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TOGETHER FOR SQUASH IN SCOTLAND

H//T SQUASH: Case Study



North Region

- [Inverness Tennis & Squash Club \(Highlands & Islands\)](#)

East Region

- [Edinburgh Sports Club \(East of Scotland\)](#)

West Region

- [Giffnock Tennis, Squash & Hockey Club \(West of Scotland\)](#)
- [Newlands Lawn Tennis Club \(West of Scotland\)](#)
- [Whitecraigs Tennis, Squash & Fitness Club \(West of Scotland\)](#)

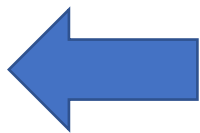
H//T SQUASH

Traditionally, women and girls participation in squash is low with only 30% of females being represented within clubs across Scotland. The investment from the women and girls fund has allowed Scottish Squash to develop the H//T SQUASH programme, a bespoke programme designed by females for females.

Included within this short case study, the pilot phase from the West region will be summarised with a key focus on the lasting impact of the programme to our participants lives and the squash club culture within the region.



[Click here](#)



Listen to the experience of participants who have attended H//T SQUASH



Programme Development

The H//T SQUASH programme was developed in partnership with Scottish Women in Sport. Scottish Squash utilised their expertise to ensure the creation of a bespoke programme that catered to the needs of all women and girls. The investment has acted as a pilot phase within the development process where we have been able to investigate what works and where improvements need to be made.

We will continue to work with women and girls to refine the project before launching the H//T SQUASH package nationally.

- ★ Check out the H//T SQUASH launch on the [Scottish Squash website](#)
- ★ Watch the BBC news feature of the development of H//T SQUASH, click [here](#)



Programme Feedback



Our H//T ACT/VATOR created a post on the Whitecraigs Facebook group to share the success of the first block of H//T SQUASH. The post received 32 overwhelmingly positive comments...



Hilary Graham Robinson
Great class thanks jenn! Enjoying using my new squash skills and the workouts are great fun 😊 so glad to have had this opportunity to learn a new sport 😊



Leigh Duncan
Never thought I'd be loving squash, amazing class with all different levels of ability. Thanks jenn for organising this and being a brilliant coach your helping to improving my fitness, loving every class xx



Rea Gee
This has been amazing! I can now play squash with my daughter , am fitter, have made some new pals and have joined Whitecraigs club. I'd say in terms of health benefits , social life and supporting a local business Jen has SMASHED it. 🦊



Patricia Dos Santos Paton
What a superb idea and initiative to have these HIIT squash sessions! I am absolutely loving them! I am so happy to have this opportunity to go back and get active again, doing something I loved to do ages ago. Jenn is fabulous. The girls are all nice.... superb atmosphere! I am so looking forward to becoming a member of the club soon and being able to play again more often! Thank you Jenn!



LJ McCluskey
I am so grateful to Jenn for this initiative, as it's got me playing squash again, after so many years. And wonderful to be feeling so fit again with the HIIT! Your training has helped me to achieve more than I could have imagined. Jenn is an incredible coach and I am really looking forward to joining Whitecraigs Squash club!



Dorothy-Jane Clark
Absolutely loved this - great introduction to hiit and squash in a really fun environment. Jenn , I can't thank you enough for your enthusiasm and encouragement... definitely got the squash bug now 💕 x



Claire Brockie
I had never held a squash racquet before and do various HIIT and gym classes locally, but I have never taken part in something so challenging and enjoyable. I am loving squash(so far) and really want to keep playing! What a workout 🏸 .

Jenn is an amazing coach and inspirational squash player. This has to be replicated everywhere! 💪

Laura Harrison

I had never played squash before I signed up to the 12 week Squash HIIT class with Jenn. I was not really sure what to expect. I can only say that I would recommend it!

Jenn has put a lot of thought into how to combine a really good high intensity workout with an introduction to squash.

In the first few weeks, I learnt the basic rules and how to hold the racquet. It is now week twelve and I am having some good rallies with with the girls on the course. I can't believe how much I have enjoyed the classes. I will definitely continue to play.

Thanks for a great twelve weeks.



Maria Hannah
Absolutely loving the HIIT squash - a very enjoyable way to get fit and learn to play! The classes have such a good atmosphere and Jenn is a fab coach, really motivating and encouraging. Thanks for putting them on at Whitecraigs, a great way to get more people in playing squash.



Claire Mitchell
Enjoy my classes so much! New skills learned, as I'm new to squash, and my fitness is improving! Thanks SO much!!

Nicola Steel

Thanks for offering this class Jenn. I thought it was a really great way to get members and especially ladies into squash. I would never have considered trying squash before this HITT class and now I love it!

Individual Journeys



Age: 42

Activity level before: occasionally active

Activity level after: regularly active

Before taking part in H//T SQUASH did you have any experience of squash?

