



Welcome to Saxe Middle School Squash!

5TH/6TH
SQUASH TEAM INFO
2023-24

GET READY FOR THE SEASON

SIGN UP!

Beginning the week of July 24th, sign your player up for squash and make your payment on www.ncsquash.com

- Click on 5th/6th
- The flat fee for each session covers court fees, coaching and administrative cost.

There are no refunds after the start of each session because all court time and pro fees are paid for in advance.

Players will be responsible for the costs of uniforms, additional match fees and other incidental costs over the season.

EQUIPMENT

- Squash Racquet
- Clean, Non-Marking Court Shoes**
- Goggles
- Water Bottle/Towel

***Court shoes should be brought to squash and put on when they get there, they should NOT be worn outside. Sand, dirt and rocks on the shoes scratch the surface of the court.*

These items are available at the Country Club of New Canaan, ASF New Canaan, Gut Reaction in Darien or online.

You can come to practice in shorts and a t-shirt.

CREATE A U.S. SQUASH ACCOUNT

US Squash is the governing body of Squash in the United States. They maintain all scores for the FairWest League, the league that New Canaan Squash participates in.

Create an account for free. If you have already done so previously, you don't need to do it again.

If your player is interested in participating in US Squash junior tournaments, become a paid member.

EVERY player AND also one parent must create an account

How to Register:

- Go to ussquash.com
- Click on "Join" at the top of the screen

- Scroll down to “Need an Account”
- Click on “Create Account”
- Follow prompts for free registration
- Country Club of New Canaan is our home court
- Player and one parent must register

Familiarize yourself with this website, there is a LOT of information about squash on there!

US SQUASH CLUB REFEREE CERTIFICATION

All our players will take the US Squash Referee Certification, which is offered for different age groups.

- If you are new to squash, we will talk about it at practice!
- If you haven’t taken it yet, but are ready to try it, please go ahead! You can take it as many times as you want!
- If you have already taken it but have aged up to the next level, you are ready for the next test. Expect to take the test multiple times as you move into older age groups.

SAXE 5th/6th GRADE SQUASH SEASON

PRACTICES, MATCHES AND TOURNAMENTS

PRACTICE

Practices for 5/6 Grade are held at **The Country Club of New Canaan** (CCNC). 95 Country Club Rd. New Canaan.

We will be coached by the head pro and his staff of professional squash players. They have 3 singles courts and a doubles court as well as locker rooms and a pro shop.

Our coaches are highly qualified and motivated. They will provide a fun yet challenging program for all levels.

ILLNESS PROTOCOL

If your player is not feeling well, please do not send them to squash. Email the program head ASAP so we can adjust the lesson plans. If your player does not attend school because of illness, they may not come to squash.

TRANSPORTATION

Players and their parents are responsible for transportation to and from practices, parent carpools are available for matches. A final roster for each match will be distributed to organize carpools, etc. **Please be inclusive of the entire team when carpooling.**

MATCHES

In addition to practice there will be matches with other schools throughout the season. It will be optional to participate in matches, however, we highly encourage you to attend, as it really helps players to learn the game. Players will be matched up with an opponent who is at or very close to their skill and experience level so even brand new players can participate.

Matches will be played by team. Teams are composed of 5 players plus an alternate. You will be notified before each match if you are expected to attend.

Each match will have a parent of the day who will be in charge of the team for that match. You can download the **Fairwest Middle School Match Parent of the Day Guidelines** in **Documents and Forms** section of the website www.ncsquash.com

TOURNAMENTS

In addition to matches, we HIGHLY encourage all junior players to participate in US Squash Junior Tournaments when they are ready to do so.

The US Squash Junior Tournaments are signed up for and played on an individual basis, not as a team. You can find a list of local junior tournaments on www.ussquash.com. Players sign up individually on www.ussquash.com and go to their matches at their scheduled time. Most players will be in the Bronze (newer players) or Silver level, advanced players will play in Gold tournaments. Sign up for your appropriate age bracket in your level. Tournaments are an excellent way to strengthen your game and gain valuable competitive experience. Your scores will go toward your National Ranking on US Squash. There is an additional fee for each tournament and you must become a paid member of US Squash to compete in their tournaments.

ADDITIONAL INFO

POLICIES

No school, no squash. If there is no school or if school is cancelled or closes early there is no squash.

All practices are **CLOSED**. If you are waiting for your child, please wait in your car. If your child is practicing at CCNC, please know that players cannot wait at the club after practice for a ride, please pick up players as soon as practice is over. **This includes members of the country club. There are other programs that start as soon as we are finished.**

Family and friends are welcome to attend matches.

We will try our best to provide make up dates for any cancelled clinics, but we do not guarantee that all cancelled clinics will have a make up date provided.

If your child is sick and can't attend practice, please email or text Erica Schwedel at saxe56squash@ncsquash.com or 646-300-0827.

If your child needs to leave early, they will not be excused **without a note from a parent**.

All players are expected to treat our coaches and the venues they are practicing or playing at with the utmost respect. Continued abuse of the privilege of playing squash could lead to dismissal from the program. All players are expected to adhere to the New Canaan Squash Code of Conduct.

COMMUNICATION

Communication will be via e-mail.

You can reach Erica Schwedel at saxe56squash@ncsquash.com or 646-300-0827.

*PLEASE be respectful of volunteers and respond to communications in a timely manner!

THINGS THAT WILL HELP YOUR CHILD BE MORE SUCCESSFUL

GET ON COURT MORE

We highly recommend that our players have time on court in addition to the team practices. Practice what you learned. Muscle memory happens with time spent on court. For lessons, clinics and courts, you can join:

Chelsea Piers Squash

Call CP Squash at 203-989-1600 to inquire about joining their squash club.

<https://www.chelseapiersct.com/squash/>

St. Lukes Squash Club

Call St. Luke Squash club to inquire about programs and lessons. 203-801-4919
slsquash.org

Country Club of New Canaan

NC Squash players can schedule a lesson with the pro's at the Country Club.
Email: squash@ccofnewcanaan.org or call: 203-966-3513

MSquash

Clinics and lessons. msquash.com or call 1-844-677-8274. Ask for the SONO location (not Port Chester!)

Ox Ridge Squash Club

Clinics and lessons. <https://www.oxridge.com/squash.html> or call 203-655-2559

PLAY IN US SQUASH TOURNAMENTS

We highly recommend that all players, when ready, sign up for and play in US Squash tournaments. This is a great way to improve your game and work on your competitive edge. You can work on your US Squash national ranking.

GET INVOLVED IN THIS GREAT SPORT AND VOLUNTEER!

Host a team dinner or be a match parent!

Since we are a volunteer parent run organization, we appreciate any help and support you have time to give!

Mission Statement

We are a parent-run organization that provides a venue for professional squash instruction and interscholastic competition in middle school squash. The teams are co-ed and this sport is open to students attending Saxe Middle School. There is a fee to participate in this sport.

We provide instruction for all levels of squash players, beginner through advanced. Our main competitive season is winter, but we also offer clinics in the fall and spring.



New Canaan Squash is a member of US Squash,
the governing body of squash in the United States.



We are one of the founding members of the FairWest Public School Squash Association (FWPSSA), the league in which we play under and sanctioned by US Squash.

We work very hard to provide a comfortable and welcoming atmosphere. Bad sportsmanship and bad behavior will not be tolerated. All players are encouraged to work on their individual skills as well as be part of a supportive team.