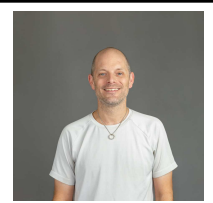


# SQUASH

Squash Professional: Trevor Borland

Email: [tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com)

Phone: 204.452.3311 EXT 105



**Assistants:** Alix Younger (Sr Assnt), Mia Kirbyson, Anika Alexander, Nichole Mailey

Since starting as our pro in 2001 Trevor has coached numerous National Champions, Canadian and US junior open champions as well as a Pan Am Games Champion. Trevor has also coached for Canada at the Commonwealth Games, World University Championships, Junior World Championships, and Junior Pan Am Championships.

Several of our athletes, through squash, have had the opportunity to take both their squash and their schooling abroad being able to play squash at Ivy League Universities. We've had athletes attend a number of Ivy League Universities including Dartmouth, Penn and Cornell as well as other NCAA Universities.

Our Head Professional, Trevor Borland, has been the Manitoba Junior Provincial Team Head Coach for the past 23 years. Trevor has been the Head Coach of the last five Canada Winter Games Teams in 2003, 2007, 2011, 2015, 2019 and the upcoming Winter Games in February of 2023.

Over the past decade we have played host to a professional women's tournament, a world class squash exhibition with 3x world champion Nick Matthew, been the host annually of the Mb Closed Squash Championships as well as hosting numerous other tournaments and events.

We offer a once per month complimentary starter program, as well as new member enrollment lessons to help get you started and on your way in squash.

In our programs we strive to help athletes reach their best as both an athlete and a person.

## ADULT PROGRAMS

### HOUSE LEAGUE

This is our most popular league! Players sign up individually and are arranged matches each week with players of a similar level. Each week an email is sent out on the Friday to those in the league asking whether or not you are able to play on the Monday night coming. The lineup of matches is then sent out on the Sunday evening so people are aware on Monday morning of whom and when they play. Matches start as early as 5pm, so please indicate if you have any time restrictions.

To sign up for the league please contact Trevor at ext 105 or [tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com)

Players of all levels are welcome and needed

When: Mondays starting at 5:00 pm  
Starts: April 3rd  
Cost: Free

### FRIDAY NIGHT LADIES SQUASH

Our Friday Night Ladies Squash is a chance for mom's or any hard working ladies out there to come down to the club and unwind with a little exercise, fun and socializing. Our ladies take part in some skill practice to start each session followed by fun and games and often a trip upstairs afterwards to "chat about the week". Our level is mostly for the beginner level player but all levels are welcome. Please register with Trevor each week by 7pm the evening prior.

When: Fridays 6:15-7:15pm  
Starts: April 7th  
Cost: \$12 (per class)

### STARTER SQUASH SUNDAYS

Our Starter Sundays are designed for players either new to the club, game, or for those playing at the beginner/novice level to get them started in squash. Participants are taught the basics of the game in order to help them prepare for either league or just fun recreational play at the club. This includes, the rules, the scoring, boundaries of the court, grip and swing. With just one or two of these intro sessions you will be on your way. Equipment will be provided for those who need it. Please call or email Trevor at ext. 105 or [tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com) to register. New members don't forget to redeem your enrollment lesson as well.

When: Once per month 1:15-2:15pm (April. 23<sup>rd</sup>, May. 7<sup>th</sup>, June. 4<sup>th</sup>)  
Starts: April. 23<sup>rd</sup>  
Cost: Free

### Squash57

Squash57 is an easy, fun and active new sport at the WWC. Considered an easy version of squash, Squash57 is often described as a hybrid of squash and racquetball. An option of two types of bouncier balls makes the game easier to start and play. The smaller racquetball racquet with large head also helps to ease players into being able to play right away. The game is easier on the body because the retrieving is not nearly as demanding as squash. Racquets and balls are available to try out the game in the Interior Illusions Squash Centre locker. The official Squash57 rules are posted in the Interior Illusions Squash Centre.

## JUNIOR PROGRAMS

Please speak with Trevor to find out which program is right for your child.

