

# TRIVIA AND CHALLENGES



ENGLAND  
**squash**  
JUNIOR 101



# Player emoji challenge

Can you guess the Team England players' names from the emoji clues below?



1



2



3



4



5

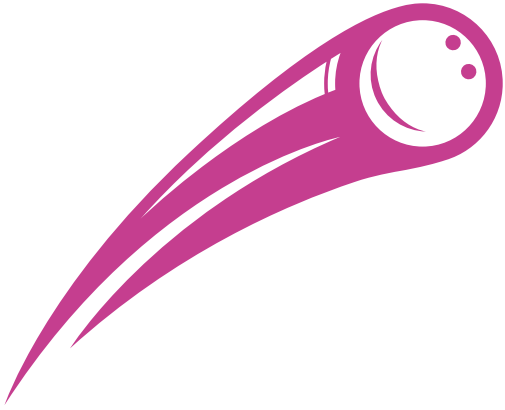


6



# Cool squash venues

Can you name these three famous squash tournaments and the countries? Check out the clues to help you...



1) (Clue = The Big Apple)



2) (Clue = The Golden Gate Bridge)



3) (Clue = The Land of the Pharaohs)



## Get quizzical

Test your squash knowledge with our ten-question quiz:

- 1 Where was squash invented? Is it Egypt, USA or England?
- 2 Whose nickname is The Marksman?
- 3 What is the Guinness world record for the longest rally? Is it 1,408, 2,408 or 3,408?
- 4 Name three famous people who play or have played squash?
- 5 How many times have Team England won the European Under 19 title since it began in the 1980s? Is it: more than 20, more than 30 or more than 40?
- 6 Which famous cruise ship that sank had a squash court on board?
- 7 How many titles did England win at the 2018 Commonwealth Games in Australia? Was it 2, 4 or 6?
- 8 Which unseeded English junior famously claimed bronze at the 2019 World Junior Championships?
- 9 What is the world speed record for hitting a squash ball? Is it: 76mph, 126mph or 176mph?
- 10 Which Englishwoman became the first to top the world rankings? Was it Laura Massaro or Lisa Opie?



Help!



# Squash word searches



N L D L Q I Z X A E H N L P Z  
 B N U Z G R S R S C N L F S N  
 N W N H A E M L I W H F Q Q Z  
 N Y C N L N T P L L A W Z U B  
 Q D H G H N E M N R A M L A D  
 U V G F D I K O G A Z J L S E  
 F O D I N W C L E L H L T H E  
 G F I S K Q A M F L T I O H R  
 L D G N E Q R D I Y N P B Y M  
 F Z A P Y R L M B S I C B C J  
 Y N I G W C V B Q X O U K S T  
 K F S R D Z J E K U P E Q H A  
 Z T N F B D Q T R X O L K O Y  
 E F D P H Y I T W N P W C E A  
 S T F L B F W I B F C K Z S V



## SQUASH WORDS TO FIND:

- SQUASH
- RACKET
- GOGGLES
- BALL
- SHOES
- POINT
- COURT
- TIN
- WINNER
- SERVE
- RALLY
- WALL



B K N U V D X T Y Q Q U M A Q  
 A V W R F S O T I U O G R T F  
 A E I C F U C G K P P D I N C  
 L T T O M L I N S O N D C A C  
 F U G J W A L L E R T G H Y J  
 Y M W S A I V M R T S N A R M  
 L F A M I M V U H S E R R B M  
 P A T Y H R E T J L T H D W S  
 S R E N X V R S C L W T S D Q  
 V V R O P O S A I I Z T O T Y  
 H L S X W Q U E H W H S H D J  
 H I S A G Z Z Z L S J L J C D  
 V W H X Y G R Z K B R Y A B Z  
 N R Y T I H C M R M Y R R E P  
 B E I Y C Z F I Y K Z X Y P V



## ENGLAND PLAYERS TO FIND:

- WILLSTROP
- PERRY
- SELBY
- WATERS
- JAMES
- WALLER
- TOMLINSON
- RICHARDS
- HAWORTH
- TODD
- HARRIS
- BRYANT

# Create a squash court

Paint and  
sticky tape  
at the  
ready!

Create your very own squash court out of recycled junk - whether it's discarded cardboard boxes, tupperware or red electrical tape.

Ask a parent or guardian to share your genius creations on Twitter, Facebook and Insta, and tag us in so we can share them:



@englandsr



@englandsquash



@england\_squash



Check out Josh  
from Wigan's  
creation! Reckon  
you can do  
better?



# Design your squash kit



Fancy yourself as a designer? Design your very own squash kit!

