Squash
World’s Healthiest Sport

1. Squash
2. Rowing
3. Rock Climbing
4. Swimming
5. Cross-country Skiing
6. Basketball
7. Cycling
8. Running
9. Modern Pentathlon
10. Boxing

Squash

1) Cardiorespiratory Endurance: 4.5
2) Muscular Strength: 3
3) Muscular Endurance: 5
4) Flexibility: 3
5) Calories/30 minutes (517): 5
6) Injury Risk: 2

Overall Score: 22.5
Stats

• Over 140 years old

• Played in over 175 countries by over 20 million people.

• Nearly 50,000 courts

• Played by men and women, young and old.
History

Boys at Harrow School are depicted playing squash in an outdoor court about 1900.
Courts

International Squash Singles Court

Front Wall

Service Line

Twin

Service Box

Half Court line

Out Line

Side Wall

Right & Back Walls removed for clarity
All measurements in millimetres; All lines 50mm thick
Rules

- Ball can only hit the floor once but can hit side or back walls before or after it hits front wall.

- Serve must hit front wall between service line and out line and ball must land behind short line on opposite side of the court.

- Players must have one foot in the service box while serving.
SQUASH BALLS

- Extra super slow (competition standard)
- Super slow
- Slow
- Slow
- Medium
- Fast
- Dunlop Max Blue (for beginners, 12% larger)
- Dunlop Max Progress (for improvers, 6% larger)
Gameplay

- Drills
- Singles, Doubles

- Dominate the T
- Avoid Interference and obstruction
Squash vs Racquetball

- Must hit above the tin
- Roof region out of bounds
- Much less bouncing
- Gameplay affected by ball temperature

** Long Rallies and Attritional Gameplay **
- Focus on retrieving the ball
Why Squash

• Fun!
• Quick Workout.
• All weather sport.
• Ideal for urban lifestyles - workout in minimal time and space
• Easy to get learn and get started
Risks

“You don’t play squash to get fit but get fit to play squash!”

Injuries!
- Lack of warm up
- Poor fitness
- Ball speeds 150+mph
- Opponent’s Racquet
- The Wall !!!!
WARNING:
Viewer discretion is advised
Squash at the U

• 2 American Hardball Courts at the Field house

• U Player’s Sunday Afternoon Squash @ Squashworks
  – 3pm Sundays
Salt Lake Squash

Full Service Premier Squash Club

The intermountain west's premier squash sports club located in the heart of downtown Salt Lake City.

225 S. 500 E.
SLC UT 84102
801-355-5800
Olympic Campaign

• Recognized by International Olympic Committee
Promo Video - WSF

- http://www.youtube.com/watch?v=p3DcYitydag