



Squash Rules! For Schools

Junior Squash School Program

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The Squash Instructor Manual, author Gail Pimm
Squash Canada Level 1 Coaching Manual
Mini Squash – Aussie Sports Coaching Program
Squash Ontario – Courting Schools

Squash Quebec would also like to extend their thanks to Black Knight for their on-going support to the promotion of squash.

Section 1. Squash Rules! For Schools

1.1 Program Objective

The “Squash Rules!” Program has been put together with the major objective of introducing the sport to youth as a means of generating greater participation. To achieve this, the program provides a basic framework for introduction at both the club and school. By taking this approach, Squash Quebec has prepared the material necessary for clubs with and without pros to approach and establish contact with the schools and support them in teaching/coaching at both the club and school environment. Success of the program is really dependent on the efforts of pros and clubs to approach the schools and introduce the sport.

Specifics included are as follows:

- a) The program provides the coach/teacher with the basic stroke techniques.
- b) Demonstrate to the coach/teacher the stroke and play progressions.
- c) Provide teaching aids and activities in the school to improve the student’s progression at the club.

Squash Quebec will provide the following support for the Squash Rules! School Program:

- a) Listing of schools in the vicinity.
- b) Introductory video for the first meeting.
- c) Sample materials for teaching in the school and club.
- d) Opportunity to purchase Black Knight equipment at discounted rates.
- e) Guidance and Support

1.2 Benefits of School Program

There are many reasons for clubs to approach and contact the schools about operating a school program. Some of the benefits include:

- a) Increased participation in the sport introduces potential new members.
- b) Financial benefit in terms of increased revenue as the club facilities have greater usage especially during the quiet or downtimes.
- c) Potential Junior Program revenues as more youth are exposed to the sport.
- d) Potential commission revenue through the sale of additional lessons.



1.3 Recipe for Success

Success of the school program is a function of the commitment put forth by the clubs and pros. That being said, there are many items that need to be covered to ensure success. These include:

- a) Cover letter introducing the program and inviting the schools to the club. The ideal times for contacting the schools are September and January as this is when the teachers are planning activities for the semester. The target grades for the program are 5-9 and the letters should be targeted at the Physical Education teachers as well as the Principals.
- b) A follow-up telephone call and visit to the school to introduce the sport to the teachers and demonstrate what they can do at the school. The introduction video available with the package should be shown to capture the attention of both the teachers and students.
- c) Examples of outings and a cost breakdown to show that the program is cost effective and affordable.
- d) Include a flyer or pamphlet with an outline of club activities and policies so that the teachers can set the expectations and promote the program.
- e) Provide a package to any club members that are teachers. This is the easiest way to start the line of communication and promotion.

1.4 Safety First

The philosophy of the Squash Rules! For Schools Program is Safety First. Students need to be instructed and coached that safety is the utmost priority. Important safety points include:

- a) EYEGUARDS (MANDATORY) – See Squash Canada Policy in Section 4.
- b) Dangers of swinging racquets in close proximity to others
- c) Dangers of opponents in the way of ball
- d) Keep floors dry and remove equipment from court
- e) Keep doors closed during play

Remember to set a good example and wear your own EYEGUARDS.

1.5 Equipment

Equipment needs will vary depending on location, either at the school or at the club. Generally, the minimum equipment needed at the club is 2 racquets, 1 ball, and 2 sets of eyeguards per court. At the club, there should be no more than 6 students per court.

Equipment needs at the school will vary based on the facilities available. The optimum situation would be for each student to have a racquet, ball, and eyeguards for wall practice but this can be adapted based on the facilities.

Club investments in equipment for the school and club program make the program more attractive to the schools as it minimizes their initial investment. Black Knight has provided a promotional offer to aid in equipment provision. The offer is detailed in Section 4.

1.6 Squash Quebec Requirements

Squash Quebec has put the program together as a means of increasing the participation and level of play. In order to monitor the progress and success of the program, Squash Quebec would like the following information reported back:

- a) Schools Visited
- b) Number of Schools Participating
- c) Number of Students
- d) Affects on your Club's membership and junior program participation in the club.
- e) Comments on Program and suggestions for improvement.

Section 2. At The School

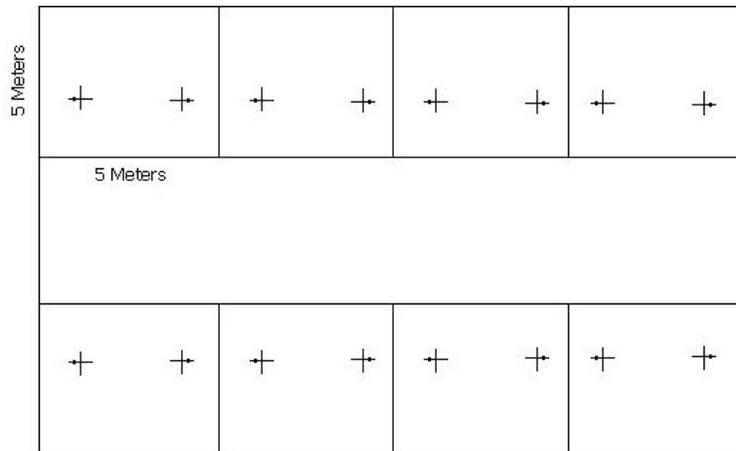
2.1 First Visit & Introduction

The successful introduction of a school program is often a function of the success of the first visit. This is the time when it is imperative to capture the interest of the Physical Education Teacher and demonstrate how simple it would be to introduce Squash as another alternative to their programs. To capture the Teacher's interest, it is highly recommended that the first step taken is to show the short video that Squash Quebec has provided.

