

# WHY SCHOOLS PLAY SQUASH

## QUICK, STRONG CARDIO AND FULL-BODY WORKOUT

*Burn 500+ calories in each 40-minute session*



## HAVE FUN, BUILD CONFIDENCE & PROMOTE SPORTSMANSHIP

*Through competitive play at the local, regional & global level*

## YOUTH PARTICIPATION HAS GROWN EXPONENTIALLY

*More than 25 thousand players nationally*



## NEWLY NAMED OLYMPIC SPORT

*Squash will be featured for the first time in Los Angeles in 2028*



## ENJOY THE SOCIAL BENEFITS OF FRIENDLY COMPETITION

*Meet new people and build new connections*



## SPORT THAT CAN BE PLAYED YEAR-ROUND

*Indoor or outdoor at any skill level*



## OVER 60 VARSITY SQUASH TEAMS AT TOP COLLEGES

*Including all the Ivy League schools*



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.

[ussquash.org](http://ussquash.org)