

SQUASH FOR DEVELOPMENT

PSA FOUNDATION



What Are Squash for Development Organizations (SDOs)?

An independent organization with legal status as either a registered Charity, Trust, Non-Profit or otherwise appropriate entity designed for public benefit, whose **primary** purpose as set in their governing document, is to benefit and support an underserved or underrepresented population through the vehicle of squash.



Why Do Squash for Development Organizations Exist?

SDOs have emerged internationally with the purpose of utilizing the vehicle of squash to help elevate their local community. Each organization combines squash with a variety of life enrichment offerings that include academic support, food provisions, peace-building and conflict-resolution, vocational support, mentorship and more to help lift the lives of underserved and underrepresented populations. SDOs have learnt that by combining squash and physical activity in the same environment as these offerings, they have a better impact than if they were delivered in isolation of each other.



Who Are the PSA Foundation & Why Are We Involved?

The Professional Squash Association Foundation (PSA Foundation) is the charitable arm of the PSA Tour, which is the governing body for professional squash world-wide. The PSA Tour has one of the largest platforms and networks within the sport of squash. It is our purpose to positively impact communities where professional squash has an influence, leveraging the professional tour as a catalyst for positive change around the world. We support SDO's across the globe in the mission to offer life changing opportunities for underserved populations through squash. Our goal is to help these organizations grow and extend their reach.



Current Squash for Development Organizations as of June 2023



Nicol David Organization
Kuala Lumpur, Malaysia



Khelshala
Chandigarh, India



Squash Dreamers
Amman, Jordan



Squash Bond
Haifa, Israel



EGOLI YOUTH EMPOWERMENT
Johannesburg, South Africa



Rackets Cubed
National, UK



Calder Community Squash
Halifax, UK



Canadian Inclusivity Squash Program
Newfoundland, Canada



Squashinhos
Rio De Janeiro, Brazil



Squash Sin Limites
Cordoba, Argentina



Squash Urban Colombia
Cartagena, Colombia



Squash Para Todos
Salvador, El Salvador



Access Youth Academy
San Diego, USA





What Are the Objectives of Squash for Development Organizations?

- Graduation from school for program children
- Acceptance into college or university scholarship programs
- Cultural and community cohesion; Peace building.
- Gaining employment when of age and sustainable living
- Accessibility to sport; availability of facilities & disability squash
- Developing healthy values and ambition
- Sporting achievement and satisfaction
- Developing a lifelong healthy lifestyle

How do they do it?

Squash is a vehicle that can help lift the lives of underserved and underrepresented populations around the world. There are common themes across all SDOs concerning the ways in which they integrate a combination of offerings to achieve this. These methods can include:

- Squash Sessions
- Academic Support
- Vocational Support
- Meal Support
- Holistic Wellness Exercises. E.g. Yoga & Meditation
- Voluntary Community Service
- Mental Health Support
- Mentorship

What Is Their impact?

The impact of these organizations can be reflected in our recent data collection during early 2023, surveying the program children and their parents. The surveys were translated into 6 different languages. English, Spanish, Arabic, Hebrew, Hindi and Malay. The results:



In order to grow as a sport, it is important to understand and highlight the impact squash is having around the world. Capturing the current footprint of what is working, and what we can grow from is essential in reaching more audiences. This data collection process will be expanded upon and replicated year on year to measure growth and changes within the sport over time.



Youngest Age: **6** | Oldest Age: **18** | Average Age: **12**

- 95%** of program children said they were either happy or very happy now that they play squash.
- 81%** of program children said they were confident or very confident about trying new sports.
- 82%** of program children said they either enjoyed or really enjoyed attending school.
- 96%** of program children said they felt safe at their SDO facility.
- 68%** of parents noticed an improvement to their child's energy levels since participating in a SDO.
- 74%** of parents noticed an improvement in their child's ability to concentrate since participating in a SDO.
- 66%** of parents noticed an improvement in their child's listening and social skills since participating in a SDO.
- 75%** of parents recorded that their child was exercising more often since participating in a SDO.



How Can You Support Squash for Development Organizations Today?

You can donate online to support our work with SDOs by visiting <https://psafoundation.com/squash-for-development/>

For sponsorship and corporate donations, please get in touch at jordan.jefferies@psaworldtour.com.

The PSA Foundation is a 501c3 registered charity in the USA and a registered charity in the UK.

For any queries about a particular SDO, or if you're an individual, organization or federation looking to create your own SDO, please contact jordan.jefferies@psaworldtour.com