waiting for me to run the same programme'.

Some of the women have organised for some friendly games amongst themselves and others have shown interest and want to be included in the grading list and eventually play inter club. So they all have their own goals they want to achieve.

Manu will be running the programme again this term with the same morning and afternoon sessions. He is looking to grow the programme by better promotion and more marketing will be done targeting non members, parent and ladies outside the club through distributing

posters around the area, making announcements on the website and through the local newspapers. Manu will also look to initiate other programmes for beginners, intermediate and even advanced groups.