You can either print off the template below or design it on your tablet or computer. Ask a parent or guardian to share your dazzling designs on Twitter, Facebook and Insta, and tag us in so we can share them:



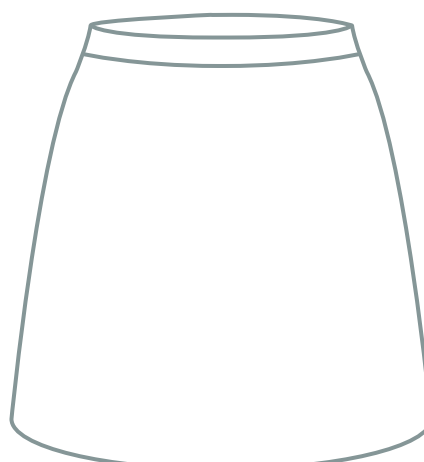
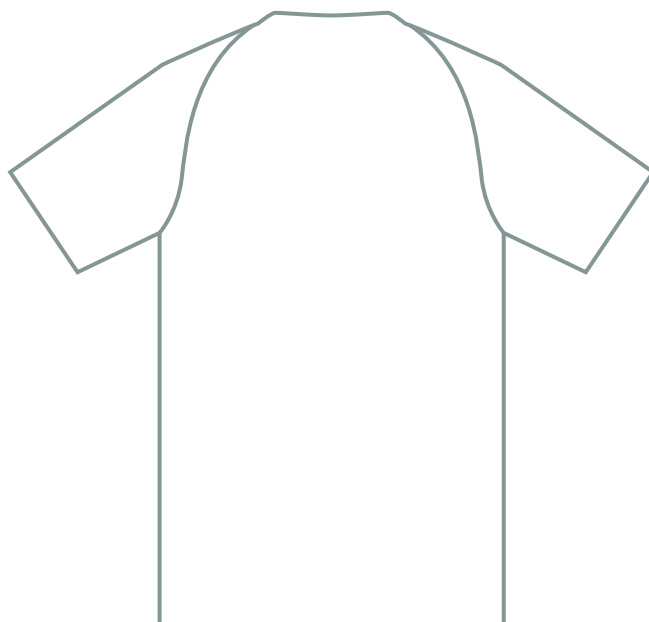
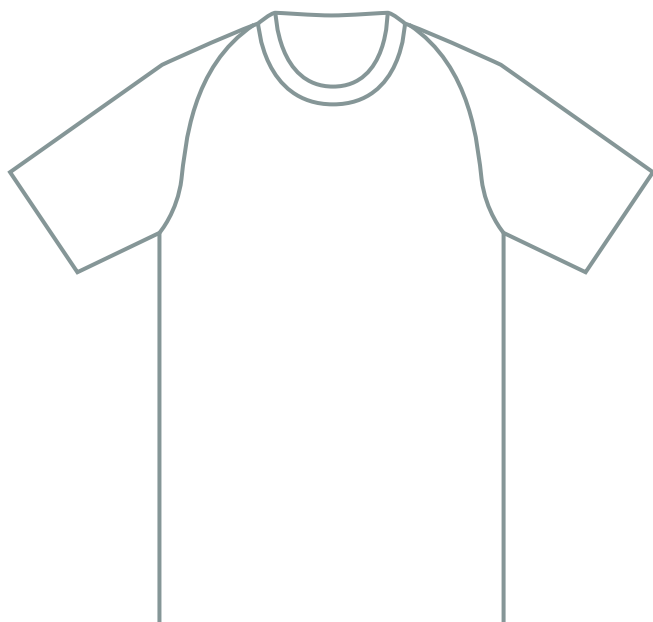
@englandsr



@englandsquash



@england\_squash



# Be your own national hero!

**Tell  
your  
story...**

Can you imagine lifting a national title? Write the story of your journey to lifting the national title!

Did you beat the top two seeds on your way to the final? Was the final an epic five-setter or a straight games victory?

Whether you're competing at the Dunlop English Junior Championships or representing your school at the National School Championships, tell the story of how you became a national legend!





# GET PHYSICAL!

## THE NAME GAME

WORKOUT CHALLENGE



Spell your first, middle and last name to create your workout!

