

Xtreme Squash is an after-school enrichment program that combines the exciting sport of squash with innovative academic programming for middle school students, especially those who are from underserved neighborhoods. It was initiated in 2007.

The game of squash is highly aerobic, is easy to learn, and is fun for young people. The activity provides great health benefits, including physical and emotional well-being, in addition to other indirect benefits including learning, work ethic, and commitment, among others.

The academic component follows the concept of a mini-college. It includes the learning of a variety of subjects including the sciences, humanities, and business, among others. There will be a series of mini-classes emphasizing hands-on and interactive activities, including experiments and demonstrations. There will also be visits to various laboratories on the Stanford campus.

A community service project is encouraged. Participants work in teams and design projects with the help of the Xtreme Squash staff.

Anticipated Outcomes - The participants will:

- Improve their physical and emotional health, including physical fitness and self-esteem.
- Broaden their horizon and interests, develop curiosity about a wide variety of subject matters, and improve their academic performance.
- Realize the rewards of hard work and develop good work ethic and a solid sense of excellence.
- Acquire personal values and goals through sportsmanship, such as respect, responsibility, and honesty.
- Be more likely to stay in school and pursue higher education in the future.

Program Directors: Mark Talbott, Director of Squash at Stanford, and TW Wiedmann, Ph.D., former faculty at Stanford Medical School, will direct the program.

The Program

It is run at Stanford University and free to the participants. Instructors are college students at Stanford University, especially those on the Stanford squash teams, who also serve as mentors and role models.

Application: Acceptance into the program is competitive, based on academic performance, motivation, commitment, and athletic ability.

Current Program - School year 2011-2012

More than 40 middle school students are enrolled in the Program. They are honor students selected from 3 public schools in the Redwood City School District, namely Hoover School, Selby Lane School, and Kennedy Middle School. These schools serve economically challenged neighborhoods.