



*LEARN NOW, PLAY FOR LIFE*

**7<sup>TH</sup>/8<sup>TH</sup>  
SQUASH TEAM INFO  
2019-20**

**[www.ncsquash.com](http://www.ncsquash.com)**

# Welcome to Saxe Middle School Squash!

## **New Canaan Squash Mission Statement**

New Canaan Squash, Inc. is a volunteer 501c3 corporation dedicated to promoting, developing and supporting public school student interest and competency in squash by providing an opportunity for professional instruction for boys and girls in elementary school through high school, grades K through 12, as well as interscholastic competition in grades 7 through 12. We are committed to accomplishing this by expanding town-wide visibility and growth of the program through a combination of public outreach, fundraising and increasingly successful interscholastic achievement. Students are encouraged to maximize their potential in squash through instruction, practice, match and tournament play within the context of teamwork, camaraderie and sportsmanship, all while developing a lifelong appreciation of the game.

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.

## **THERE ARE FIVE COMPONENTS TO SAXE 7th/8th GRADE SQUASH**

### **PRACTICES, MATCHES, JAMBOREES, TOURNAMENTS AND NATIONALS**

#### **Number 1: PRACTICE**

**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. Ladder players #1 - 19 will practice at CCNC. Ladder will be determined during evaluation week.

#### **Squash One** 168 Connecticut Ave Norwalk

We will be coached by professional squash players from Sportsplex who train top competitors in our area.

Brand new to squash players may contract us for clinics. We require a minimum of 3 players practicing a minimum of 2 days per week. This group will be non-competitive, meaning that they will not compete at this level, however, they will be learning the game to compete in the future.

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

#### **Number 2: MATCHES**

In addition to practice there will be matches with other schools. **ALL Saxe Middle School squash players are expected to attend matches as part of a team sport. Matches are not optional unless you are sick or injured.**

**If you cannot commit to playing team matches, you may lose your ladder position. Match play, especially for the top of the ladder, is an integral part of Our season.**

Teams will be ladderred through scheduled challenge matches during the season. 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. Matches will be scheduled throughout the season.

Transportation to and from matches is done by parent carpool. Please be inclusive of the entire team when setting up carpools.

Each match will have a parent of the day who will be in charge of the team for that match. You can download "Match Parent of the Day" in **Documents** on [www.ncsquash.com](http://www.ncsquash.com)

The top 18 - 21 players after evaluation week will be on the more competitive teams. **The rest of the players will be on a developmental team and we will schedule matches when and if possible.**

### **Number 3: JAMBOREES and SEASON END TOURNAMENT**

We compete in the FairWest Public School Squash Association league which will hold two Jamboree's and a season end tournament. You will be notified in advance if you are on one of the teams going. Not everyone will compete in these events.

### **Number 4: TOURNAMENTS**

In addition to matches, we HIGHLY encourage all junior players to participate in US Squash Junior Tournaments. **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](http://www.ussquash.com). Players sign up individually on [www.ussquash.com](http://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.

See the "**BEFORE THE SEASON STARTS**" heading below to navigate the website [www.ussquash.com](http://www.ussquash.com) to register and become a member of US Squash and to find a listing and entry paperwork of junior tournaments in our area.

## **Number 5: US SQUASH MIDDLE SCHOOL NATIONAL CHAMPIONSHIP**

We will send one or two teams of 5 players plus alternates to the United States Middle School Team Squash Championships at Yale. Teams will be ladderred by the coaches through challenge matches. This is a weekend (Friday - Sunday) event and all players must be available for the entire weekend. You must have a paid membership to US Squash to compete at Nationals.

### **What else you need to know about Saxe Middle School Squash**

#### **TRANSPORTATION**

Transportation to and from practice, matches, and jamborees is done by parent carpool. After we have our roster together, parents can work on carpool groups. **Please be inclusive of the entire team when carpooling.**

#### **EQUIPMENT LIST**

You will need to provide your own:

**racquet, goggles and court shoes.** NO SNEAKERS. Please provide your child with a clean pair of court shoes. They 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 on line. The pro's at the club can help.

You can come to practice in shorts and a t-shirt. Team uniforms must be purchased.

#### **FEES**

You will be billed a flat fee for the season that will cover court time, coaching and some match fees.

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

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

#### **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 text Taylor Benevento as soon as possible at 917-579-4423

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 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 Taylor Benevento for 7th/8th questions at [saxesquash@ncsquash.com](mailto:saxesquash@ncsquash.com)

You can reach Liz Schmidt at [ebschmidt@optonline.net](mailto:ebschmidt@optonline.net) or 203-966-6886

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

## **WHAT YOU NEED TO DO BEFORE THE SEASON STARTS:**

### **ONE:**

#### **Sign up and pay**

Sign your child up for squash and make your payment on [www.ncsquash.com](http://www.ncsquash.com)

### **TWO:**

#### **US Squash Registration**

**EVERY player AND ALSO ONE PARENT must register on**

[www.ussquash.com](http://www.ussquash.com)

US Squash is the governing body of Squash in the United States. They maintain all scores for the FairWest League. There is no fee to register.

#### **The directions to register on US Squash are:**

Go to [www.ussquash.com](http://www.ussquash.com)

Click on "My Account" at the top of the screen

Click on "create an account" in the drop down

Follow the steps

At the end, it will send a confirmation e-mail to you.

**However, if you are going to be playing in US Squash junior tournaments (and we hope you are!) OR if you are going to be on one of the teams going to Nationals, you will have to have a paid US Squash membership.**

We encourage you to get a membership for your player (parents can register for free).

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

### **THREE:**

**US Squash Club Referee Certification.** All our players will take the US Squash Referee Certification at some point. If you have already taken it, but have aged up to the next level, you will have to take the next test. 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 are new to squash, we will talk about it at practice!

### **FOUR:**

Make sure your child has a squash racquet, non-marking court shoes and goggles

**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. Ask if they have a special membership for players of New Canaan Squash.

### **St. Lukes Squash Club**

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

### **Country Club of New Canaan**

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

### **Squash One**

We have time on several Sunday afternoons that 5th - 8th grade players can sign up for. There is no fee for these sessions.

You have been sent a google doc for sign ups.

There is no drop off without signing up. Please pick up your child promptly or wait in the waiting area at Squash One.

## **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!

**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.**

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 which is sanctioned by US Squash.

**Follow us on Instagram! @newcanaansquash**  
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