

## Ladies and girls squash in Mid Wales.



Newtown and Llanfyllin Squash Clubs are 2 vibrant and active squash clubs offering squash at every level. Club nights for adults and children, ladies and girls only sessions, holiday camps for girls only, with 1 female level 2 coach and 1 female level 1 coach and 2 female leaders the clubs engage at every level.

This year it has been extremely busy with after school clubs, college students and adult Racketball Club and club nights.

Not forgetting the player pathway programme that is very well supported with talented players from the Mid and North. The clubs have been able to feed teams into Shropshire Squash, Inter County and many development events all over Wales with huge success.

Jayne Kirk from Newtown is the Regional Development Officer pushing squash in mid Wales and is helped with coaches Kevin Morgan, Clair Miles Owen, Mark Bellamy, Hennie Bellamy and Leader Rachel Smith. We work closely with WSRB, Powys County Council and Andrew Evans the High Performance Coach from the North who supports the Players at National and Academy Level with a full and comprehensive programme. We are lucky that we engage events with as many clubs as possible to offer females more opportunities.



The Racketlon has been running for 3 years offering girls the opportunity to play racketball as well as the normal tennis, table tennis and badminton. This has been very popular and is an increasing sport in Mid Wales.



The girls only sessions offer individuals the chance to be coached by females and engage at a different level. This is not always possible due to numbers but is offered whenever possible.

We have been successful this year with Georgie Lincoln gaining her Welsh Cap in for the 5 nations and Emily Powell playing for the North Wales Inter County team and getting to the final a fantastic achievement.



Through community chest funding and Powys County Council and WSRB funding we have been able to offer many extra sessions amongst the clubs- thankyou.



If you would like to play squash in Mid Wales contact - Jayne - [Jayne.Kirk@btconnect.com](mailto:Jayne.Kirk@btconnect.com)