After the video, a discussion of what can be offered for a school program should follow. There are several possibilities for a school program and the system presented below is only one such approach. The material following is based on both school activities and club visits. It may be that some schools are only looking for extra curricular activities in which case one would need to be flexible in the program. In any case, an organized presentation with lessons and games that Teachers can use will go a long way in generating interest from the schools.

2.2 Modified Squash

As few schools have squash courts available within the school, a modified version of the game is necessary for the students to play in the gymnasium or even outdoors if weather and space permits. The Modified Squash game was developed by the Australian coaching program as a means of introducing the game of squash into the schools. Squash Quebec has included it as part of the activities that can be used in the school environment.



Example Gymnasium Layout

2.2.1 Gymnasium Activities

The gymnasium session is often most effective with a sequence such as the one below is followed:

- a) Physical Warm-up
- b) Skill Development Activity
- c) Concluding Activity (Modified Game or Skill Contest)

Skill Development

For Skill Development, the lesson sequence should follow the IDEAS progression.

Introduction

Demonstration

Explanation – clear, precise and concise

Activity

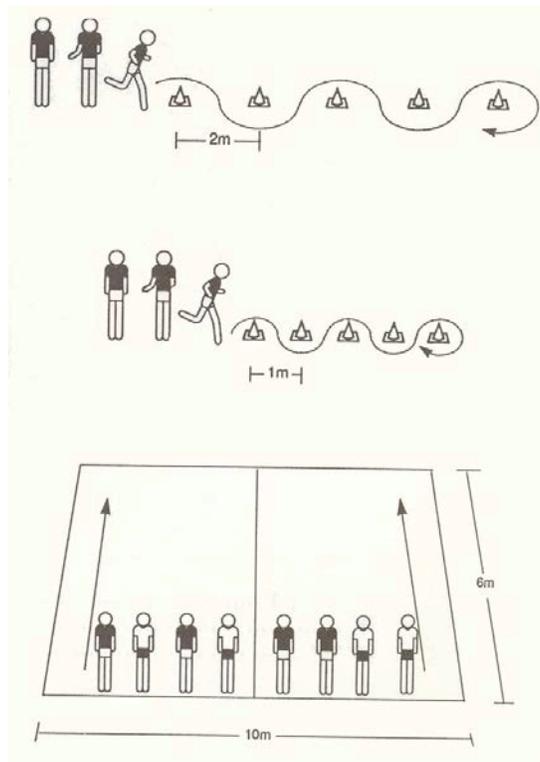
Summary – always leave students with practice or skill tips

Skill Development/Lesson Progression is as follows:

- a) Grip
- b) Forehand
- c) Backhand
- d) Lob Serve (Facilities Permitting)
- e) Return of Serve (Facilities permitting)

Warm-Up

Upon arrival, students are usually eager to begin the session. Students should be given warm-up activities in preparation for the skill development phase. Gentle exercises such as slow jogging, muscle stretching, and joint mobility activities are excellent methods to warm-up. Remember to include fun activities where possible!!



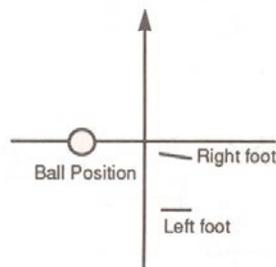
Examples of Warm-up Activities

Teaching Aids

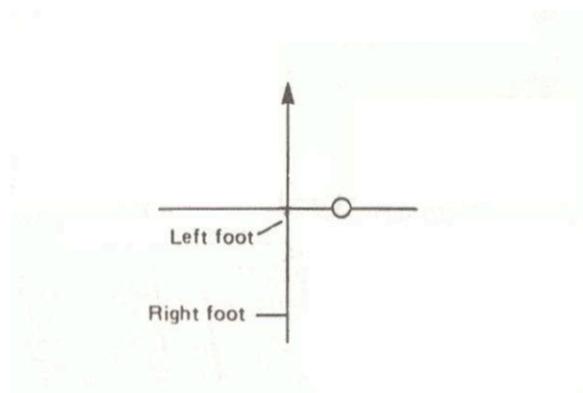
At the school, the gymnasium is the best location for the lessons. In warm weather, it may also be possible to move outdoors. To ensure safety, the gymnasium should be divided into rectangular areas with access to a wall. Each student is given an area for

his or her own practice. The size of the square is dependent on the gymnasium space available but a 5-meter by 5-meter square is suitable.

Depending on the students' age group and skill level, teaching aids such as floor markings may be necessary. One of the simplest teaching aids is the Floor Cross. This is basically a 1-meter cross placed on the floor with foot and ball locations for learning the forehand and backhand swings. Having the students use tape on the floor to draw the Teaching Cross is also a fun activity that will help them remember correct positioning.



