



# CASE STUDY:

INNOVATIVE WAYS OF CREATING A GREAT  
JUNIOR EXPERIENCE

**NGARUAWAHIA SQUASH CLUB**



**SQUASH**  
NEW ZEALAND

## OVERVIEW

Initially Glenda Knox, Sport Waikato and Waikato's SportsForce Squash Development Officer approached the Ngaruawahia Squash Club to outline the Kiwi Squash 8-lesson school participation programme. The club chose to approach Te Kura Kaupapa Maori O Bernard Fergusson School to engage their primary and intermediate school-aged children into squash activities. At the end of 8 weeks of Small Nix, all students and teachers visited the Squash Club to play on the squash courts, whilst a one-day tournament was held by the club for all Big Nix participants. The 26 students who took part in the Big Nix programme were offered their first three sessions at the club for free, of which 18 students took up this offer.

### CHALLENGES

#### Equipment

Both the school and club lacked suitable equipment to deliver the fun Kiwi Squash activities.

#### Suitable Personnel

A major challenge to the programme was that there were no trained volunteers available to deliver the sessions.

#### Enjoyment

For primary school-aged children, they need to experience some success in playing so developing confidence and enjoyment was the key.

### SOLUTIONS

#### Equipment

Age-appropriate equipment is needed to successfully deliver Kiwi Squash. To ensure a sustainable programme was created the school acquired the Small Nix kit so the trained teachers were able to continue delivering Kiwi Squash, whilst the club purchased the Big Nix kit to continue their junior club programme.

#### Coaching

Glenda provided an initial up-skilling training session in the Kiwi Squash coaching module for all teachers involved in the programme. This was followed by 4 support sessions given to teachers to ensure they felt confident delivering the sessions.

### RESULTS

54

Small Nix students and their teachers visited the squash club.

+ 12

School teachers / staff trained to deliver Kiwi Squash in schools.

+ 14

New junior (Big Nix) members at the Squash Club.

## CONCLUSION

The Small Nix and Big Nix Kiwi Squash programmes are an engaging inclusive way to create strong communities that link schools and clubs together. They are easy programmes to introduce once you have teachers, parents or club volunteers trained from the practical coaching module. It is a new approach to junior squash and as long as clubs see the benefits of working with their local schools, they will have a community-based programme that encourages more members.

The Ngaruawahia Squash Club now have a full after-school junior programme with a new class partaking in Big Nix in school hours each term. The club are seeking more volunteers to help manage the increased interest, whilst Bernard Fergusson School continues to run Small Nix programmes with all trained teachers running the sessions collectively so the students can all have fun together.