

Kiwi Squash will either be delivered at your local school (for Years 1-4) or at your local squash club (Years 5-8). Your local squash club contact details can be found at squashnz.co.nz/findaclub

The main focus of Kiwi Squash is to introduce and encourage the sport of squash to your child, building their essential movement and sport skills. We hope your child enjoys participating in Kiwi Squash.



For more info visit:

kiwisquash.com

fb.com/kiwisquash

Have Fun, Play Squash!

Programme Guide for
Parents & Caregivers



Why Squash?

Squash is a gender-neutral sport and is accessible to all ages, races and beliefs. Everyone can play...all you need is a racket and ball. Squash is enthralling, exciting, absorbing, rewarding and most of all fun! In a nutshell, squash is...

Low cost with minimal equipment

The world's healthiest sport!

Fun for kids

A family sport catering for all abilities

Courts in every community

Full of fun events and competitions

Played Indoors, so parents don't get wet

Easy for all to play



Nix would love to see all kids playing squash!

What is Kiwi Squash?

It is New Zealand's national branded junior squash development programme. This world-class initiative is designed to engage primary and intermediate aged children into squash-based activities, developing their fundamental skills and improving their speed and agility, all whilst having fun. It also includes some curriculum-based activities.

Kiwi Squash is delivered collaboratively by teachers, qualified coaches and squash club personnel, creating strong links between your school and your local squash club.

Kiwi Squash teaches general transferable sport movement, with and without a racket. It develops the three groups of fundamental skills, which are all integral in the physical development of your child...

Kiwi Squash introduces your child to fun squash activities and speed & agility games. This 'window' of trainability is the optimum time for your child to gain and retain these skills & traits for life.

e.g. running & jumping

Locomotion

e.g. balance & stretching

Body Management

e.g. throwing & striking

Manipulative Skills

HAVE YOU CHECKED OUT OUR WEBSITE & FACEBOOK PAGE...

Visit fb.com/kiwisquash or kiwisquash.com