



Welcome to IKSU Squash

If you are interested to start playing squash, we do offer several different activities.

- Trainings
- The Squash Ladder – our internal league
- Sunday squash
- Member tournament

Training

For players in division 1-6 in our internal league.

Tuesday 19.00-20.30 for players in division 1-3.

Thursdays 19.00-20.30 for players in division 1-6.

The squash ladder “Squashstegen”

You will be placed in a division depending on you level. New players will automatically be placed in the lowest division. The ladder is played in rounds, each lasting one month. During this period the players are responsible for contacting each other, book, play and register your results.

Each match consists of five sets. You receive one point for each set you win. WO gives three points. The player with most points in each division advances to a higher division and the player with least moves down one. After the adjustments has been made, a new round will start and everybody starts with zero points again.

Contact information to all the players and the current divisions can be found here:

<http://ligaspel.se/iksu/squash/tabeller>

Register

<http://www.iksu.se/sv/sektioner/iksu-squash/squashstegen/>

Sunday squash

Sunday evenings between 20.00-21.30 we organize a training possibility for all IKSU members. During the course you will try different exercises and play matches with the other players. You will get help and tips from our instructors during the whole period.

You book the class on IKSUs usual booking site.

<http://www.iksu.se/sv/boka/pass/?BokaPass=https%3a%2f%2fbokning.iksu.se%2findex.php%3ffunc%3dla>

Member tournament

Once per term, we hold a tournament for all IKSU members. The tournament takes place a weekday evening 17.30-23.00. All entrants are guaranteed at least three matches.

Register on <http://www.iksu.se/sv/sektioner/iksu-squash/medlemsturnering/>

Do not hesitate if you have any further questions,



Oscar Björnfot

IKSU Squash