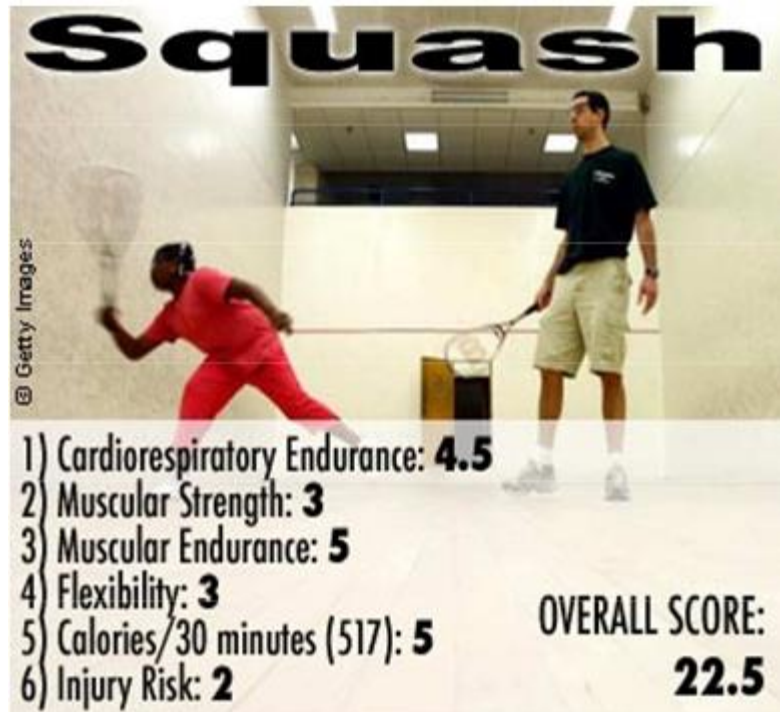


Squash



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**

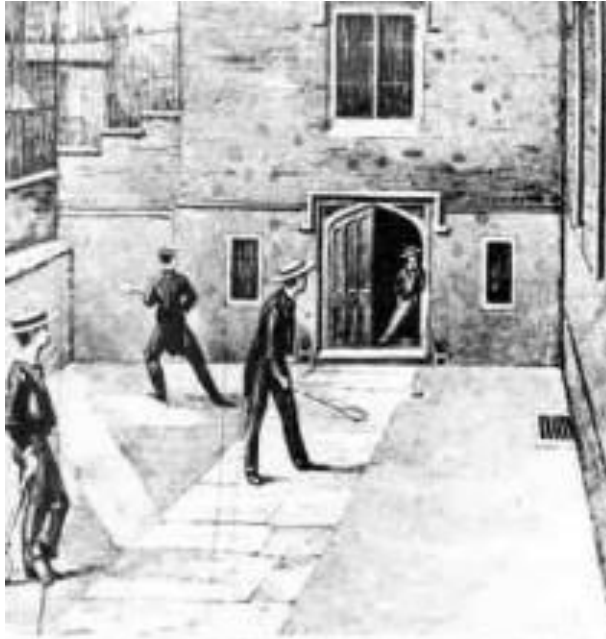
OVERALL SCORE: 22.5

© Getty Images

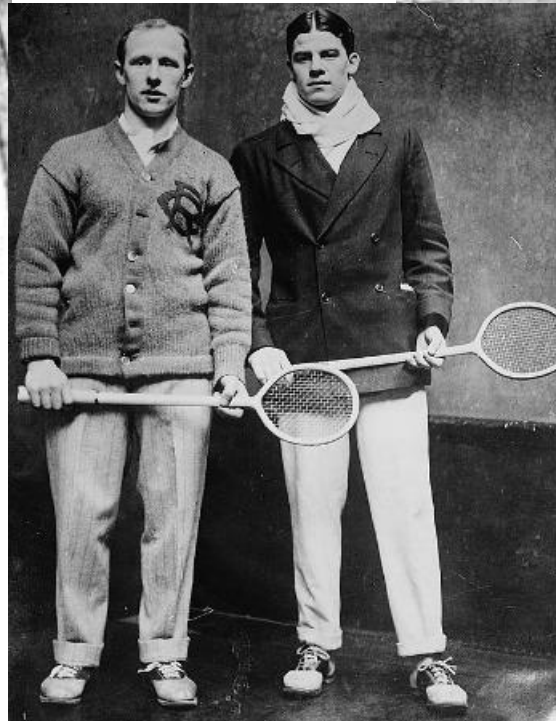
Stats

- 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.

