

WEST WORTHING JUNIOR SQUASH DEVELOPMENT DAY



We took some of our Sussex Elite Squash players to West Worthing on Weds 20th for a Development Day of Squash!!!

The day consisted of some 28 players from around the County East and West from Elphinstone Club Hastings to Chichester up to Dunnings SRC, Copthorne and back down to Corals and of course West Worthing.

West Worthing Squash Club courtesy of Steve Holmes (Club Manager) and the Squash committee allowed us to use the facilities consisting of 6 Squash courts 1 Indoor Tennis court the Table Tennis Room and the Catering Facilities, for the Days Development Squad of Players as well as Coaches.

The Squad Day took shape with drilling routines, fitness, speed work, conditioned games, plyometrics, match play and we even threw in a Sports Psychologist Lecturer (Jo Davies from Chichester Uni) just after lunch to break the day up and bring in some mental approach to our sport.

The Coaches for the Day were Zoe Shardlow (Chichester) Glenn Brighty (Storrington) and Pete Higgins (West Worthing) all of whom played a great part in the day running smoothly and on schedule.

We will be hoping to run some more of these Elite/Development Squads around the County of Sussex both East, West, North and South, So if you would like to Help with Hosting or Coaching please contact Camron Malik (Sussex Squash Development Executive).

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