

# SQUASH<sup>IN</sup>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**



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.

Member, United States  
Olympic & Paralympic Committee

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