

JOIN CAMBRIDGE SQUASH CLUB

LEAGUES

TEAMS

SOCIALS

JUNIORS

COACHING

WORKING WITH:

UNIVERSITY OF CAMBRIDGE



SPORT



ABOUT

CAMBRIDGE SQUASH CLUB

The club, is a volunteer-run, not-for-profit community sports club dedicated to the promotion of Squash and Squash 57 (Racketball). The club brings together over 150 members through leagues, coaching, team matches and social events.

LEAGUES

The club runs 25 evening and 3 lunchtime squash league as well as a Squash 57 (Racketball) league. The leagues are open to all members of the club. Whether you are a top team player, or someone who's fairly new to squash, we have a league for you. Each league normally contains 5 players and runs throughout the year, we move players around once a month. To join the leagues contact Ali at: alistair_dawson@hotmail.com

TEAMS

The club competes in the Cambridgeshire Squash Leagues, with 3 mens teams and a ladies team. The teams are a great way to play some competitive squash against new players but are also very social and great fun. Interested in team squash contact Ali at: alistair_dawson@hotmail.com

SOCIAL

The club runs a variety of social events throughout the year including super-club nights and a variety of competitions as well some non-squash social nights at pubs in the city.

COACHING

The club has a large coaching base with four level 3 England Squash licenced coaches working alongside several assistant coaches. The club supports coaching from beginner to professional standards.

JUNIORS

The club has a vibrant junior section with 3 main coaching and training sessions throughout the week.

- The Mini Squad (Saturdays 10:30am) session is aimed at those just starting in the sport aged 4-9.
- The Improver Squad (Saturdays 11:15am) sessions give the skills to be able to move from being able to hold a short rally through to being able to play a competitive game.
- The Performance Squad (Thursdays 17:00pm) takes those juniors who are serious about progressing there squash.

For more information email Joe at cscjuniorsquash@gmail.com

ADULTS

The University Club and Squash Club work together to provide a variety of sessions to meet anyones standards:

- Learn to Play - Mondays 17:00pm. Sessions that will teach you the basics of the sport and get you ready to start playing some games
- Ladies Sessions - Wednesdays 10am/ Thursday 11:45am - Fun Sessions with some coaching
- Club Sessions - Saturday 17:45pm - A variety of training and games

To join any of these sessions contact Ali at ali.loke@outlook.com

Turn over for information on joining the club and our coaches.

HOW TO JOIN CAMBRIDGE SQUASH CLUB

Club membership costs £2 a month but entitles you to a £3 a month reduced membership, off community rates at the sports centre. Anyone can join the club and we work closely with the University Squash Club and encourage students to also participate in our leagues.

- For membership, team and league enquires contact Ali Dawson at alistair_dawson@hotmail.com.
- For information on our junior programs contact Joe Reeds at cscjuniorsquash@gmail.com
- For information on group training sessions contact Ali Loke at Ali.Loke@outlook.com
- For social activities contact Andrew at andrewstott82@gmail.com

COACHES CAMBRIDGE SQUASH CLUB

BOB MAISON

Bob is an England Squash Level 3 Coach. He is part of the National Elite Coach Development Team and has been an Eastern Region Coach since 2006. Many of Bob's juniors have become County and Regional Champions. He has also coached many senior players to County championship success, several of whom have gone on to represent England at Masters Level.
maisonbob@googlemail.com

ALI LOKE

Ali is a licensed England Squash Level 3 coach, and is currently playing on the Professional Tour, ranked 102 in the world and 2 in Wales. She has been Cambridgeshire County Champion for the last four years. Ali coaches all standards of player from beginner to advanced. She focuses on addressing technical and tactical problems and implementing improvements in matchplay. ali.Loke@outlook.com

JAMES POWLEY

James has over 20 years of Squash coaching experience worldwide in Qatar, South Africa and in the UK, and he is currently an England Squash Level 3 Elite coach and Tutor. He is also the England Squash & Racketball Aspire Coach.
james.powley@sport.cam.ac.uk