

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