

Christmas Squash Fun Day 2015



On Saturday 19th December 2015 Dalgety Bay Squash Club Juniors and Coaches hosted a Christmas Squash Fun Day. Alex Rowntree and Lewis Thomson joined Simon, Jenny, Katie & Alex Rigden and Anna, David, Callum and Ella Ferguson.

The juniors were put in charge of warm up exercises. This gave the juniors an opportunity to show their family members, what they have learnt and participate in the warm-up exercises they use in a regular coaching sessions. Everyone got stuck into Squicket, with Katie and Alex running groups. Callum & Lewis

introduced the players to Volley Squash and Alex and Catherine explained a team challenge based on a dodge ball game with containment zones.

Next, everyone moved on to some of the basic racket skill exercises that the juniors have become quite masterful at. This was good for everyone in a number of ways: to enable juniors to demonstrate the skills they are developing, and to put some of their family members through their paces. Great for the coaching team to see how the juniors were able to put over these exercises and demonstrate the progress that they have made. At this point we had a quick break to sort out teams, Anna & Ella left for home and a well-earned nap.

To complete the day three teams were pitted against each other in a series of 5 minute PAR scoring games, with everyone getting the chance to referee and time games. Points at the end of each 5 minute challenge were added to the team score.

The three teams were:

Christmas Crackers

Kevin Holland

Jenny Rigden

Alex Rigden

Total : 170 points

Squash-Mas

Alexander Rowntree

Callum Ferguson

Simon Rigden

Total: 205 points

Squanta

David Ferguson

Lewis Thomson

Katie Ridgen

Total: 244 points

All of the games were competitive and each player had 6 matches with short breaks and some intense squash. Play was in good spirit, with some challenges for everyone. This short format puts real pressure on players and really does focus your attention on not giving away easy points and holding on to the ones you win. Some really good rallies and tight matches.

Overall a very enjoyable day.