
INTRODUCTION TO

SQUASH

S Q U A R E D

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IN PROUD PARTNERSHIP WITH:



INTRODUCTIONS



- Stacey Ross is Co-Founder and Program Director of Squash Squared
- As a junior player, Stacey won numerous British Open and Closed squash titles. As a senior player, he played the PSA World Tour for 7 years, reaching a career high of World No. 39 and encountering various urban squash programs in his travels across the US
- Stacey is a Level 3 England Squash qualified coach



- Jared Brading is Co-Founder and Academics Director of Squash Squared
- Jared has taught in a variety of inner city primary schools over the last 20 years
- Since 2011, he has been the Executive Head Teacher of both Sacred Heart and St Mary's RC Primary Schools Battersea

SQUASH SQUARED BACKGROUND

- The UK's first squash and education charity founded in 2015 registered in 4/4/2016. Charity number 1166348
- Provides an after-school squash and extra curricular education program for children from economically challenged households and is based on the successful urban squash model founded in the US
- Funded entirely through donations, charitable grants and time volunteered in kind; partner schools and program participants incur no charges whatsoever
- Program operates from and is supported by The Wimbledon Club

OUR MISSION AND GOALS

- **Mission:** Squash Squared is dedicated to bettering the lives of economically-challenged, motivated London children through squash and extracurricular academic tutoring
- Squash Squared's **goals** are to:
 - To raise academic achievement
 - To develop a new sporting skill / talent and improve health and fitness employment
 - To provide structure to the (often chaotic) lives of its pupils
 - To increase participation in our sport



I loved it today. It was my first time ever playing squash. Everyone said I looked really tired but I just kept going!

– Charlie R.

PROMOTING HEALTH AND LIFELONG WELLNESS HABITS

- Through weekly coached workouts and fitness education, students gain competence in squash and **form habits for healthy living**
- Squash is a physically demanding sport – regular players **improve their fitness**, agility and hand-eye coordination, skills that lend themselves well to more mainstream sports
- Played in close quarters, squash **encourages fair play and respect** for the opponent, thereby offering the opportunity to develop healthy competitive attitudes
- Squash has **no age, gender, size or physical strength limitations**
- Students receive a **nutritious meal** during the program

A 2016 NatCen Social Research study found that children taking part in organized sports are ~1.5x more likely to reach a higher than expected level in their KS2 maths test at age 11



The Wimbledon Club is fantastic – lots of open space, different to where I live and doing maths here is better than at school!

– Khelya E.

DRIVING ACADEMIC ACHIEVEMENT

- Squash Squared students work equally hard to **improve their academic performance** via weekly tutored lessons and homework assistance
- With our academic support, the children **complete homework more regularly** and to a higher standard
- They are also **more likely to attend school** as they have something to look forward to
- Increased attendance, better behaviour and strong homework support lead to **greater overall attainment in the classroom**

Among disadvantaged children, the same study found that those who attended after school clubs achieved, on average, a 2 point higher total score in their KS2 assessments in English, Maths and Science at the end of primary school vs. their peers who did not take part in such groups



I feel really excited because this is my very first time playing squash. It's easy and fun. I can play with my friends and get my homework done!

– Rebecca M.

Chris Walker former England Captain, world number 4 and world doubles champion offering his advice

BUILDING PERSONAL CHARACTER

- Students also **learn appropriate behaviour** in a club setting – a key life skill
- A better understanding and greater interest in school subjects, combined with the ability to play a new sport successfully, lead to **improved self esteem and confidence**
- As their confidence grows, students set higher standards for themselves and **learn how to achieve their goals**

The researchers also discovered that children who participated in organised sports had better social, emotional and behavioural skills than those who did not take part

OUR STUDENTS

- Planned fourth quarter expansion in 2018 will see Squash Squared working with 3 new schools, 8 in total and delivering weekly sessions to more than 130 deserving children at 4 clubs.
- Selection to the program is strict and based on set criteria, including:
 - Entitlement to free school meals
 - Work ethic
 - School behaviour
 - Need for academic support
 - Family circumstances
- Places in the program are oversubscribed by nearly 3:1; 96% of participants in the 2015-16 program returned for 2016-17



I had never been to a place like this before. It's so big. The different tennis courts and cricket field really stand out, and we are in the same road as where they play tennis on TV!

— Gabriel S.

PROGRAM DETAILS

Time	Activity
3:00 – 3:30	Children take public transportation or walk to their squash club accompanied by a school teacher and volunteers
3:30 – 4:15	½ of children receive a coached workout / squash lesson ½ of children receive tutoring in Maths and English and homework help
4:15 – 5:00	Children swap groups
5:00 – 5:15	Children receive a nutritious meal consisting of a sandwich and piece of fruit
5:15 – 5:45	Children are returned by bus back to school where they are picked up by their parents

- Children attend the program weekly
- Program runs concurrent with the school academic calendar
- Children are kept active all year round; every school break participants are invited to attend squash camp at The Wimbledon Club at no charge

A study from the UK Active Research Institute found British School Children are losing 80% of fitness gained through term time and a marked increase in BMI due to sedentary school holidays

STAFF



Jordan Warne
Coach

- Assistant Squash Coach at The Wimbledon Club
- Level 2 England Squash Qualified Coach
- *“My parents and my brother introduced me to Squash when I was 8 and I have loved it ever since. Coaching allows me to see all players improve and getting to watch children develop the bug for a new sport is what drives me. This is what happens at Squash Squared and for me this is what makes this a stand-out programme and a super initiative of which to be a part.”*



Olawale Thomas
Tutor

- Teacher at Sacred Heart for the past 14 years in differing capacities, including Learning Mentor, P.E coordinator and year 5 class teacher.
- *“Squash Squared is a fantastic environment and opportunity to teach, allowing each child the opportunity to consolidate and deepen mathematical understanding away from the school environment. Learning must fill places other than the classroom!”*

TRUSTEES



Stacey Ross
*Co-Founder & Program Director,
Squash Squared*



Jared Brading
*Co founder and Executive Head
Teacher of both Sacred Heart
and St Mary's RC Primary
Schools Battersea*



Andrew Matuch
*Chief Strategy Officer,
RELX Group*



Jessica Reardon
*Former Program Director,
The Commonwealth Institute*



Martin Stribbling
*Owner and Director,
Fabricari Limited*



Rob Wilkinson
*CEO,
AEW Europe*



Bradford Willett
*Managing Director,
Barclays Capital*

HOW YOU CAN HELP

- **Volunteer:** Squash Squared runs on the power of its dedicated volunteers, who generously donate time to helping our students on court and in the classroom
 - Academic volunteers commit to spending one afternoon per week at the TWC facility, providing homework support to students or helping with exam prep and other enrichment activities
 - Squash volunteers can volunteer on a regular or ad-hoc basis
- **Donate:** Squash Squared is extremely thankful to its generous donors, whose support of our program helps to change the lives of aspiring youth by building their confidence, improving their health and expanding their educational opportunity

TWO MAJOR FUNDRAISING EVENTS

Squash Squared Cup

- Annual team squash event in December
- 6 teams of 6 players, including one professional player and one child from the program
- Each team is captained by a trustee from the charity and every player raises money

The Wimbledon Club Squash Squared Open

- Annual weeklong PSA international pro squash event in March
- Attracts some of the world's best squash players
- Post final we hold a charity auction which is supported by local businesses, professional players, the trustees and the local squash community

➤ ***Corporate sponsorships and auction donations from local businesses play a vital role in the success of these events***