



## **ABCD Team Event Format Provided by Carrie Kahn, CA**

1. Have people just sign up individually, but give indication of their level
2. Assign each person as an A, B, C or D level
3. Compose teams by putting one A, one B, one C and one D on each team. If shortage of As, then pros filled in.
4. Set up a draw or round robin of the teams and put up on a white board or large poster board. Update it as the matches are played so people get excited about the results as play progresses.
5. Host decides on format – whether scores are kept at all or whether you play to 7 or 11 PAR or whether you do a timed 7 minute match. Timed 7 minutes (or 5 minutes if you have less time) is fun as you play as many points as you can in 7 minutes and you blow a whistle at the beginning and end to signal when next team mate goes on. Timed format is good in that it keeps all the courts on the same schedule and adds excitement with the timing element. Nods to the Squash Haven Showdown on the timed format.
6. When players arrive, have them sign in on a sheet (names and emails) and assign one court each as the A court, B court, C court, D court (if you have less courts or less levels, just adjust to what you have). Having them warm up with people at their ability level makes warm up more efficient. Do this for first 15 minutes or so.
7. When matches begin, A plays A, B plays B, C plays C, D plays D (just like in Howe Cup). Team matches decided by matches won or if 2-2 then go to games won by whole team.
8. Bring everyone together at the end for socializing, announcement of the winners (can do paper plate awards or other fun acknowledgement), etc. Take a group picture and send to [laurelle.holley@ussquash.com](mailto:laurelle.holley@ussquash.com) and/or post to the US Squash Women's Group on Facebook. Remind everyone about Women's Squash Week, September 21-29 and Howe Cup in Mid-November. If excitement to continue more frequently, organize other get hit arounds/training.

To for additional information and to confirm an event in your area, please email [jgabler4@gmail.com](mailto:jgabler4@gmail.com).