OAKLEIGH PARK JUNIOR SQUASH ROUND UP

Autumn Term
November 2025

We had a busy start to the academic year, with a junior coaching programme that continues to grow and a new programme at schools. In the first half of the autumn term, we delivered squash for PE lessons at the Ark Pioneer Academy (180 Year 8 students) and Moss Hall Federation (120 Year 5 students). We continue at Moss Hall (Year 6) and at Tudor & Manorside on Fridays. We also received funding from Enfield council to deliver weekly squash sessions for students from three Enfield schools for the full term: Laurel Park (8 students), St. Anne's (16 students), and Meridian Angel (12 Year 5 and 6 students). These sessions are delivered at OP, in collaboration with Theo Abramson, a sport psychologist, and focus on squash and wellbeing. In 2026, new schools will join the programme.

Tournament & Events

CMS Southgate Junior graded 2025: 20th November - https://www.cmstringers.com/sjg25/

Michael Hennings Junior Graded Series (Grafton): 6th December https://tinyurl.com/29a2mzw4

ES Cumberland Junior Squash Open 2025: 14th December https://sportmgr.co.uk/t/search

ES Woodford Wells Bronze Christmas Junior Open (Bronze): 21st December - https://sportmgr.co.uk/t/search

Oakleigh Park Fives Social: 10th January

CONGRATULATIONS ALEX KOA-WING FOR COMING 2ND IN THE BRITISH JUNIORS CHAMPIONSHIP!

PLAYER INTERVIEW: I really enjoy squash and have played since I was little! I train 5-6 times a week and do a mixture of individual sessions with my coach Lucas, pair training, group sessions and solo sessions. I go to England Potential squads at Lilleshall which are full weekends which I really enjoy. I also do lots of strength and conditioning and have a coach who helps me plan out my weeks to make sure I have a good balance of training on the squash court, work in the gym and running which I really enjoy. This helps me in tournaments and matches which can be physically tough. I have just hit the top of the rankings table for boys under 15s, and this year I am hoping to represent England at the 5 nations and the Europeans.

COACH CORNER: GET AHEAD OF THE GAME

TACTICAL USE OF HEIGHT ON THE FRONT WALL

By Coach Steph

Place the ball on the front wall to affect how deep the ball travels. Drops need to be low, while strong, deep drives in the middle, and lobs high. Ensure racket follow through to the area of the front wall you were aiming for.

Recovery: A lob can give you time to recover and get back to the 'T'
Controlling the court: A well-placed high shot can limit volleying opportunities, allowing control of the 'T'.
Opportunities: Hitting high and soft can force your opponent to move back, which opens up the front of the court for you.

Tips for executing high shots:
- Open the racket face to allow the ball to be lifted upwards
- Use low-to-high swing to move upwards and lift the ball
- The goal is to make the ball arc high and land deep in the back corners

PARTICIPATION

Fabulous high turnout this term, with only a few spaces left in the Junior programme throughout the week (QR code to book). There has been progression in the Saturday programmes with a number of Juniors moving up to the next stage. The increased expectations and enthusiasm has seen skill improve. Our 10am session has seen real improvement in the length of rallies and getting deeper into the court.

Squash Explorers has been successfully launched with participants from the Squash 4 Schools programmes signing up to our Thursday and Saturday sessions.

Great fun over Halloween with Juniors and coaches getting dressed up and playing some spooky games!

LET'S GROW THE FUTURE OF SQUASH TOGETHER