Backhand Cross (Right-handed player)



Forehand Cross (Right-handed player)

One final teaching aid is the cut-off handle of an old wooden squash racquet. It can be used to teach the proper grip.

2.2.2.1 Session 1 – Forehand Drive

The Grip – Prior to working on the forehand stroke, the grip should be reviewed with the students. Grip fundamentals can be found in Section 3.1.

Introduction to Forehand Drive – The goal of the forehand drive on a squash court is to hit the ball so that it hits the front wall first and returns parallel to the side wall to a good length with the second bounce of the ball dying near the back wall. In the gymnasium, using square areas and the teaching cross, the ball should hit the wall and return roughly in a straight line.

Demonstration – Hit several balls from the teaching cross coming back in a straight line.

Explanation –

- Position relative to ball
 - a) Sideways stance, feet in the correct position on the teaching cross
 - b) Toss the ball so that it hits the floor at the ball position at comfortable distance away from body
- Footwork
 - a) Step with left foot (right-handed player)
- Swing
 - a) Early backswing, bent elbow
 - b) Hit the ball after the bounce
 - c) Follow through in direction of ball
 - d) Finish high, 1-o'clock position

Summary – Review the swing and introduce a game that the students can play. For example, a bucket or hoop can be placed on the floor for the student to try and hit the ball into. A contest to see who can score the most is fun for all.

2.2.2.2 Session 2 – Backhand Drive

Introduction to Backhand Drive – The goal of the backhand drive on a squash court is to hit the ball so that it hits the front wall first and returns parallel to the side wall to a good length with the second bounce of the ball dying near the back wall. In the gymnasium, using square areas and the teaching cross, the ball should hit the wall and return roughly in a straight line.

Demonstration – Hit several balls from the teaching cross coming back in a straight line.

Explanation –

- Position relative to ball
 - a) Sideways stance, feet in the correct position on the teaching cross

- b) Toss the ball so that it hits the floor at the ball position at comfortable distance away from body

Footwork

- a) Step with right foot (right-handed player)

Swing

- a) Early backswing, bent elbow
- b) Hit the ball after the bounce
- c) Follow through in direction of ball
- d) Finish high, 12-o'clock position

Summary – Review the swing and introduce a game that the students can play. For example, a bucket or hoop can be placed on the floor for the student to try and hit the ball into. A contest to see who can score the most is fun for all.

2.2.2.3 Session 3 – The Serve

Introduction to Lob Serve – The serve is an important shot for several reasons. First, players can only win points on their own serve. Second, the serve is the only time in a game when the player has complete control of the ball and shot as they are not returning their opponents shot. Finally, an effective serve can win a point or at a minimum, put the player in a position of advantage or attack.

In the gymnasium, students will need to be paired for practicing the serve. Each square will be used as serves will be practiced by hitting between squares.

Demonstration – Using 2 adjacent squares, line the students across the left side of the backhand square. Hit several serves from the forehand teaching cross in 1 square to a student standing on the forehand teaching cross of the adjacent square.

Explanation – Position (right-handed player)

- a) Student to stand on forehand teaching cross with right foot on cross and left foot slightly left and forward to hit a serve to the adjacent square on the left.
- b) Hit at comfortable distance away from body, use nose as a reference. A line drawn between the big toes of each foot should line up with the direction of the shot.

Swing

- a) The ball is held in the players' left hand and tossed up just in front of the left foot.
- b) The racquet is swung from a low point, upward in a smooth arc to contact the ball as it falls. The ball should be hit to a high point on the front wall so that the serve travels to the forehand teaching cross of the adjacent square.
- c) Follow through in direction of ball.
- d) Care should be taken to hit the ball softly and not have the ball fly across the gymnasium.

Activity -

Practice Positions

- a) Younger students can be placed closer to the front wall and then moved back as they achieve success
- b) The partner should be standing on the forehand teaching cross in the adjacent square to catch the ball and return it to the server. Players change places for practicing.

Remember, fun is the key to activities. A game such as a contest for the most serves caught on the teaching cross will help in keeping students' interest.

Summary – Quiz students on main points of the shot.

2.2.2.4 Session 4 – Return of Serve

Introduction to Return of Serve – The return of serve is an important shot as the player returning the serve usually wants to move the opponent from the center or “T” to a back corner. The most effective shot is straight back along the wall to a good length.

In the gymnasium, students will need to be paired for practicing the serve and return of serve. Each square will be used as serves will be hit between squares and the return of serve hit straight to and back from the wall.

Demonstration – Using 2 adjacent squares, line the students across the left side of the backhand square. Have a student hit several serves from the forehand teaching cross in 1 square to the forehand teaching cross of the adjacent square. In this case, the non-server will have to take a backhand swing position. Return the serve with a backhand shot straight back.

Explanation – Position (right-handed player)

- a) One student to stand on forehand teaching cross with right foot on cross and left foot slightly left and forward. Hit a serve to the forehand teaching cross of the adjacent square (on the left).
- b) Non-server stands on the forehand teaching cross of the adjacent square but in the backhand hitting position.

