

SQUASH IN ACTION

PROFESSIONAL SQUASH MATCHES USUALLY HAVE:

AN AVERAGE MATCH TIME OF 52 MINUTES



THE BALL IN PLAY FOR 63% OF THE TIME

THE BALL STRUCK OVER 500 TIMES PER MATCH



PLAYERS MOVING OVER 3 MILES ON COURT

DYNAMIC MOVEMENT OF OVER 100 LUNGES



MULTIPLE 3-6 YARD SPRINTS EVERY POINT

33% OF COURT MOVEMENT IS BACKWARDS



Member, United States
Olympic & Paralympic Committee



US Squash is a 501(c)3 nonprofit organization which serves as the only national governing body and membership organization for the sport in the United States. Founded in 1904 and headquartered in Philadelphia, it is a member of the U.S. Olympic and Paralympic Committee, the Pan American Squash Federation and the World Squash Federation.

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