- |          |                                       |          |                                  |
|----------|---------------------------------------|----------|----------------------------------|
| <b>A</b> | 10 burpees                            | <b>N</b> | 20 burpees                       |
| <b>B</b> | 1 minute plank                        | <b>O</b> | 15 push-ups                      |
| <b>C</b> | 20 knee highs                         | <b>P</b> | 10 jump squats                   |
| <b>D</b> | 10 mountain climbers                  | <b>Q</b> | 30 second side plank (each side) |
| <b>E</b> | 15 lunges                             | <b>R</b> | 45 second wall sit               |
| <b>F</b> | 20 crunches                           | <b>S</b> | 15 sumo squats                   |
| <b>G</b> | 30 second raised leg plank (each leg) | <b>T</b> | 15 burpees                       |
| <b>H</b> | 20 mountain climbers                  | <b>U</b> | 20 jumping jacks                 |
| <b>I</b> | 15 squats                             | <b>V</b> | 30 knee highs                    |
| <b>J</b> | 10 tricep dips                        | <b>W</b> | 15 tricep dips                   |
| <b>K</b> | 20 push-ups                           | <b>X</b> | 2 minute wall sit                |
| <b>L</b> | 1 minute wall sit                     | <b>Y</b> | 15 crunches                      |
| <b>M</b> | 15 squats                             | <b>Z</b> | 20 burpees                       |

# Speed challenge

**Test your  
speed and  
power!**

Ask a grown-up to measure out a five metre distance. Then run back and forth as quickly as possible between the two markers in one minute.

Repeat and see if you can improve your score.

Don't forget to stretch after your workout!

**GO GO GO!**



# Animal workout

Try this seven-minute high intensity workout to get fitter! Do each exercise for 45 seconds and take a 15 second rest between each one.



## BEAR WALK

With your hands and feet on the ground, hips high, walk left and right.



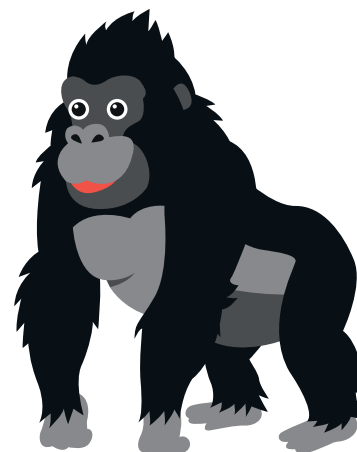
## FROG JUMP

Hop, hop, hop up and down like a frog.



## CHEETAH RUN

Run on the spot as fast as you can, just like the fastest animal in the Sahara!



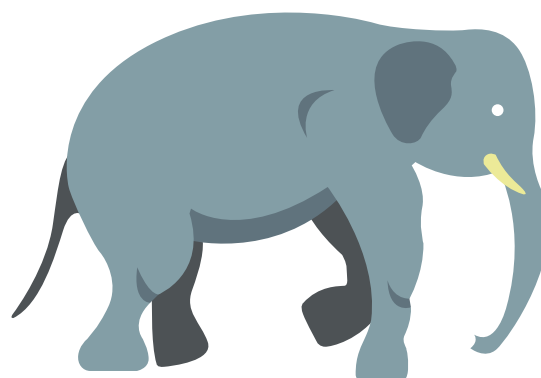
## GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



## CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



## ELEPHANT STOMPS

March on the spot, stomping your feet as hard as you can.

## STARFISH JUMPS

(Jumping Jacks)  
Jump up and down spreading your arms and legs wide.



Don't forget to stretch after your workout!

# Junior 101 challenges

Head to our new Junior 101 challenges to test your racket and ball skills at:

[englandsquash.com/junior101](https://englandsquash.com/junior101)



# Trickshot challenges

Show us what you've got! National Performance Coach Josh Taylor challenges you to master his trickshots! Head to Twitter, Insta or Facebook and search for:

[#TuesdayTricks](https://twitter.com/EnglandSquash)





# Answers!

## Player emoji challenge

- 1) James Willstrop
- 2) Sarah-Jane Perry
- 3) Daryl Selby
- 4) Alison Waters
- 5) Millie Tomlinson
- 6) Declan James

## Cool squash venues

- 1) The Tournament of Champions at Grand Central Terminal in New York, USA
- 2) The NetSuite Open in San Francisco, USA
- 3) The PSA Women's World Championships 2019 in Giza, Egypt

## Get quizzical

- 1) England
- 2) James Willstrop
- 3) 3,408 and took 1 hour and 22 minutes!
- 4) Lots of famous people play or have played squash including: Hugh Jackman (star of The Greatest Showman), Roger Federer (tennis star), Jodie Whittaker (Doctor Who actress) and Martin Freeman (played Bilbo Baggins in The Hobbit)
- 5) More than 40
- 6) The Titanic
- 7) 2
- 8) Lewis Anderson
- 9) 176mph (by Australian Cameron Pilley)
- 10) Lisa Opie