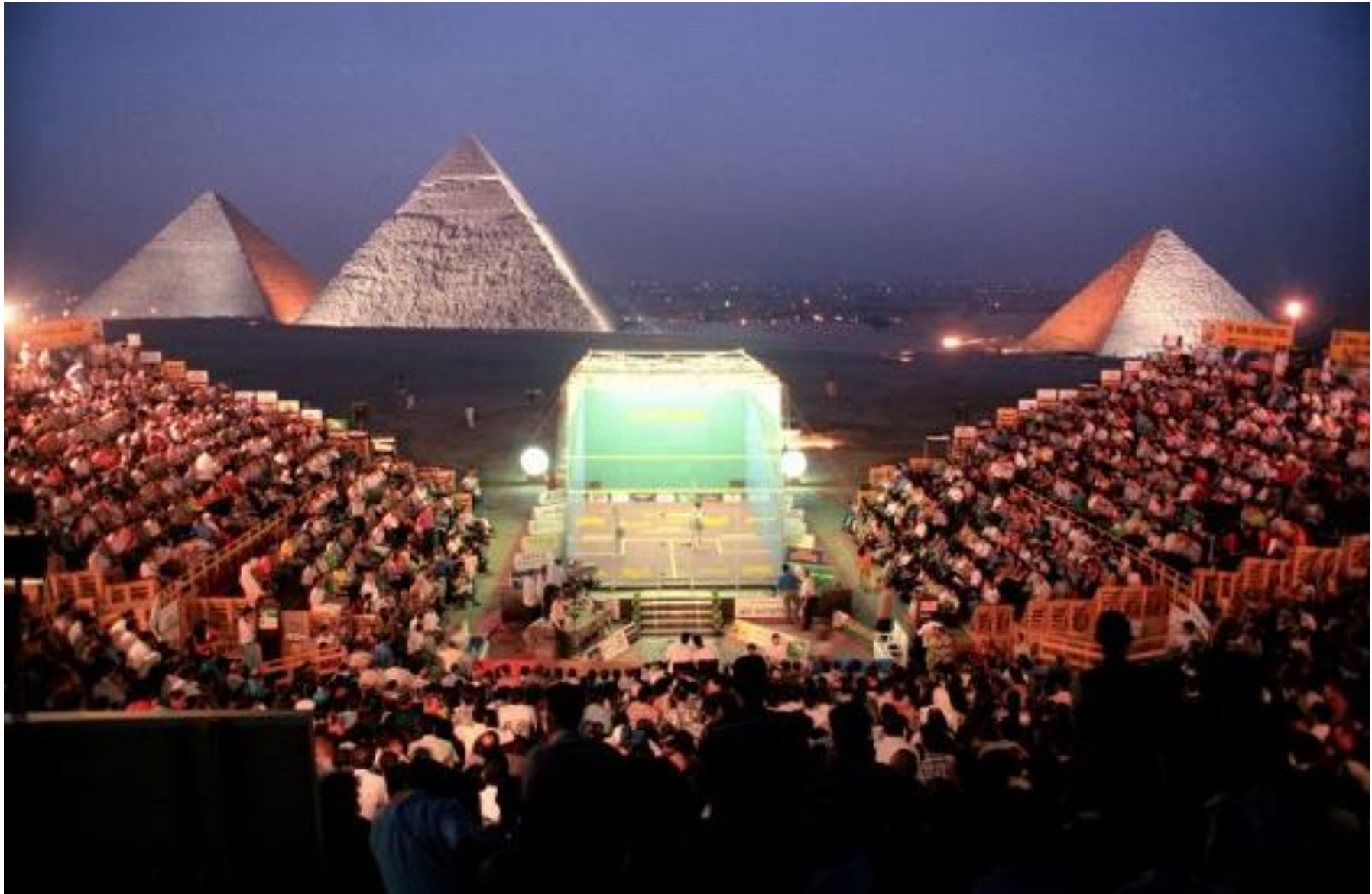
History



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



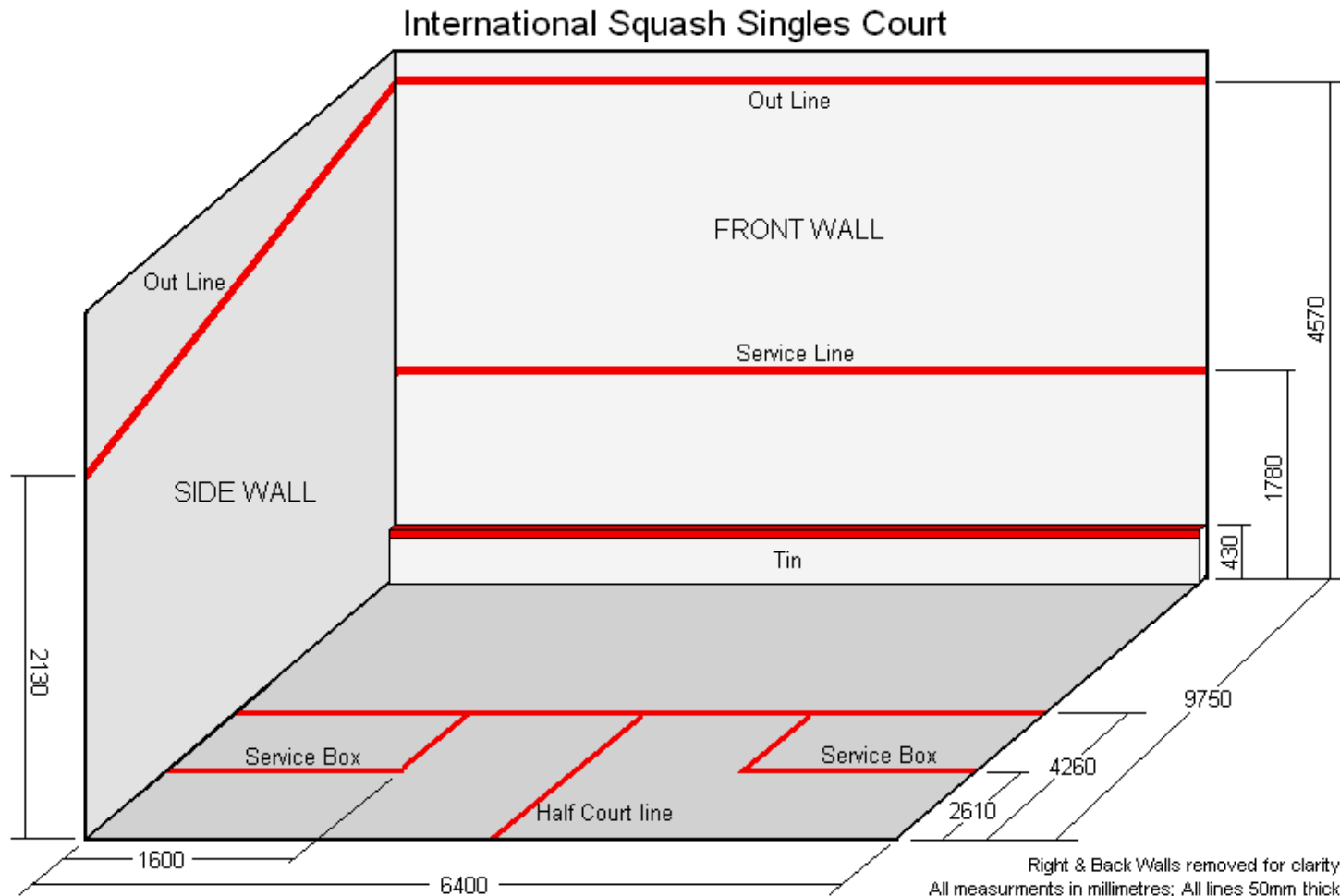




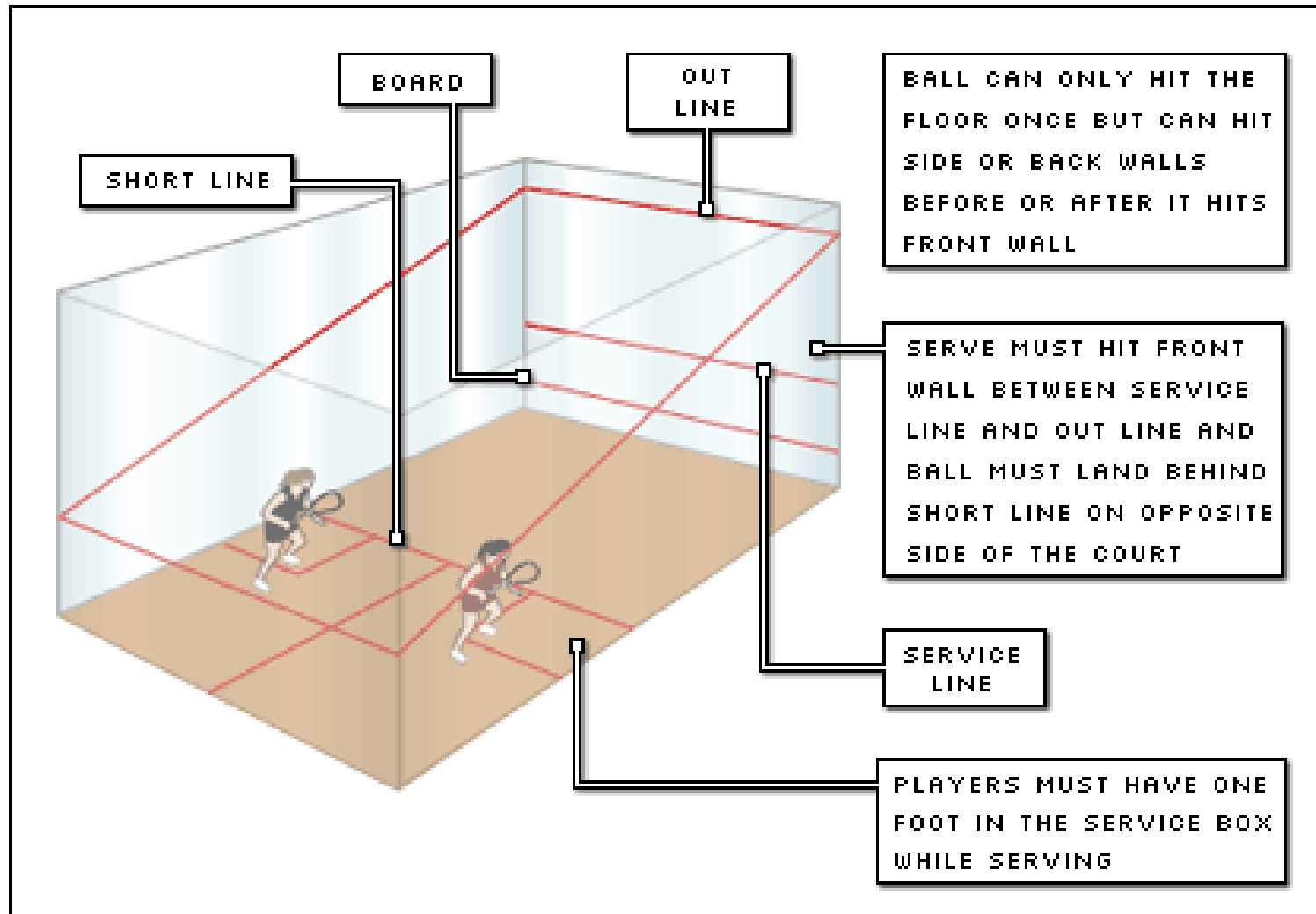




