



# A new Fitness Class, a Sale and More!

Hi



## **Improve your squash fitness with Coach Uba!**

Being squash fit and strong is important, especially for players who are playing tournaments! We are proud to announce that Coach Uba has developed the Fast Feet Lab specifically aimed for improving squash players' strength, mobility, and movement.

It's happening Friday afternoons at Uitsig Squash Club. There are two groups - one for primary school players and another for high school players.

For more information on time, cost and sessions, please click [here](#). Watch the video of the first session on Facebook [here](#)!

# CJS FAST FEET LAB WITH COACH UBA

WHERE GREAT  
MOVEMENT BECOMES  
GREAT SQUASH



## Enroll now



Muscle  
engagement to  
build strength.



Allows you to set  
goals and challenge  
yourself to improve.



Improving  
stamina with  
each practice

www.cjsquash.co.za



R450 per month or R115 per session



High School group Friday  
15h00 @ Uitsig

### Training Features

- Building Strength
- Enhancing Endurance
- Achieving Balance
- Measuring Progress



### The right clothes for practice

We have a new CJS Attire Policy for players and coaches. We created this policy to ensure a professional, respectful, safe, and comfortable environment for all our players, coaches, officials, and staff.

Please read the policy available on our website [here](#). Please also share this policy with your child or children.



### Every player must please have their own protective eyewear

A quick but important reminder regarding **protective eyewear**: in line with World Squash Federation regulations, all players under the age of 19 are required to wear protective eyewear during both matches and practice sessions.

To ensure every player is properly equipped and safe, we ask that each player bring their **own eyewear** to every session. While coaches do keep a limited number of spare pairs, these are intended for new players and are not sufficient when regular players forget their equipment.

Please note that players will unfortunately not be allowed on court without protective eyewear if none is available. To make this easier, we have a **special offer available through the CJS online shop [here](#)**, and we encourage all families to make use of this. Thank you for your support in helping us keep all players safe on court.



## Centurion Junior Squash Sale

www.cjsquash.co.za



### P360 EYEWEAR



NOW  
**R 489.99**  
WAS R 499.99

### DUNLOP COMP EYEWEAR



NOW  
**R 419.99**  
WAS R 524.99

### DUNLOP JNR EYEWEAR



NOW  
**R 419.99**  
WAS R 415.99

NOW  
**R 389.99**  
WAS R 415.99

### DUNLOP BLACKSTORM



NOW  
**R 1 499**  
WAS R 1 799.99

### DUNLOP FX 115



NOW  
**R 1 899**  
WAS R 2 299.99

### HOW TO ORDER

TO PLACE AN ORDER, SIMPLY VISIT THE ONLINE SHOP AT  
[WWW.CJSQUASH.CO.ZA](http://WWW.CJSQUASH.CO.ZA)  
ONLY WHILE STOCK LASTS



+27 82 414 701



Daily Attendance Polls

We would like to kindly remind all parents and players to please make use of our weekly attendance polls, which will now be **sent out every Sunday**.

These polls play an important role in helping us plan coaching sessions effectively and ensure the best experience for all players.

We sincerely ask that you **take a moment to respond to the poll**. If your availability changes during the week, please update your response as soon as possible. Your cooperation and timely communication make a meaningful difference in how we structure sessions and support every player on court.



Information on our website [www.cjsquash.co.za](http://www.cjsquash.co.za)

Looking for information about CJS? Our CJS website is your first point of reference!

It is regularly updated and includes a wide range of useful content, such as our **annual calendar, ladders, informative blogs, tournament results**, and our **online shop**.

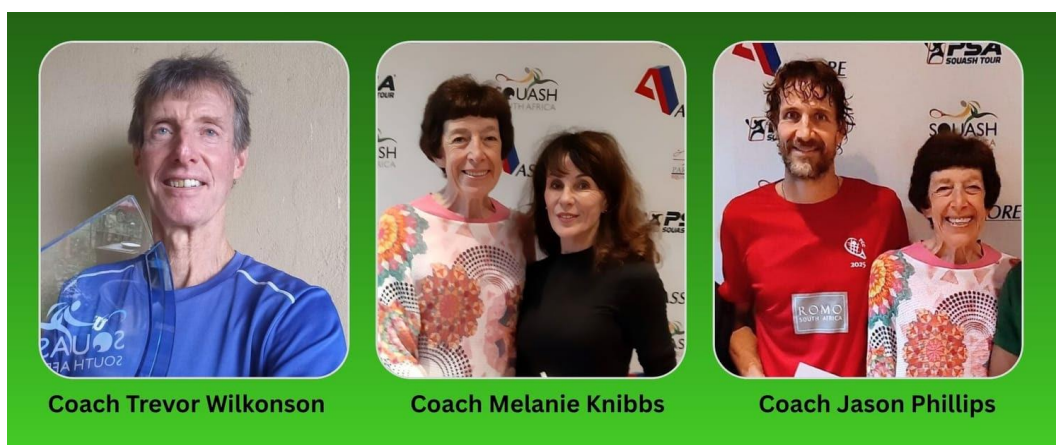
We encourage you to explore it and make use of everything available. Should you not find what you are looking for, you are always welcome to contact me directly. If there is any specific information you would like to see added to the website, please feel free to let me know, and we will gladly include it.



**3 CJS Coaches excel at the Assore SA National Masters Tournament**

This past weekend, three Centurion Junior Squash (CJS) coaches proudly represented CJS at the Assore SA National Masters Squash Tournament as part of their preparation for the World Masters later this year. We are delighted to share that **CJS Coach Trevor Wilkinson** and **CJS Coach Melanie Knibbs** both won their sections, while **CJS Coach Jason Phillips** finished an impressive second in his final.

What a wonderful achievement from three coaches who not only teach the game every day, but also continue to challenge themselves on court. Their dedication, discipline, and love for squash set a powerful example for every young player watching and learning from them. On behalf of all the players and parents of CJS, we congratulate these coaches - you truly lead by example, and we are incredibly proud of you.



Squash love,



**Maryna Foure**

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