

**SQUASH & RACKETBALL**  
MEET THE COACHES

**EMILY ISON**

**HEAD PROFESSIONAL**  
Level 3 England Squash Coach

**Tel: 07852 160652**  
emily.v.ison@gmail.com  
squash@ipswichsports.co.uk



- Emily runs the Schools & Junior Club Programme
- Experience in sports development & is a leading coach with Suffolk Squash
- Former Ladies Club Champion
- Currently competes on the WSA & BSPA tours
- Currently working with Suffolk Junior Team
- Available for individual coaching (£20 per 45 minute session), pairs/groups available

**WILL SOUTHWORTH**

**LEAD COACH**  
Level 3 England Squash Coach

**Tel: 07932 086928**  
williamsouthworth@hotmail.co.uk



- Will is an Essex County Junior Coach and is one of the lead coaches in the Colchester Primary School programme
- He is also an experienced Mini Squash Coach
- Will will provide individual lessons alongside adult group activity whilst supporting our Junior Programme
- Available for individual coaching (£18 per 45 minute session), pairs/groups available

**LIAM HICKS**

**CLUB COACH**  
Level 2 England Squash Coach

**Tel: 07938 581781**  
ldhicks98@gmail.com



- Long standing member of the ISC Academy
- Instrumental in the ISC Schools Programme
- Available for individual coaching (£15 per 45 minute session), pairs/groups available

**KRISTIAN DAY**

**CLUB COACH**  
Level 2 England Squash Coach

**Tel: 07961 257919**  
kristian.day@hotmail.co.uk



- Represented his County at all levels
- Friendly and technical approach to help develop your game
- Available for individual coaching (£15 per 45 minute session), pairs/groups available

**CONOR ADAMS**

**CLUB COACH**  
Level 2 England Squash Coach

**Tel: 07713 598479**  
• Available for individual coaching (£15 per 45 minute session), pairs/groups available

**ALI LIVINGSTONE**  
DIRECTOR OF SQUASH & RACKETBALL

**LEE DREW**  
HEAD ENGLISH JUNIOR NATIONAL COACH

**JUNIORS**

We have a wide range of Junior coaching available at Ipswich Sports Club from Mini Squash through to the Elite Junior Level giving everyone the opportunity to go as far as they want to in the sport. The Club aims to provide a programme for Juniors to learn how to play Squash in a fun environment that enables them to strive to be the best that they can be. The programme includes:

- Mini Squash (Ages 3+)
- Junior Development Squads
- Junior Intermediate Squads
- Junior Elite Camps



**ADULTS**

There are extensive opportunities to play Squash at Ipswich Sports Club whether you require individual coaching, want to join in with group sessions or are seeking a more competitive enjoyment of the game.

- The Club has Adult Internal Box Leagues, including a lunchtime competition, with a total of almost 120 players of all abilities competing.
- The Club is home to 3 men's league teams that compete in the Suffolk Leagues throughout the year.
- The programme offers flexible daytime adult group sessions and evening drills sessions.
- Free Monday and Friday Club Nights are an excellent opportunity for players to meet other members whilst enjoying an evening of Racketball or Squash matches respectively.

# SQUASH & RACKETBALL

COACHING PROGRAMME

## RACKETBALL

Racketball is growing very fast in popularity in the UK and is the world's fastest growing racket sport – it was introduced at Ipswich Sports Club in 2010. There is now a small, but growing number of enthusiastic players within the Club and all new players are very welcome.

The Club now has a well-established Racketball Section which includes Box Leagues and a 'Club Play' every Monday evening which is open to all players and is a great way to try out the game for the first time.

For details on Racketball coaching courses for beginners, please see our Website or contact [racketball@ipswichsports.co.uk](mailto:racketball@ipswichsports.co.uk).

- RACKETBALL is ideal for players of all ages and abilities.
- RACKETBALL is played on a standard Squash court and uses a larger bouncier ball and a racket with a larger head making the game easier to play.
- RACKETBALL players are therefore quick to enjoy a competitive game and a great workout!
- RACKETBALL is a great 'fat burner' as it encourages longer rallies therefore offering a fantastic aerobic workout!
- RACKETBALL uses most of your major muscle groups so it's also great for shaping and toning your body.

## SQUASH & RACKETBALL COACHING PROGRAMME

<b>Mondays</b>	6.00pm-7.30pm	Racketball Club Night	Committee	FREE
<b>Tuesdays</b>	4.45pm-6.00pm	Intermediate Junior Squad	Will/Liam	£6.50M/£8.00NM per session
<b>Wednesdays</b>	4.45pm-6.00pm	Development Junior Squad	Emily	£6.50M/£8.00NM per session
	7.30pm-8.30pm	Adult Squash Drills	Coaching Team	£5.00M/£8.00NM per session
<b>Thursdays</b>	4.45pm-6.00pm	Intermediate Junior Squad	Emily/Conor	£6.50M/£8.00NM per session
<b>Fridays</b>	10.00am-11.00am	Racketball Morning	Emily	£5.00M/£7.00NM per hour
	6.15pm-7.30pm	Squash Club Night	Committee	FREE
	7.30pm (Monthly)	Super Squash Fridays	Committee	£5.00M Adults/£3.00M Juniors
<b>Saturdays</b>	10.00am-10.45am	Mini Squash (3-5yrs)	Liam	£3.50M/£5.00NM per session
	10.45am-12.00pm	Saturday Junior Squash	Coaching Team	£6.50M/£8.00NM per session

## THE FUTURES FUND

Ali Livingstone, Director of Squash & Racketball, together with the ISC Squash & Racketball Academy, has created an initiative called the Futures Fund. Developing Squash is vitally important and particularly ensuring that our Juniors are given every opportunity to play the game and fulfil their potential. The Futures Fund will be ploughed back into grass roots activities and some of our most talented athletes to ensure that the ISC Squash Academy does everything it can to grow the sport we love. This is a completely non-profit making scheme and therefore every penny will be distributed back into the ISC Junior Development Programme. Participants within the programme will be able to bid for support – it may be to attend a coaching camp, a tournament or perhaps with costs associated with representing their country - and the panel will award funds in order to run initiatives led by the ISC Academy. For further information on the scheme or if you would like to contribute, please send an email to [squash@ipswichsports.co.uk](mailto:squash@ipswichsports.co.uk).



PLEASE NOTE:  
The weekday **Junior Coaching Programme** runs during term time only.

The weekday **Adult Coaching Programme** runs throughout the year but may be subject to some changes in the summer months; please check with the coach.

Members (M) of Ipswich Sports Club receive a discount on all Junior coaching courses for multiple sessions and advanced bookings; Non-Members prices as shown (NM).

**For further information on our programmes, leagues or for general enquiries regarding Squash or Racketball at the Club, please contact our Reception on the main Club telephone number 01473 251143 or email [squash@ipswichsports.co.uk](mailto:squash@ipswichsports.co.uk) or [racketball@ipswichsports.co.uk](mailto:racketball@ipswichsports.co.uk).**