Swing (Non-Server)

- a) Return as in backhand drive.
- b) Explain volley, where the ball is hit higher in the air around shoulder height at the shoulder position.
- c) Follow through in direction of ball.
- d) Ball returning from the wall should travel straight back

Activity -

Practice Positions

- a) One partner practices serves while the other hits the return of serve.
- b) Players change places for practicing.

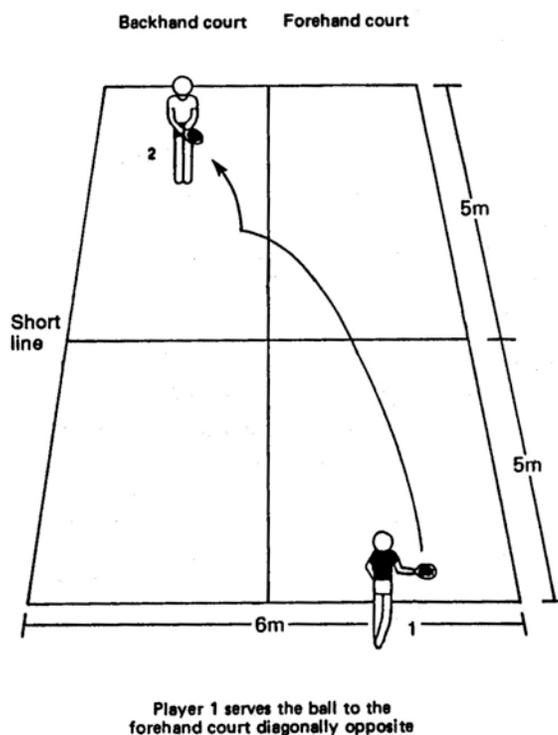
Remember, fun is the key to activities. A hoop or bucket can be placed for the non-server to try and hit. A contest for the most points in the hoop will help in keeping students' interest.

Summary – Review the purpose of the shot and its importance in preventing the opponent from keeping a positional advantage. Quiz students on main points of the return of serve.

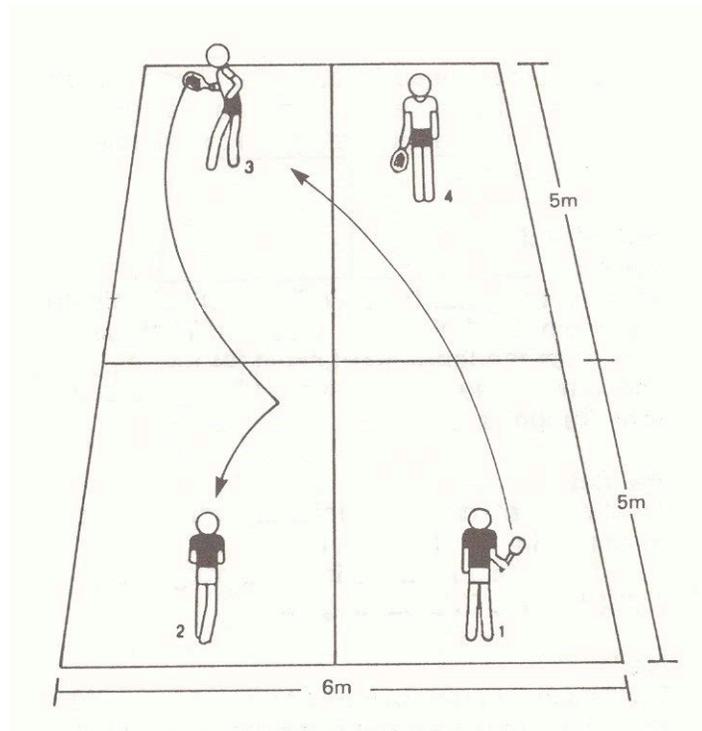
2.2.2.5 Modified Squash Games

As the students are working on their skills, games of modified squash can also be introduced when skill levels permit. Modified Squash can be played as either singles or doubles. For the game, racquets and goggles remain but the ball is changed to a soft foam ball. The floor area is set up as a 10-meter by 6-meter rectangle with 2-lines dividing the area. Scoring is the same as in a regular Squash game (see Section 3.5).

Rules: The server must stand behind the baseline when the ball is served. The serve can be a hit in the air or a hit from a bounce to the diagonal box. A point is scored each time a rally is won by the serving player (team). The non-serving player (team) winning a rally does not score a point but wins the serve.



Singles Modified Squash



Doubles Modified Squash

Section 3. At The Club

3.1 Coaching and Teaching

For Skill Development, the lesson sequence should follow the IDEAS progression.