"I had no experience at all of squash. had never watched it, or tried to play it"

What aspects of H//T SQUASH have you enjoyed?

"I have enjoyed all of it! H//T has been surprisingly enjoyable and I've really enjoyed learning to play squash"

Has taking part in the pilot changed your perceptions of squash?

"I never thought it was something I would ever try. More clubs are tennis and squash I always thought those clubs could be a bit clique but having tried the class with women like myself, my perception has changed"

How likely are you to continue attending H//T SQUASH sessions after the pilot?

"I will definitely continue with H//T SQUASH. I am loving the class!"

In a few sentences can you summarise your H//T SQUASH experience?

"It had been a very positive experience for me. I am exercising with friends, I have met new people, I am trying a new sport which I really enjoy. Jenn makes the class fund and I look forward to it every week"

Individual Journeys



Age: 27

Activity level before: occasionally active

Activity level after: regularly active

Before taking part in H//T SQUASH did you have any experience of squash?

"No none whatsoever, my husband plays and I was keen to learn but didn't know where to begin with it and was probably a bit nervous to try something new"

What aspects of H//T SQUASH have you enjoyed?

"I really enjoyed meeting new women in a similar situation in their lives as me and it made me feel less intimidated about trying a new sport. I loved that there was a guaranteed workout as part of it as I've recently had my third baby and needed the exercise. But mostly I loved learning squash! Totally addictive sport"

Has taking part in the pilot changed your perceptions of squash?

"Yes absolutely, its made me realise that it's not as daunting a sport as its made out to be. there is more to it than hitting a ball of a wall!"

How likely are you to continue attending H//T SQUASH sessions after the pilot?

"100% likely!"

In a few sentences can you summarise your H//T SQUASH experience?

"Life changing in all honesty. Its gotten me into new sport which my family now plays (husband, son and daughter starting soon). I got to realise that you can pick anything up at any age or stage and get fit and have fun. But its brought out a competitive side of me that I'd forgotten about since having my kiddies and I love that. I must praise Jenn my teacher though, I'm not sure it would have been half as good if it wasn't for her"

Creating visible role models



An important message expressed by the majority of participants was the impact of having a female role model within the club.

Throughout the pilot, Jenn became a point of contact for beginners/new people, a friend, a coach and an inspiring role model. Jenn has empowered not only the women and girls within the programme but has created positive change within the club culture. (e.g. greater female presence, ladies only club nights, increased female membership).

Words that women and girls used to describe our H//T ACT/VATORS...



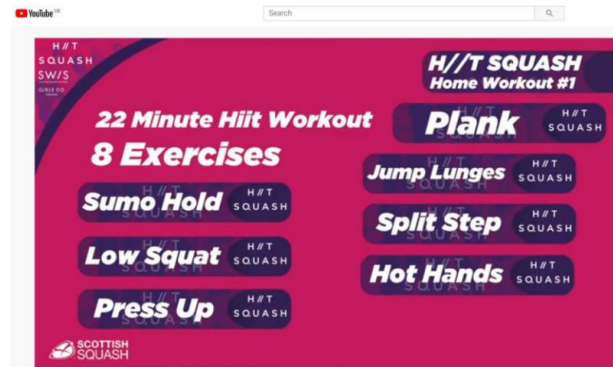
H//T SQUASH at Home

Due to the Covid-19 pandemic we had to pause the delivery of H//T SQUASH while the clubs and local facilities were closed. However, we wanted to continue to support women and girls during the uncertain time, ensuring that they had opportunities to remain active. To facilitate this we created a H//T SQUASH home series where H//T ACT/VATORS delivered fun and engaging sessions online. Sessions were pre-recorded and freely available so that they could be accessed at any time and women and girls were encouraged to participate with family members and use any equipment available (e.g. frying pans for rackets!)

Check out a typical H//T SQUASH home session



[Click here](#)



After H//T SQUASH, What's Next?

H//T SQUASH will continue to run within pilot clubs after the funding period has ended. We hope to bring our developed H//T SQUASH package to more clubs throughout Scotland.



- ★ Female only community sessions continue to run and Scottish Squash aims to support the development and implementation of these sessions, giving women and girls a progression once they have attended the H//T SQUASH programme



- ★ Scottish Squash has supported to establishing female only bronze sanctioned competitions, where the women and girls from H//T SQUASH sessions can come together in a fun, community setting to compete in a squash competition

A H//T SQUASH leaders award is being developed to meet the increasing demand for H//T SQUASH across Scotland.



- ★ The inspiring H//T ACT/VATORS will help deliver and create the award alongside providing CPD for future H//T ACT/VATORS to ensure that a visible, positive and empowering female role models are present in all clubs



- ★ Scottish Squash aims to offer a H//T SQUASH package to clubs across Scotland including: a leaders award and H//T ACT/VATOR equipment and access to continued support and development opportunities



For further information on the H//T SQUASH programme please get in touch with the Scottish Squash development team.



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