

# SQUASH CLUB

UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

Forbes Magazine (October 2003) rated Squash as the #1 healthiest sport in the world! If you play squash, you know why. If you've never played, then it's time you tried it! Since it began in 2003, the Squash Club at UW has had over 150 people who have played in over 1,000 matches in the club's monthly squash leagues! The Club offers a variety of activities, whether for the complete beginner who's never heard of the game or for the highly competitive player.

## CLUB ACTIVITIES

- Monthly box-ladder leagues, grouping players of similar skill.
- Regular skills workshops, coached by top local instructors.
- E-mail list for exchanging squash-related information.
- Participation in the local SSRA league.
- Development and support of an undergraduate team for intercollegiate competition.

## CLUB MEMBERSHIP

All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club.

Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

*UW extension, branch campus students, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.*

## MEMBERSHIP WAIVER CARD

All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3<sup>rd</sup> floor of the IMA.

## CLUB PRACTICES:

- DATES:** Fall/Winter/Spring Quarters
- DAYS:** Tuesday/Thursday/Sunday
- TIMES:** 6:30-8:30pm/7:30-9:30pm/4:30-6:30pm
- LOCATION:** IMA Squash Courts 1, 2, 3 & 4

## BOX LEAGUE

The club's monthly league groups players into "boxes" based on skill level. Players schedule individual matches within their box at mutually convenient times. At month's end, players with highest/lowest points move up/down to new groups

## INSURANCE

The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. For information on the University of Washington's Student Health Insurance Plans: <http://depts.washington.edu/ovpsl/insurance/index.shtml>.

## FOR MORE INFORMATION

### Club Representative:

Brandi Conforth: [bconforth@gmail.com](mailto:bconforth@gmail.com)

### Club Email:

[squash@uw.edu](mailto:squash@uw.edu)

### Club Websites:

<http://students.washington.edu/squash/>

<http://students.washington.edu/squash/undergradSite/>

### Club Sports Coordinator:

Chris Delaune  
206-543-9499  
[delaune@uw.edu](mailto:delaune@uw.edu)

### IMA Homepage:

<http://depts.washington.edu/ima>