

To all Middle and High Schoolers,

We would like to invite you to try a new sport this fall – Squash.

Junior Squash has been played in Rochester since the 2010/11 season. We have players from Mercy, McQuaid, BHS and the Pittsford schools. If you are not familiar with squash (the sport, rather than the vegetable), here are some points of interest and information about it:

- ✓ Squash is an indoor racquet sport played by 2 players (doubles can also be played with more experience) using a small hollow rubber ball. To see a video introduction, please visit: www.squashrocs.org
- ✓ Squash makes for a great combination of individual and team sport, with each players match counting towards the overall team result.
- ✓ Squash teaches some great values – the rules are based on the idea of 'a fair outcome' and phrases such as 'making every effort' and 'players responsibility' are common place.
- ✓ No experience or special equipment is necessary to get started, squash is a very easy game to pick up (just hitting a ball against a wall) and grows into a very physical and mentally challenging activity.
- ✓ As an indoor sport, squash can be played all year round (great for our Rochester winters) and also provides great cross-training for all other sports.
- ✓ A sport for school, college and life – squash is rated as 'the world's No. 1 healthiest sport' by Forbes Magazine (based on strength, agility, cardiovascular fitness, safety and convenience), ranking squash ahead of rowing/crew, running, swimming, basketball and tennis.
- ✓ Squash is a U.S. Olympic Committee Schedule C sport and is contested in the Pan Am Games, Commonwealth Games, Asian Games, African Games, University Games and World Games.
- ✓ The United States has the fastest growing squash participation of any country worldwide. Junior participation has grown over 400% from 2007-2011, and this number continues to grow roughly 20-30% annually.
- ✓ Since the 2007-2008 season, the number of teams in the U.S. High School Team Championships increased 88%, making it the largest squash tournament in the world with more than 1,500 players.
- ✓ There are nine accredited Scholastic Squash Program Middle and High School Leagues around the country with more than 300 teams actively participating.

- ✓ Top ranked juniors of 2013 went to Yale, Princeton, and Harvard as well as other top colleges and universities around the country.
- ✓ More than 200 colleges and universities have courts, including 23 of the top 25 colleges as ranked by Forbes Magazine. Every Ivy League school has a varsity squash team. An 18% increase in the number of club and varsity college programs in the last five years, makes Squash a great differentiator for college admissions.
- ✓ Squash players are highly educated. 98% of squash players are college graduates with 57% having graduate degrees. Eighty-five colleges send teams to the nationals, including all the Ivys, Stanford, UVA and Vanderbilt.
- ✓ The University of Rochester Mens varsity squash team have placed from 2nd to 7th over recent years (<http://www.uofrathletics.com/index.aspx?path=msquash>), and host a professional squash tournament each year (<http://www.rocprosquash.com/>).
- ✓ The University of Rochester have a womens club team, see: <http://collegesquashassociation.com/teams/womens-teams/>
- ✓ Squash players and fans represent a highly targeted and sought after demographic of men and women with median incomes of more than \$300,000 and an average net worth of nearly \$1,500,000.
- ✓ Squash is a very international sport with 25 million squash players in 185 countries, and every continent in the world has produced a World Champion.

Team practices run after school (with the option for extra private sessions) and are held at Harro East Athletic Club, so ride sharing may be required. The coach is John Walsh.

The club participation dues are \$100 per month (or \$15 per session attended), but financial help is available. The fall and winter seasons run from September through February, excluding any holidays.

You can join/try the club at any point, with your first couple of sessions being free.

Over the season we will be having team and individual matches, both locally and against Buffalo High Schools. We will also have trips to the University of Rochester to see/support their varsity team at their home matches.

Thank you for taking the time to read our letter and I look forward to seeing you on court.
John.

<http://www.squashrocs.org/>