

Sport RCT Case Study

Getting children more active – Llantrisant Squash Club

During a meeting between Sport RCT and Squash Wales it was agreed that additional support was needed to develop junior squash in the area and Llantrisant Squash Club had shown an interest in restarting their junior section. Squash Wales set up a meeting for us and the club to discuss ideas and develop a plan. We used the Sport RCT Accreditation to check that the club had everything in place and then supported them to apply for a Sport Wales Be Active Wales Fund. The club were successfully awarded £922 to support the launch of a new junior section. The funding allowed them to purchase equipment, complete coach education, and pay initial facility hire. After some social media promotion, sessions started and quickly grew in popularity.

As well as establishing weekly sessions, the club has also delivered junior squash camps during every school holiday. The camps have welcomed new children to try the sport and provided existing junior members with additional hours to practice. We supported the club with marketing materials to promote both the weekly sessions and the school holiday camps. Due to the success of their camps and marketing, the club have added an additional hour per week which allows them to provide coaching to even more

juniors, offering coaching specific for beginners as well as supporting those developing and progressing to the next level. The growth of their junior membership has had a positive impact on the senior section of the club, with parents and other family members getting involved. The club are fully committed to developing their junior section, to maintain a pathway for their local community to enjoy squash, and to ensure that the club is sustainable for many years to come.

“The support from Scott has been extremely helpful in promoting and setting up the junior section. Without the financial support it would not have been possible, and the extra support and advice have been great and a valuable insight.” Club Treasurer

“It’s wonderful to see the development in the children. I’m so proud of their progress. 3 young boys are now attending a regional academy development squad.” Club coach

“My son wasn’t really into football or rugby, so this has been great to get him playing with the other children. He’s made some good friends and enjoys going every week.” Parent



25
new juniors



96%
are now more
active, more often



96%
intend to continue
being active



100%
feel healthier



88%
feel more
confident



100%
feel happier



96%
made new friends



RHONDDA CYNON TAF