



2018 ELEMENTARY SCHOOL SQUASH TEAM

OVERVIEW

DARIEN SQUASH COMMITTEE

Darien Squash is a private non-profit group of parent volunteers who have come together to provide Darien student-athletes of all ages an opportunity to play squash.

(alphabetical)

Rebecca Ashcraft

John Baylis

Melissa Coughlin

Joanna Garrett

Chris Hagen

Chris Mitrano

Beth O'Shea

Patrick Wind

- Darien Squash Website - <http://dariensquash.com>
- Darien Squash Facebook - <https://www.facebook.com/dariensquash>
- Darien Squash Instagram - <https://www.instagram.com/dariensquash>

FAIRWEST LEAGUE

The Darien Elementary Squash Team is part of the FairWest Squash League which includes ~10 schools and ~400 players in the Fairfield-Westchester area. The FairWest League looks to grow their numbers, and provide a place for players of all levels—whether those who are top-ranked Gold/JCT competitors or just beginners—including private and public school students, to play and get better at squash. It is an outlet for squash players, who may not have the best team programs at their schools, to play more often and with other kids of their same level, or better.

- FairWest Website - <http://www.fairwestsquash.com>
- FairWest Facebook - <https://www.facebook.com/FWPSSA>
- FairWest Instagram - <https://www.instagram.com/fairwestsquash>

CONTACT INFORMATION

REBECCA ASHCRAFT

Preferred communication method:

- Email - elementary@dariensquash.org
- iPhone Text Message - 203-561-0066
- Web - <http://dariensquash.com>

COACHING

COACH DEERAV

Deerav Moolanoi, Squash Professional

Deerav's love for Squash has been heavily influenced by his father and mentor, Deepak Moolani. Before joining the Chelsea Piers Squash staff, Deerav developed squash specific drills and programs with his father in India for eight years. He has worked and developed State and National level Junior Squash players. His major achievements include representing Pune University to the Gold medal in the All India Inter-University Championships. Deerav holds a Master's Degree from New York University in Sports Business. He joined Chelsea Piers on a full-time basis in December 2015.

SQUASH FACILITY

CHELSEAS PIERS

Address: Located One Blachley Road, Stamford (Main Floor)

Parking: Allow ample time for parking, Mon-Fri from 4-6 is a busy time

Web - <https://www.chelseapiersct.com/squash>

EQUIPMENT

Players should wear sneakers, bring protective eyewear and a racquet, and a waterbottle and snack. Balls will be provided.

Racquet: The best junior squash racquet will depend on the age, size, and strength of your child.

For younger children (ie those age 4+) we recommend choosing one of the shorter junior squash racquets which will allow your child to start to develop hand-eye coordination - a lighter racquet where the racquet head is closer to child's hand will make this much easier. If your child is a little older but just starting to give the game a try (ie age 6/7+), the best racquet may be one of the slightly longer kids' squash racquets. We recommend moving up to a full-size racquet as soon as possible once your child has started to develop a full swing and is hitting the ball consistently.

Protective Eyewear (Squash goggles): Eye-protection is necessary to protect your eyes from the ball and from the racquet. Wearing eye-guards is mandatory for all players.

Sneakers: For beginners, it is best to buy shoes with plenty of shock absorption. Thin-soled shoes or shoes with worn out soles should be avoided. Also, do not wear running shoes as you are likely to sprain your ankle in them (no lateral stability and high sole increases twisting forces into your ankle should you sprain it).

Where to buy equipment:

Gut Reaction Darien
Goodwives Shopping Plaza
25 Old Kings Hwy N 8, Darien, CT 06820
<http://gutreactiontennis.net>

Darien Sport Shop
1127 Post Rd, Darien, CT 06820
<https://www.dariensport.com>

<http://squashgear.com>
<http://www.squashgalaxy.com>
<https://www.squashproshop.com>

REGISTRATION

REQUIREMENTS

- Open to Darien residents enrolled in public or private kindergarten through 5th grade of the current session

INCLUDES

- 5 players per court, per pro; if we do not have 5 players then a waitlist will be started until we have 5
- 1 Under Armour Darien uniform shirt
- Balls will be provided
- During practice times team members have access to private squash locker rooms, ping-pong, television, pool table, etc.
- Team members are able to register for youth squash Beginner Clinics (i.e., Big Hitters and Top Guns), school break camps, summer camps, Sunday match play, tournaments, and up to two private lessons without a CPCT Membership
- A \$105 per month *Youth Platinum Membership* is Required to access to all youth squash clinics (i.e, U13 & U15 Middle School Program, Junior Development Program, Elite Squash Program), and Unlimited Private Lessons

REGISTER ONLINE

1. Go to <http://dariensquash.com>
2. Click on "Elementary School"
3. Click on "Registration (Invite Only)"
4. Enter Password: 06820

PAYMENT

- \$500 (non-refundable, make-ups scheduled when available)
- Payment due online at <https://www.paypal.me/rfashcraft/500> or, by check payable to "Rebecca Ashcraft" at 45 Red Rose Circle

PRACTICE SCHEDULE

Team: Acorn

Age: Kindergarten - 1st Grade

Tuesdays & Thursdays, 4:00-5:00 PM

10 Players

Team: Zucchini

Age: 2nd - 3rd Grade

Tuesdays & Thursdays, 5:00-6:00 PM

10 Players

Team: Calabash

Age: 2nd - 3rd Grade

Mondays 5:00-6:00 PM & Fridays, 4:00-5:00 PM

10 Players

Team: Butternut

Age: 4th - 5th Grade

Mondays & Wednesdays, 4:00-5:00 PM

10 Players

Team: Spaghetti

Age: 4th - 5th Grade

Wednesdays & Fridays, 5:00-6:00 PM

10 Players

RESOURCES

- Code of Conduct [[Web](#)]
- Rules of Squash [[Web](#)]
- Marking & Refereeing [[Web](#)]
- Squash Links [[Web](#)]