



SQUASH is a great way to exercise! Ten minutes of squash burns a massive 585 kilojoules (140 calories) compared to 10 minutes of tennis, which burns 290 kilojoules.

If you are looking for not only a body workout - but a strategic game that builds mental skills - than look no further than squash.

Sandgate Squash has teams in the Northside fixtures competition, conducted on Monday, Tuesday and Thursday nights. There are grades to suit all standards from Premier - which includes former World No.7 Craig Rowland and Australian Institute of Sport scholarship holder Jake Alexander - down to C2. Sandgate Squash also has teams in the junior players' ranges from Queensland and Australian ranked players to beginners.

Sandgate recently had nine juniors compete in the recent National Junior Series with six being nationally ranked, so there is a great opportunity for kids to have a pathway from beginners to national ranking.

Sandgate Squash also has the services of one of Australia's best young coaches, Nathan Turnbull. Nathan offers a variety of services which include: private one-on-one coaching, junior group coaching, junior high performance training days and regular Saturday afternoon intensive sessions for competition players which address technique and fitness. There is also a free junior coaching clinic for beginners every Tuesday from 4-5.30pm during school terms.

Sandgate also has the service of Craig Rowland as a coach which makes Sandgate a centre of excellence for coaching and junior development. Other benefits of being a competition player include discount on all racquets, shoes and restringing and reduced rates



**Sandgate Squash Centre
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Stop making excuses come in for a casual hit or join a Sandgate team - You won't regret it.