



# SQUASHROCS

**“The Healthiest Sport in the World”**

## **Come Join the Inaugural 2017 City of Rochester Middle & High School Squash Championships**

Playing twice a week through July and August, we are forming up to 8 teams of 5 to 7 players.

This is open to any students that have not played squash before, boys and girls.

RCSD and charter school students – this is **FREE for you !!!**

Age: from 10 years old and up. Younger students are welcome too, but contact us for details.

Location: all sessions are held downtown at Harro East Athletic Club, 400 Andrews Street.

**No experience necessary, instruction and all equipment is provided.**

**So grab some friends, form a team and contact us now to enroll and pick your training slots.**

### **Why does Squash Rock - are you an Athlete and like being competitive ?!**

- Squash is ranked the #1 sport.
- Played in high school and college and growing, and new to Rochester.
- Squash offers better opportunities to travel and play at the national level.



For more information and videos, see:

**[www.squashrocs.org](http://www.squashrocs.org)**