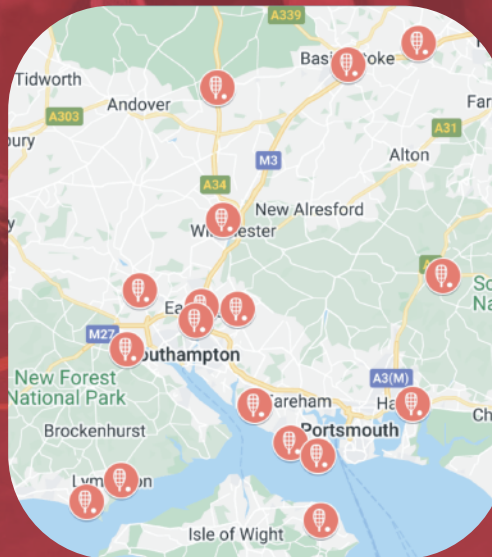




SQUASH IN HAMPSHIRE

Playing squash and training regularly with your coach at your local club will help you develop your racket skills, fitness, speed and coordination, and give you the confidence you need to take your squash journey to the next level. For many players, this will be at club level and local competitions like the annual Hampshire Junior County Closed. As you progress there are opportunities to join the county squads and even go on to represent the county at the Inter-County Championships. You can then progress to regional 'Aspire' squads and represent the South of England. Hampshire and the Southern region have some of the country's best players and coaches to help you improve your game. England Squash also provides nationwide tournaments from Copper level if you are a beginner, through bronze, silver, gold and the prestigious platinum level International British Junior Open, attracting the very best juniors from around the world. Playing any of these tournaments will earn you a national ranking! More information is available on this leaflet, at englandsquash.com and at www.hampshiresquash.co.uk/juniors/

WHERE CAN I PLAY IN HAMPSHIRE?



www.hampshiresquash.co.uk/juniors

COMPETITION PATHWAY



HAMPSHIRE JUNIOR SQUASH



www.hampshiresquash.co.uk/juniors

I JUST PLAY FOR FUN!

The fundamental of the game. We all start here. And many continue to do just this. You can play at school or go to a club with your family/friends. If you want to progress from here Hampshire Squash have plenty of options!



- Hampshire Junior Leagues: Ideal as a starter tournament.
- The junior county closed: Entry level & every September.
- Winchester Grand Prix series: Monthly and entry level to sub county standard.
- Hampshire School games.

HAMPSHIRE TOURNAMENTS



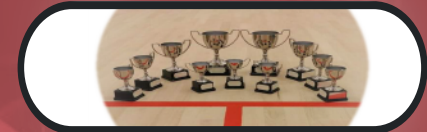
ENGLAND SQUASH EVENTS

Get a national ranking! Enter any sanctioned tournament and apply to ES to be ranked. Copper tournaments are entry level. Bronze are more challenging local tournaments. Silver events are regional events with the best children from the South. See englandsquash.com and search for events.



Joining the county squads and teams gives you the chance to train with the best players and have access to elite coaching sessions as well as the opportunity to represent Hampshire in the Inter County Championships.

COUNTY SQUASH



NATIONAL SQUASH

Our best players are invited to attend the Aspire program and compete for the South of England! In addition ES run regular Gold level events including the English and British Junior Championships! See the ES website for details.



The British Junior Open is a platinum level event and one of the most prestigious junior tournaments in the world. Every year the best Hampshire juniors who make the grade go to compete!

INTERNATIONAL SQUASH