Introduction

Demonstration

Explanation – clear, precise and concise

Activity

Summary – always leave students with practice or skill tips

Skill Development/Lesson Progression is as follows:

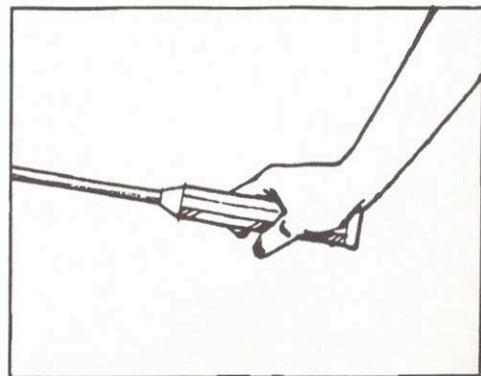
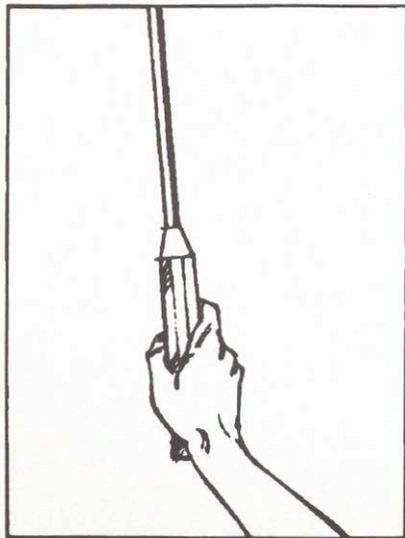
- a) Grip
- b) Forehand Drive
- c) Backhand Drive
- d) Lob Serve/Return of Serve

3.2 First Lesson (Forehand)

Assessment – Typically, one of the first requirements for the group visiting the club is an assessment of the skill level of the children. Depending on the age group of the children, the assessment can range from simple balancing the ball on the racquet (front and back) to hitting the ball (stand alone, with bouncing).

Grip – The grip must be considered before any attempt to hit the ball. Keys for the grip are:

- a) Shake hands with the handle
- b) V between forefinger and thumb, offset to left of the handle (right-handed player)
- c) Forefinger slightly away from middle finger



Grip as viewed from top, side. Notice the cocked wrist.

I**ntroduction to Forehand Drive** – The goal of the forehand drive is to hit the ball so that it hits the front wall first and returns parallel to the side wall to a good length with the second bounce of the ball dying near the back wall. It should be stressed that height is more important than hitting the back wall.

D**emonstration** – Hit several balls from near the back of the service box and finish with a shot hit parallel to good length.

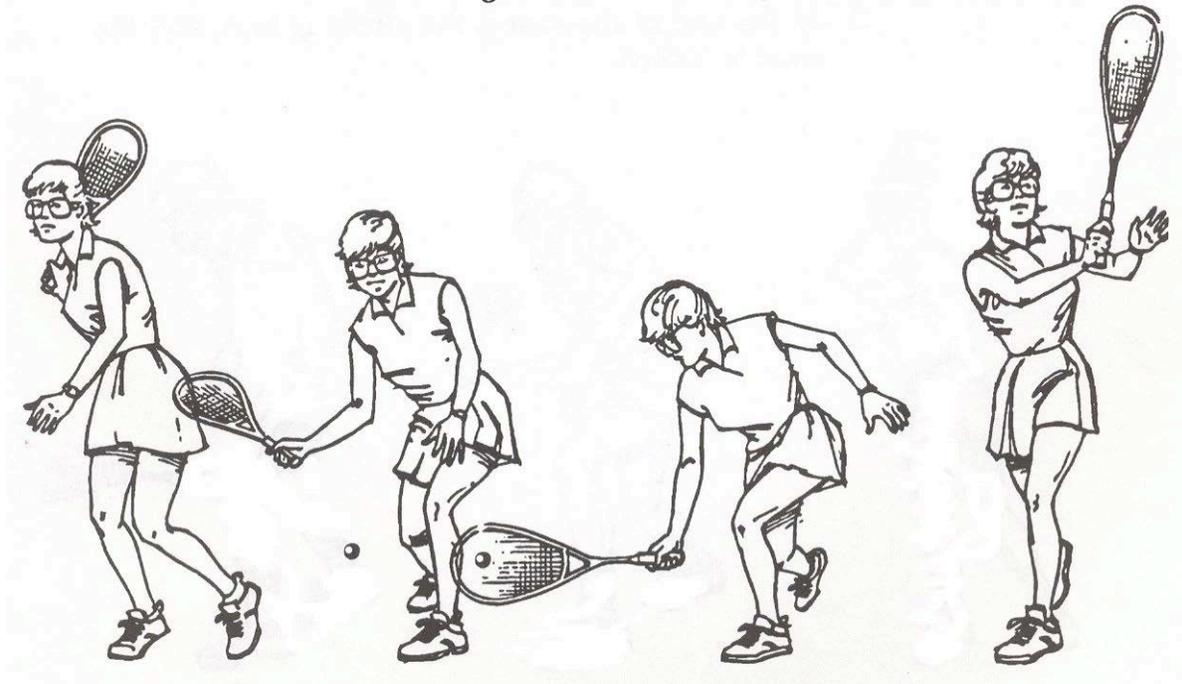
E**xplanation** – Position relative to ball
b) Sideways stance, body and shoulders face side wall
c) Hit at comfortable distance away from body, use nose as a reference.

Footwork

b) Step with left foot (right-handed player)

Swing

- d) Early backswing, bent elbow
- e) Follow through in direction of ball
- f) Finish high, 1-o'clock position



Activity -

Feeding Positions

- a) Hand Feed
- b) Racquet Feed
- c) Continuous Racquet Feed

Remember, fun is the key to activities. Games such as number of continuous shots hitting front wall can be introduced depending on the skill level.