### PEANUT GROUP

Our Peanut group is designed for those children between 3-5 years old who want to learn to play racquet sports and more specifically squash. We introduce the little ones to squash with a variety of drills, skills and activities that will work on their hand eye coordination. We like to play fun games with our little ones to help grow and foster and life long love for the game. Junior equipment, including racquets, glasses and balls are used for this class.

Focus: Fun, hand/eye coordination, intro to racquet skills  
When: Saturdays 11:15-11:55am  
Session: April. 8 - June. 10 (10 sessions)  
Cost: \$130

### MUNCHKIN PROGRAM

Our Munchkin program is designed for those children between the ages of 6-8 who want to learn to play squash. The program will be an introduction to the basics of the game through a variety of hand/eye coordination activities, fun skills and drills and games. Mini (junior) squash racquets and glasses are highly recommended for this program. Junior squash balls are used in this program as well, which is a great way for kids to start.

Focus: Fun, hand/eye coordination, the basics  
When: Saturdays 12:00-12:45pm  
Session: April. 8- June. 10 (10 sessions)  
Cost: \$140  
Min/Max: Min 3 Max 12

### TEEN SQUASH

This group is for our teenage members looking to come out have some fun and exercise while socializing amongst their peers. The group is geared towards fun and games and keeping squash a life-long sport they can play for years to come. We will dabble in all areas of squash including doubles and squash57.

Focus: Fun and Games and being active  
When: Wednesdays 6-7pm  
Session: April. 5- June. 7 (10 classes)  
Cost: \$155



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## COMPETITIVE/INTERMEDIATE PROGRAMS

All players must be advanced into the competitive programs by our squash staff. Groups will be arranged by our Pro Staff.

### COMPETITIVE B1 /B2(Intermediate)

The focus is on fun and squash as a life-long sport. Fun and learning the fundamental basic skills are a priority. The program also is intended as a stepping stone for those looking to go or continue on in the competitive stream. Age range of this group will be 10-15 years old. Kids have option to come twice a week or once. With once a week, they can interchange the day if their schedule needs.

Session:	April 6th- June 10th (10/20 sessions)	
When:	Thursdays 5:45-6:45pm	Saturdays 1:00pm – 2:00pm
Cost:	\$155 1x per week	\$265 2x per week
Min/Max	Min 4	Max 12

### COMPETITIVE "A" PROGRAM\*\*\*\*

**A1**  
This program is designed for those Provincial level juniors ~15 years of age and older who are looking to further develop all aspects of their games as they strive to become competitive players. The athletes will have fun while developing their skills and learning the game. Practices will primarily focus on drills, game play and fitness. This group also includes arranged matches on Saturdays.

Focus: Fundamental technical skills, conditioning, footwork/ movements, games/tactics.

Session:	May. 17 – June. 21	
When:	Mondays 4:15-5:45	Wednesdays 4:15-5:45
Cost:	\$90 1 per week	\$140 2x per week

**A2**  
This program is designed for those provincial level players ~11 years of age and older who are looking to further develop all aspect of their game as they strive to reach their best. The athletes will have fun while developing their skills and learning the game. Practices will primarily focus on drills, game play and fitness.

Focus: Fundamental Technical Skills, games/tactics, footwork/ movement, conditioning

Session:	April. 4 – June. 9 (10/20 classes)	
When:	Tuesdays 5:45-7:00pm	Fridays 5:00-6:15pm
Cost:	\$160 1x per week	\$250 2x per week

## PRIVATE LESSONS:

\$30 per half hour lesson
\$45 per 45 min lesson
\$55 per 1 hour lesson

## SEMI PRIVATE LESSONS

\$25 each per 45 min lesson
\$30 each per 1 hr lesson

Private lessons can be arranged through Trevor for the morning, afternoon or evening.

If you are looking for just a game with some helpful hints, you can play the pro for \$30 for a 35 min match. Whether you want it to be a weekly game or just a once in a while, contact Trevor to play him or one of the other staff.

### \*LESSON CANCELTION POLICY

Lessons must be cancelled 24 hours in advance or client will be charged full session rate. (Please phone if you know you will have to cancel, exceptions can be made)

## TOURNAMENTS AND SPECIAL EVENTS

WPG City Open/ MB Jr Open	April 13th-16th
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