



## PORTLAND COMMUNITY SQUASH

The Junior Squash League brings together middle and high school students from across Greater Portland to have fun and work hard after-school and on the weekends.

### Program Values:

- Character - PCS students demonstrate respect, effort, and positivity.
- Wellness - PCS programs are designed to help students improve their mental, physical, and nutritional well being.
- Potential - PCS uses personal, academic, and athletic goals every day to help our students accomplish their big dreams.

### What We Do:

- Participants have 2 practices every week and an optional team activity every weekend
- Practices consist of squash, fitness/wellness, and academic support

### What is squash?

- YouTube It!!
- Squash is an indoor racquet sport played between two athletes
- Players run around the court and hit the ball against the front wall
- Squash can take you to college or around the world - the sport is played in many of the country's best colleges and 185 countries

### Cost:

- \$50 / month to participate in the Junior Squash League (\$150/season)
- Optional - Pay for a junior membership (\$50/month) and use the facility whenever you want outside of practice

### Financial Aid:

- 30 full-scholarships available for middle school, and 30 full-scholarships available for high school students.
- Students on free/reduced lunch have first priority

### Capacity for the program:

- 60 middle school spots per season, 60 high school spots per season
- Waitlist for additional students

#### Seasons:

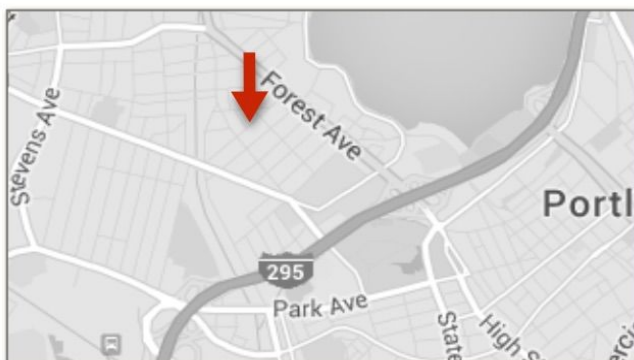
- Fall Season: September, October, November
- Winter Season: December, January, February
- Spring Season: March, April, May
- Summer Camps: July, August

#### Schedule:

- High School
  - Tuesdays + Thursdays
    - Open Squash 2:45 pm - 3:15 pm
    - Practice 3:15 pm - 5:30 pm
    - Optional Study Hall 5:30 pm - 7 pm
- Middle School
  - Wednesday
    - Open Squash 1:15 pm - 1:45 pm
    - Practice 1:45 pm - 4 pm
    - Optional Study Hall 4 pm - 6 pm
  - Fridays
    - Open Squash 2:15 pm - 2:45 pm
    - Practice 2:45 pm - 5 pm
    - Optional Study Hall 5 pm - 6 pm

#### PCS Location:

- We have our own community center at 66 Noyes Street, Portland, ME 04103
- Just 3 blocks from USM's Portland Campus



#### Transportation:

- High School Students take the METRO - See maps from Deering, Casco, and PHS attached
- King Middle School

- School → PCS: Students can walk with a PCS staff member or find their own transportation
- PCS → Home: Parent Pick-Up
- Lincoln Middle School
  - School → PCS: 12 seats available in the PCS shuttle (driven by Good Times shuttle) or find their own transportation
  - PCS → Home: Parent Pick-Up
- Lyman Moore Middle School
  - School → PCS: 12 seats available in the PCS shuttle (driven by Good Times shuttle) or find their own transportation
  - PCS → Home: Parent Pick-Up

PCS Staff:

- Squash coaches: Barrett Takesian, Paul French, Marilu Fortson



- Plus: wellness director, academic coordinator, USM interns, and lots of volunteers

What to bring:

- Non-marking court shoes (no dark bottoms!)
- Athletic clothing
- Water bottle

Snacks:

- PCS will provide a healthy snack at every practice
- Students are expected to come well hydrated

Registration:

- Fill-out paper registration and return to your school office or PCS
- Register online at [pcsquash.com](http://pcsquash.com)
- Register in person at 66 Noyes Street