



7TH / 8TH
SQUASH TEAM INFO
2025-2026

Welcome to Saxe Middle School Squash!

We are a parent-run organization that provides a venue for professional squash instruction and interscholastic competition in middle school squash. 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.

Contacts:

Erica Schwedel at saxesquash78@gmail.com or 646-300-0827

Jill Carles at saxesquash78@gmail.com or 914-405-5470

THERE ARE FIVE COMPONENTS TO SAXE 7th/8th GRADE SQUASH PRACTICES, MATCHES, JAMBOREES, TOURNAMENTS AND NATIONALS

PRACTICE

7/8 Grade practice is held at The **Country Club of New Canaan** (CCNC).
95 Country Club Rd., New Canaan.

Instruction is provided by the head pro and his staff of professional squash players. There are 3 singles courts and a doubles court as well as locker rooms and a pro shop.

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

Practice schedule is broken out by ability with the stronger players practicing together and those at the beginner level practicing together. These groupings are determined during Evaluation Week prior to Session 2 - the primary squash season.

(Sessions 1, 3, and 4 are clinics only)

Once the season starts, players must attend their assigned practice time. Due to the number of kids on court, and the coaching schedule, there is no flexibility for attending an alternate practice time.

Each week, Ladder Matches will be conducted during practice. This match day will be pre-determined at the beginning of session II. Coaches reserve the right to change this day with appropriate notice. Ladder matches will determine the rank of each player within

their team. If you miss a ladder match day, you will automatically forfeit the game. Re-matches are not permitted.

TEAM MATCHES

Throughout the primary season (Session 2), we will have the opportunity to play our neighboring town teams both home and away. All players will have the opportunity to play in matches during the primary season.

ALL Saxe 7th and 8th grade 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 the season.

Teams are composed of 5 players plus an alternate, Each team is determined by the weekly ladder matches (see above for more information on Ladder Matches). The number of teams heading to each match will be determined by the number of players our opponents have and the level of play.

During a Match (this also includes Jamborees and Tournaments) - **players are required to referee the matches of their teammates when they themselves are not playing.** No exceptions. If you are new to squash, referee basics will be taught during practice.

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

Coaches will not always be available for away matches. Each match, however, will have a **volunteer parent of the day** who will be in charge of the team for that match.

JAMBOREES

We compete in the FairWest Public School Squash Association league which will hold two Jamborees 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. Parents will also be asked to volunteer for these events.

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. You must also be a registered player of US Squash, also on the US Squash website. 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.

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 in Philadelphia. Nationals is a FULL Weekend, Friday-Sunday, and players must be available the entire weekend. Players will need a paid US Squash Membership and to have completed the Referee Exam.

Final Teams will be determined through ladder matches during the last weeks of practice. **PLEASE NOTE** - if you miss your ladder match, your match will automatically be forfeited.

BEFORE THE SEASON STARTS!

ONE: Sign up and pay

Sign your child up for squash and make your payment on www.ncsquash.com. Please read our policies, waivers and code of conduct.

TWO: US Squash Registration

EVERY player AND ALSO ONE PARENT must register on 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.

Go to ussquash.org
Click on "JOIN" at the top of the screen
Scroll down to "CREATE ACCOUNT" in the drop down
Follow the steps
A confirmation email will be sent

If you are going to be playing in US Squash Junior Tournaments 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! \$45. New players will learn the basics of refereeing during practice.

FOUR: Gear

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

ADDITIONAL INFORMATION

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 - more info to be provided

FEES

You will be billed a flat fee for each session 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 canceled or closes early there is no squash.

Practices are closed to spectators, but we offer open houses periodically for families to observe practice. 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. Jamborees are usually closed to spectators unless otherwise noted.

We will try our best to provide make up dates for any canceled clinics, but we do not guarantee that all canceled clinics will have a make-up date provided.

If your child is sick and can't attend practice, please email the program heads at saxesquash78@gmail.com.

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 email. You can reach the program heads at saxesquash78@gmail.com.

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

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:

Country Club of New Canaan

NC Squash players can schedule a lesson with the pro's at the Country Club.
squash@ccofnewcanaan.org 203-966-3513 Private, semi private or group lessons
New Canaan CT

St. Lukes Squash Club

St. Luke Squash Club slsquash.org 203-801-4919 Programs and lessons
New Canaan CT

Ox Ridge Squash Club

Call Ox Ridge at oxridge.com 203-655-2559 Programs and membership.
Darien CT

Chelsea Piers Squash

CP Squash chelseapiersct.com 203-989-1600 Programs, lessons and membership.
Stamford CT

M Squash, South Norwalk

MSquash.com infosono@msquash.com 844-677-8274 Programs, lessons, membership

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. Sign up at ussquash.org

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!



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 and sanctioned by US Squash.

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.