Summary – At times, the student can have difficulty with an instructor feed and a self-fed ball can aid in the student's success. The teaching cross described in the Section 2 At The School can be used to help the student and as a practice tool for the student when working on the forehand stroke.

3.3 Second Lesson (Backhand)

Grip – The grip must be considered just as in the forehand stroke. The grip for the backhand does not change. Keys for the grip are:

- a) Shake hands with the handle
- b) V between forefinger and thumb, offset to left of the handle (right-handed player)

Forefinger slightly away from middle finger

Introduction to Backhand Drive – The goal of the backhand drive is to hit the ball so that it hits the front wall first and returns parallel to the side wall to a good length with the second bounce of the ball dying near the back wall. It should be stressed that height is more important than hitting the back wall.

Demonstration – Hit several balls from near the back of the service box and finish with a shot hit parallel to good length.

Explanation – Position relative to ball

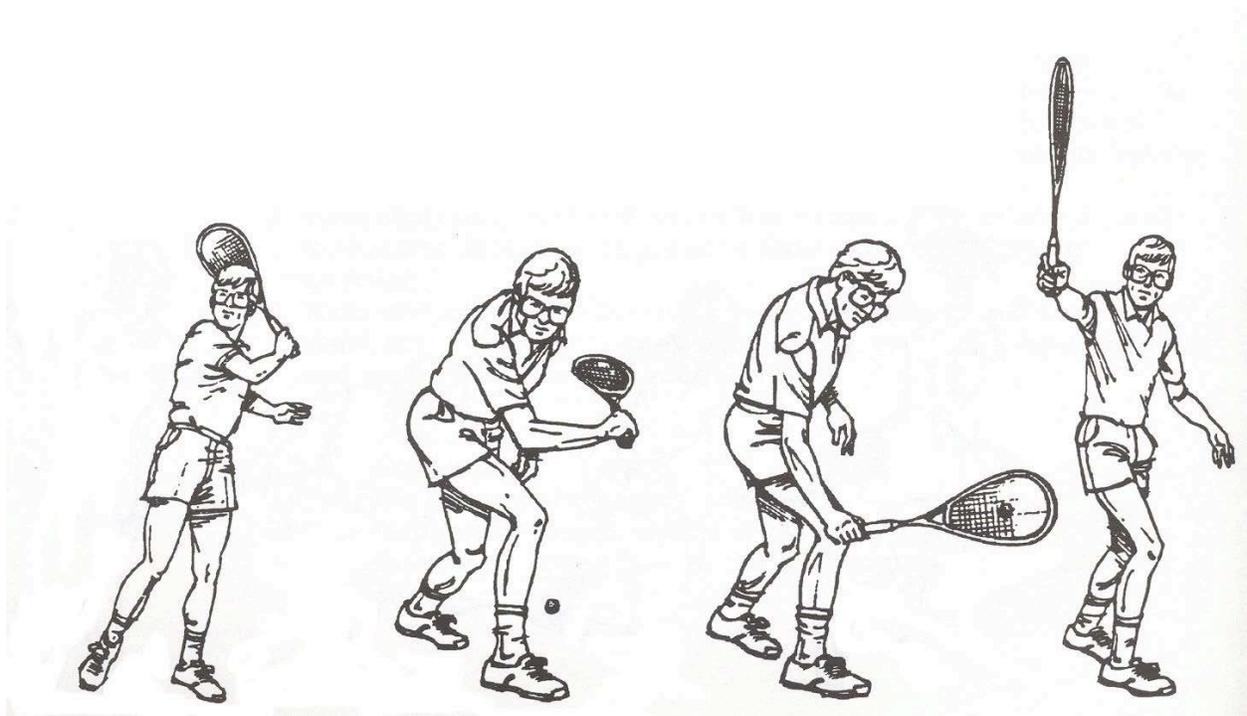
- a) Sideways stance, body and shoulders face side wall
- b) Hit at comfortable distance away from body, use shoulder as a reference.

Footwork

- c) Step with right foot (right-handed player)

Swing

- g) Early backswing, bent elbow
- h) Follow through in direction of ball
- i) Finish high, 12-o'clock position



Activity -

Feeding Positions

- a) Hand Feed
- b) Racquet Feed
- c) Continuous Racquet Feed

Remember, fun is the key to activities. Games such as number of continuous shots hitting front wall can be introduced depending on the skill level.

Summary – At times, the student can have difficulty with an instructor feed and a self-fed ball can aid in the student's success. The teaching cross described in the Section 2 At The School can be used to help the student and as a practice tool for the student when working on the forehand stroke.

3.4 Third Lesson (Serve/Return of Serve)

SERVE

Introduction to Lob Serve – The serve is an important shot for several reasons. First, players can only win points on their own serve. Second, the serve is the only time in a game when the player has complete control of the ball and shot as they are not returning their opponents shot. Finally, an effective serve can win a point or at a minimum, put the player in a position of advantage or attack.

Demonstration – Line the students across the back wall and hit several serves from the forehand to backhand box.