Courts



Rules



SQUASH BALLS



extra super slow
(competition standard)



super slow



slow



slow



medium



fast



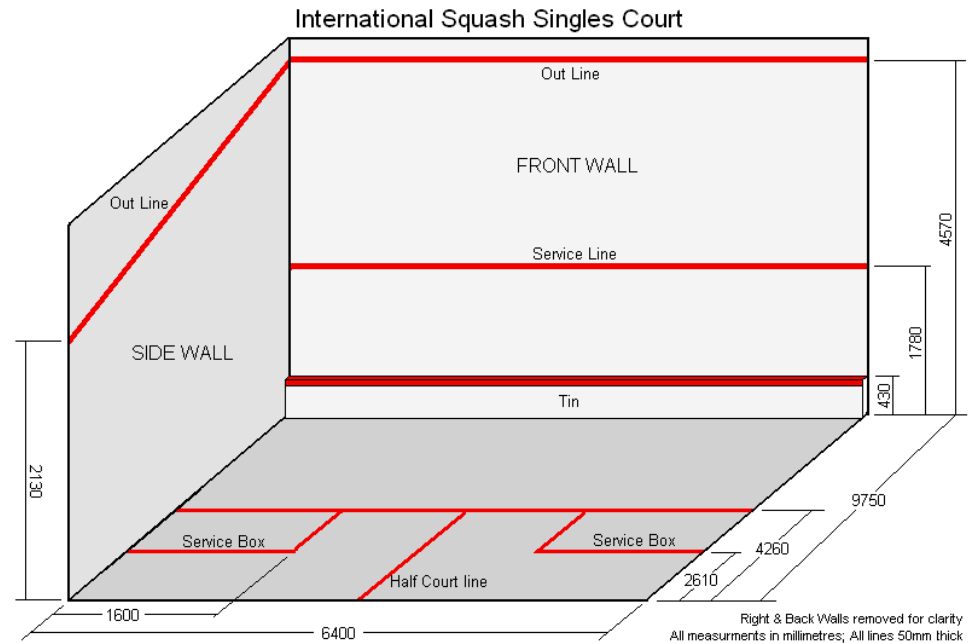
Dunlop Max Blue
(for beginners, 12% larger)



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

SQUASHWORKS
RACQUET & FITNESS CLUB

[ABOUT](#) [PRICES](#) [NEWS](#) [TEAM LEAGUE](#) [PICS](#) [VIDEOS](#) [LESSONS](#) [MEMBERS](#)

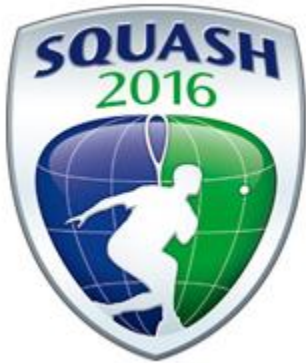
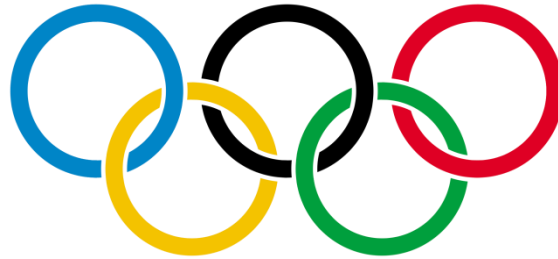
Full Service Premier Squash Club

The intermountain wests 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>