

Squash & Racquetball Open Weekend

Mar 4—5

Bendigo Squash Club

242 Barnard Street

With Coach **Garry Pedersen**



Sessions provided free of charge (except where indicated) by Squash & Racquetball Victoria

Saturday 4 March

- 10:00am Group coaching overview and demonstration
- 10.30am How to conduct individual sessions or individual coaching
- 11:00am Coaching Games - Juniors
- 1.00pm How to run a squad session - Groups of 4
- 2:00pm Squashfit session x 3 - 20 min sessions - 4 players each session
- 3.00pm Individual coaching (cost \$30 for 30 minutes)

Sunday 5 March

20TWENTY Fun Event

Squash & Racquetball - fast action all in 1 hour

10 am - 11:30 - 1pm - 2:30 sessions **booking essential** - first 24 in each group

Cost - \$8 each - book your spot with your Club

Sections for players that have never played before. **We are encouraging all to bring at least one friend to introduce them to Squash or Racquetball in a fun event - bring 3 friends for your own section.**

See why 20TWENTY Squash & Racquetball is sweeping Australia



**BENDIGO
SQUASH CLUB**