

Mini Squash in Schools - Berkshire

This exciting project started with a presentation at the West Berkshire School Network Conference where the schools had an opportunity to hear and see how mini squash can be delivered in a school environment in a fun and engaging way. After the schools understood the know how they immediately saw the benefits and booked their funded taster sessions. 3 months ago, Berkshire Squash partnered with MNR coaching services to offer a non-traditional unique sport to schools in and around Berkshire with the aim to introduce squash to as many children as possible in schools and the interest was beyond our expectations.



A big thank you to England Squash for supporting us with equipment and training required for delivery.



We can say that the first phase has finished, and it was very successful. In 10 different schools we delivered 25 taster sessions where we introduced Squash to around 550 children and displayed the value of squash sessions and how fun and engaging it can be.

One of the feedbacks regarding a taster session:

On Wednesday 9th October Falkland year 4s got to experience a Squash session run by Mr. Pal

The sessions lasted for an hour and delivered a range of activities from the new scheme of work by England Squash and Racketball. The pupils were very enthusiastic, and the coach was very helpful and showed a range of knowledge and experience in delivering the content. The programme was engaging with new challenges and inspired learning in a fun and exciting way. Our children are now asking when we will be doing Squash again and have asked for more!

Many Thanks to MNR and Andras for inspiring and motivating our pupils towards a new and exciting sport. We are looking forwards to building a positive future for our pupils and offering another pathway for them. Your Sincerely,

Mr J Haynes
PE Lead
Falkland Primary School

Our aim is to continue with the taster sessions and from January onwards start delivering the 6 weeks mini squash in school programmes alongside with After School Clubs, Squash Festivals, Squash Camps, Inter School Tournaments and link the Schools to the Junior Squash Clubs.

My experience – Andras Pal – delivering the sessions: When I started running the tasters, I was shocked by the numbers of children that did not know anything about squash. I felt this is a great opportunity to change this. The sessions were very exciting and fun while we were learning something new every time. I cannot wait to start the 6 weeks programmes and at the same time strengthen the links between schools and junior clubs. I believe if we continue with this intensity, we will bring many more children to play this amazing game in the years coming

Thank you MNR Coaching & Berkshire Squash for your support to make this happen.

If you want more information do not hesitate to contact me on andras@berkshiresquash.org

Andras Pal
Professional Level 3 England Squash Coach