Explanation –

Position (right-handed player)

- c) Student to stand as close to center T as possible.
- d) Right foot clearly inside service box, left foot slightly forward. Hit at comfortable distance away from body, use nose as a reference. A line drawn between the big toes of each foot should line up with the direction of the shot.

Swing

- e) The ball is held in the players' left hand and tossed up just in front of the left foot.
- f) The racquet is swung from a low point, upward in a smooth arc to contact the ball as it falls. The ball should be hit to a high point on the front wall just past the center and slightly under the top line.
- g) Follow through in direction of ball.
- h) The ball when returning from the front wall will hit the side wall behind the service line and land in the back corner of the court.
- i) Care should be taken to hit the ball softly and not have the ball bounce off the back wall.

Activity -

Practice Positions

- c) Younger students can be placed closer to the front wall and then moved back as they achieve success
- d) Review service rules including foot fault (1 foot clearly in box at contact), ball hit on or below service line (fault), ball hit on or below out line (fault), ball hit on or in front of short line (fault) or in servers own box (fault)

Remember, fun is the key to activities. A game such as a contest for the number of good serves out of 10 will help in keeping students' interest.

Summary – Review the purpose of the shot and its importance in gaining an advantage. Quiz students on main points of the shot.

RETURN OF SERVE

Introduction to Return of Serve – The return of serve is an important shot as the player returning the serve usually wants to move the opponent from the center or “T” to a back corner. The most effective shot is straight back along the wall to a good length.

Demonstration – The usual position to return the serve is around the inside back corner of the service box. Demonstrate with a ball toss to emulate a lob serve and then hit the ball straight back to good length. Demonstrate several versions where the ball may or may not hit the side wall before the return.

Explanation –

Position (right-handed player)

- c) Back corner of service box.

Swing

- d) Return as in forehand and backhand drive.
- e) Explain volley, where the ball is hit higher in the air around shoulder height at the shoulder position.
- f) Follow through in direction of ball.

Activity -

Practice Positions

- a) Coach serves to students
- b) Split groups in half where one half serves and the other half returns service.

Remember, fun is the key to activities. A team game such as a contest most points on serve or return of serve (good return) will help in keeping students' interest.

Summary – Review the purpose of the shot and its importance in preventing the opponent from keeping a positional advantage. Quiz students on main points of the shot.

3.5 Final Sessions

The several visits to the club are designed to help the students' skill level and provide enough basic skills to play games. The last sessions can contain a short review but need to be dedicated towards games and fun. Not all games need to include the racquet if skill levels do not permit. For example, team games and relays can be created which are movement oriented such as a ball pick up relay from corners or various court locations.

Games - Explain the rules of scoring as follows:

A squash match is usually the best of 5 games. Each game is to 9 points unless the score reaches 8-8. At 8-8 (eight all), the receiver (non-server) has to choose to play to either 9 points (called set 1) or play to 10 points (called set 2). There is no requirement for a player to win by 2 points. Points are scored only by the server upon winning a rally. When the receiver wins a rally, he or she becomes the server. Upon winning the service, a serve can be made from either side but must alternate if the server wins the rally.

Standard Game – as described above

Calcutta – Everyone picks their order of play from a hat. The first 2 players play 1 point and the winner stays on. Player 3 plays the winner of the first point and the winner stays on etc etc. The game can be played to as many points as desired.



Safety – Remind the group about safety and the philosophy of Safety First.

Section 4. Supporting Material

4.1 Sample Letter to Schools

_____, 20__

Dear _____,

Are you looking for new fun and exciting activities for your students? Here at [Name of Club], we may have just the type of activity you are looking for. Squash is an exciting and fun non-contact sport lifetime sport. It combines cardiovascular activity with strength and flexibility. If this type of activity is of interest, a School Program is available and we would be happy to visit and discuss how the program can be tailored to your school's needs. Please feel free to contact [Name of coordinator] at (xxx) xxx-xxxx to for further information.

Sincerely,

[Name]
Club Manager

4.2 School Contact List

The most recent list of schools for specific regions or school boards can be found at various Web Sites. Two of the most useful sites for searching are:

<http://www.mels.gouv.qc.ca/scolaire/cs/index.asp?page=ecoles>

<http://www.fcsq.qc.ca/Commissions/Listes/index.html>

4.3 Black Knight Promotional Equipment Offer



Junior Squash Program Offer

Black Knight have been supportive of Squash Quebec's initiative and are willing to help with developmental programs such as the Squash Rules! For Schools program.

Black Knight will provide a package deal for the program. Each package consists of: an aluminum racquet, basic wrap-around goggle, a blue dot ball

Price:

Special price for package of 8 racquets, balls and wrap-around goggles.

4.4 Squash Canada Eyeguard Certification Policy



EYEGUARD POLICIES

Revised March 1, 2009

Eyeguard Certification Policy

“That only protective eyewear appearing on the Squash Canada list of acceptable eyeguards meeting the ASTM designation F803 (Standard Specification for Eye Protectors for Use by Players of Racquet Sports), shall be allowable at any Squash Canada sanctioned event where the use of protective eyewear is mandatory.”

