

SQUASH & RACKETBALL  
MEET THE TEAM



**EMILY ISON**

Level 3 England Squash Coach

Tel: 07852 160652 • [emily.v.ison@gmail.com](mailto:emily.v.ison@gmail.com)

Emily is our lead coach for the Schools and Junior Programme. She has a wealth of experience having been coaching for almost a decade. Emily is a County, Regional and National Coach having coached the Norwegian National Team for several years.

- Available for individual coaching (**£25 per 45 minute session**), pairs/groups available



**WILL SOUTHWORTH**

Level 3 England Squash Coach

Tel: 07932 086928 • [williamsouthworth@hotmail.co.uk](mailto:williamsouthworth@hotmail.co.uk)

Will is an Essex County Coach and has a wealth of experience, including schools work and Mini Squash. Will has been a full time coach for almost 5 years and is a 1st Division player for Ipswich Sports Club.

- Available for individual coaching (**£22 per 45 minute session**), pairs/groups available



**CONOR ADAMS**

Level 2 England Squash Coach

Tel: 07713 598479

Conor has been coaching for a number of years and is involved in the Schools and Junior Programme. Conor plays to a high level and is a 1st Division player for Ipswich Sports Club.

- Available for individual coaching (**£20 per 45 minute session**), pairs/groups available.

**JUNIORS**

We have a wide range of Junior coaching available at Ipswich Sports Club from Mini Squash through to the Elite Junior Level giving everyone the opportunity to go as far as they want to in the sport. The Club aims to provide a programme for Juniors to learn how to play Squash in a fun environment that enables them to strive to be the best that they can be. The programme includes:

- Mini Squash (Ages 3+)
- Junior Development Squads
- Junior Intermediate Squads
- Junior Elite Squads

**ADULTS**

There are extensive opportunities to play Squash at Ipswich Sports Club whether you require individual coaching, want to join in with group sessions or are seeking a more competitive enjoyment of the game.

- Ipswich Sports Club has a very successful Club Night every Friday evening. It's a chance to come along, meet new players and enjoy some sociable games. It's a great evening if you're new to the Club. The evening is run by one of our coaches so why not come along, it's free to members.
- The Club has Adult Internal Box Leagues, including a lunchtime competition, with a total of almost 100 players of all abilities competing.
- The Club is home to 3 men's league teams that compete in the Suffolk Leagues throughout the year.
- The programme offers flexible daytime adult group sessions and evening coaching sessions.

# SQUASH & RACKETBALL

COACHING PROGRAMME

## RACKETBALL

Racketball is growing very fast in popularity in the UK and is the world's fastest growing racket sport – it was introduced at Ipswich Sports Club in 2010. There is now an ever-growing number of enthusiastic players of all abilities and new players are always welcome.

The Club now has a well-established Racketball Section which includes Box Leagues and a 'Club Play' every Monday evening which is open to all players and is a great way to try out the game for the first time.

- RACKETBALL is ideal for players of all ages and abilities.
- RACKETBALL is played on a standard Squash court and uses a larger bouncier ball and a racket with a larger head making the game easier to play.
- RACKETBALL players are therefore quick to enjoy a competitive game and a great workout!
- RACKETBALL is a great 'fat burner' as it encourages longer rallies therefore offering a fantastic aerobic workout!
- RACKETBALL uses most of your major muscle groups so it's also great for shaping and toning your body.

For more information about Racketball at the Club, please email [racketball@ipswichsports.co.uk](mailto:racketball@ipswichsports.co.uk).

## SQUASH & RACKETBALL COACHING PROGRAMME

<b>Mondays</b>	6.00pm-7.30pm	Racketball Club Night		FREE
<b>Tuesdays</b>	12.00pm-1.00pm	Racketball Lunchtime Drills	Will	£5.00M per session
	6.00pm-7.00pm	Squash Drills	Conor	£5.00M per session
	7.00pm-8.15pm	Team Training	Conor	FREE
<b>Wednesdays</b>	4.45pm-6.00pm	Development Juniors	Emily	£6.50M per session
	7.00pm-8.15pm	Squash Doubles	Committee	FREE
<b>Thursdays</b>	4.45pm-6.00pm	Intermediate Juniors	Emily/Conor	£6.50M per session
<b>Fridays</b>	10.00am-11.00am	Ladies Racketball Morning	Emily	£5.00M per hour
	6.00pm-7.30pm	Squash Club Night	Conor	FREE
<b>Saturdays</b>	10.00am-10.45am	Mini Squash (3-5yrs)	Will/Emily	£3.50M per session
	10.45am-12.00pm	Junior Squash	Will/Emily	£6.50M per session



PLEASE NOTE:  
The weekday **Junior Coaching Programme** runs during term time only.

The weekday **Adult Coaching Programme** runs throughout the year but may be subject to some changes in the holiday periods; please check with the coach.

Members (M) of Ipswich Sports Club receive a discount on all Junior coaching courses for multiple sessions and advanced bookings; Non-Members prices as shown (NM).

**For further information on our programmes, leagues or for general enquiries regarding Squash or Racketball at the Club, please contact our Reception on the main Club telephone number 01473 251143 or email [squash@ipswichsports.co.uk](mailto:squash@ipswichsports.co.uk) or [racketball@ipswichsports.co.uk](mailto:racketball@ipswichsports.co.uk).**