



JUNIOR SQUASH PROGRAMME INFORMATION

If you have any queries, please do not hesitate to contact Ibrahim Gul at 9181 5829 or email i.gulsquash@gmail.com.



MINI SQUASHERS

- Sessions aimed at 3-6 year olds
- No coordination necessary
- Fundamental movement and motor skills for racket sports, with an emphasis on FUN!



BEGINNER SQUAD

- Sessions aimed at Beginner to Intermediate players aged 6-18
- Focus on improving racket and ball control through correct grip and technique, along with movement, and gameplay.



DEVELOPMENT SQUAD

- Sessions aimed at Intermediate to Advanced players aged 11-18
- Focus on technical aspects, tactics and movement through condition and normal match play.



ADVANCED SQUAD

- Sessions aimed at more Advanced to Academy players
- Skill challenges to improve performance with routines, conditioned games, match play and fitness



ELITE SQUAD (ASPIRE)

- Sessions aimed at the Elite juniors competing in the junior circuit and class squash as their number 1 sport
- Emphasis on performance, tactics and fitness
- More advanced routines / condition games



ELITE SQUAD (+)

- Sessions aimed at the Elite juniors, competing in the junior circuit and class squash as their number 1 sport
- Playing Men's B or A Division
- Emphasis on match performance and tactics, movement and fitness

JUNIOR SQUASH PROGRAMME REGISTRATION FORM

PERSONAL INFORMATION

Child's Full Name: _____

Date of Birth (DD/MM/YYYY): _____ Age: _____

School / College: _____

Parent's Name: _____

Parent's Email Address: _____ Child's Email Address: _____

Home Address: _____

Home Phone: _____

Mobile Phone: _____

Tanglin Membership Number: _____

EMERGENCY CONTACT DETAILS

Contact Name(s): _____

Relationship to Child: _____

Home Address: _____

Home Phone: _____