

WHY PLAY SQUASH?

1.4 MILLION SQUASH PLAYERS IN THE U.S.
More than 25 million players globally



SPORT THAT CAN BE PLAYED YEAR-ROUND
Indoor or outdoor at any skill level

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

ENJOY THE SOCIAL BENEFITS OF FRIENDLY COMPETITION
Meet new people and build new connections



STAY ACTIVE AND FIT WITHOUT A STEEP LEARNING CURVE
While being competitive and taking on a new challenge

OVER 60 VARSITY SQUASH TEAMS AT TOP COLLEGES
Including all the Ivy league schools



FAST-GROWING AND NEWLY NAMED OLYMPIC SPORT
Squash will be featured for the first time in Los Angeles in 2028



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