

Growing the Game of Squash for an Active and Healthy Lifestyle

Burnaby Citizens for Squash

Leonard Bruno

Summary

The game of squash is a fun year-round sport, considered one of the healthiest ways to play and socialize without concern for weather conditions. We advocate for a comprehensive local and regional strategy to ensure existing and new facilities support the future development of competitive and social squash and promote the game as an inclusive and healthy sport and recreation option.

Issues

Issue #1 – Current insufficient capacity limits the time and place for a growing set of Burnaby-based squash enthusiasts to play, compete, train and socialize.

Issue #2 – Without sufficient squash facilities and resources, the cross-fit activities between squash & tennis will be eroded as these two popular sports are generally played during opposite times of the year.

Issue #3 – In the event the Cameron Recreation Centre and Library redevelopment plan does not include squash facilities, Cameron based leagues and squash ladders, which for 15 years provided opportunities for an active and healthy lifestyle, cannot relocate since no other civic facility has the capacity to serve these programs.

Issue #4 – Without world-class squash facilities as part of the Cameron Recreation Centre and Library redevelopment plan, the opportunity to host popular competitions such as the Canada, BC, Commonwealth and Asian Games will be diminished or not possible.

Background

Accessibility and the game's growth has been limited by insufficient world-class facilities, support, and training programs.

Rationale

1. Squash is rated among the healthiest sports to play and has a low entry barrier, unlike many other options.
2. Squash leagues and ladders are popular in the Lougheed Town Centre area and the surrounding region.
3. As a social game, squash creates strong connections between all age groups while improving or increasing cardiovascular health, strength, flexibility and coordination.
4. Squash courts offer a flexible space that can serve other programs like yoga, table tennis and fitness programs.
5. Increasing the number and quality of squash courts will service existing and future patrons and offer opportunities to host tournaments, events and squash instruction.

Recommendation

The Burnaby Parks, Recreation and Culture Commission should, as part of the Cameron Recreation Centre and Library redevelopment plan:

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1. increase facility usage with four new professional level squash courts,
2. improved facility management and accessibility,
3. raise the profile of squash,
4. offer support and contribute resources to enhance program and service delivery, and
5. provide appropriate funding to provide financial sustainability of the sport of Squash in Burnaby

Contact

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