June 1997

Junior Eyeguard Policy

“That all juniors who are members in good standing of Squash Canada shall appropriately wear eyeguards which are on Squash Canada's list of acceptable protective eyewear, in any Squash Canada sanctioned events and on-court activities for which they receive funding from Squash Canada, or activities where they are members of Canadian team or Squad.”

January 1998

Doubles Policy

“That it is strongly recommended that all players shall appropriately wear eyeguards, which are on Squash Canada's list of acceptable protective eyewear in any Squash Canada sanctioned Doubles and Mixed Doubles Championships.”

January 1998

SPORTS EYE PROTECTORS *

that currently meet ASTM F803 **

I. Protectors into which a 3 mm prescription polycarbonate spectacle lens may be inserted:

Black Knight USA

Action Eyes

Eagle Eyewear, Inc.

REP 1 (S,L)

REP

Ektelon

Odyssey

Olympus

Liberty Optical Company

All Pro Rec Specs

Junior Rec Specs

Pro Guard Rec Specs

Sport-Lok,

Sportgoggle 2

Wrap 1, 2

Rem Optical

Sports Goggle 1

Sports Goggle 2

Sports Goggle 3

II. Plano protectors (for emmetropes or contact lens wearer):

Black Knight Canada

Kona (Model 119)

Lasers (Model 111)

Lynx (Model 122)

Maui (Model 119)

Sight Guard (Model 112)

Stiletto (Model 620 BS)

Stiletto (Model 620 KS)

Stiletto (Model 620 RS)

Stiletto (Model 620 SK)

Turbo Black (Model 114)

Turbo Blue (Model 114)

Turbo C2C Black (Model 114)

Turbo C2C White (Model 114)

Turbo RSR (Model 114)

Turbo RYR (Model 114)

Turbo SBS (Model 114)

Turbo YBY (Model 114)

Vista (Model 117)

Dunlop

I-Armor

Harrow

Shield Pro (Model R-16)

Head

Impulse

Master

Power Zone Shield II

PowerZone Jr.

Pro Elite

Pro Tech

Rave

Vision System

I.X. Optical, USA

Power-Pro

Speed-Pro

RX Optical Adapter for Prescription Lenses

Leader Sports Product, Inc.

Albany

Dallas

Maximum

New Yorker

Optiva

Phoenix

Prince

ProLite

R.A.D

Feather

Feather Junior

Neon Junior

Turbo

Turbo LX

III. Plano goggle-type protector (may be worn over street wear spectacles):

I-Mask

Leader Sports Product, Inc.

Vision II

TESTED EITHER BY INDEPENDENT LABORATORY OR MANUFACTURER TO ASTM F803 OR CSA RACKET SPORT EYEWEAR STANDARDS, LISTS MAY BE INCOMPLETE AND IS SUBJECT TO CHANGE.

(Data collected by Tom Woods, Michael Easterbrook, Paul Vinger & Squash Canada)



Black Knight Kona (Model 119)



Black Knight Lasers (Model 111)



Black Knight Lynx (Model 122)



Black Knight Maui (Model 119)



Black Knight Sight Guard (Model 112)



Black Knight Turbo Black (Model 114)



Black Knight Turbo Blue (Model 114)



Black Knight Turbo C2C Black (Model 114)



Black Knight Turbo C2C White (Model 114)



Black Knight Turbo RSR (Model 114)



Black Knight Turbo RYR (Model 114)



Black Knight Turbo SBS (Model 114)



Black Knight Turbo YBY (Model 114)



Black Knight Vista (Model 117)



Black Knight Stiletto (Model 620 BS)



Black Knight Stiletto (Model 620 KS)



Black Knight Stiletto (Model 620 RS)

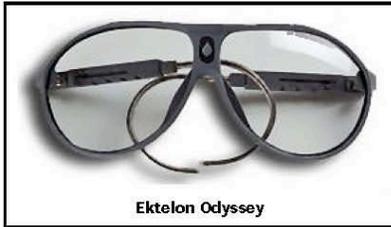


Black Knight Stiletto (Model 620 SK)

Revised March 1, 2009



Dunlop I-Armor



Ektelon Odyssey



Ektelon Olympus



Harrow, Shield Pro (Model R-16)



Head Impulse



Head Master



Head PowerZone Shield II



Head PowerZone Jr.



Head Pro Elite



Head Pro Tech



Head Rave



Head Vision System



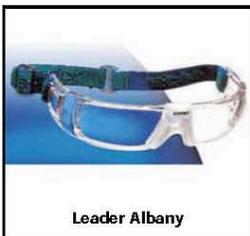
I-Mask



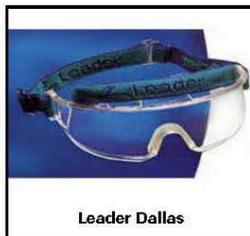
I.X. Optical, Power Pro



I.X. Optical, Speed Pro



Leader Albany



Leader Dallas



Leader New Yorker



Leader Phoenix



Leader Vision II



Prince Pro Lite



RAD Feather Junior



RAD Feather Junior



RAD Feather Junior II



RAD Neon



RAD Triumph



RAD Turbo Super LX



RAD Turbo Blue



RAD Turbo Purple