

GIRLS IN / MOTION

Registered Charity: 1209526

Over 180 Responses

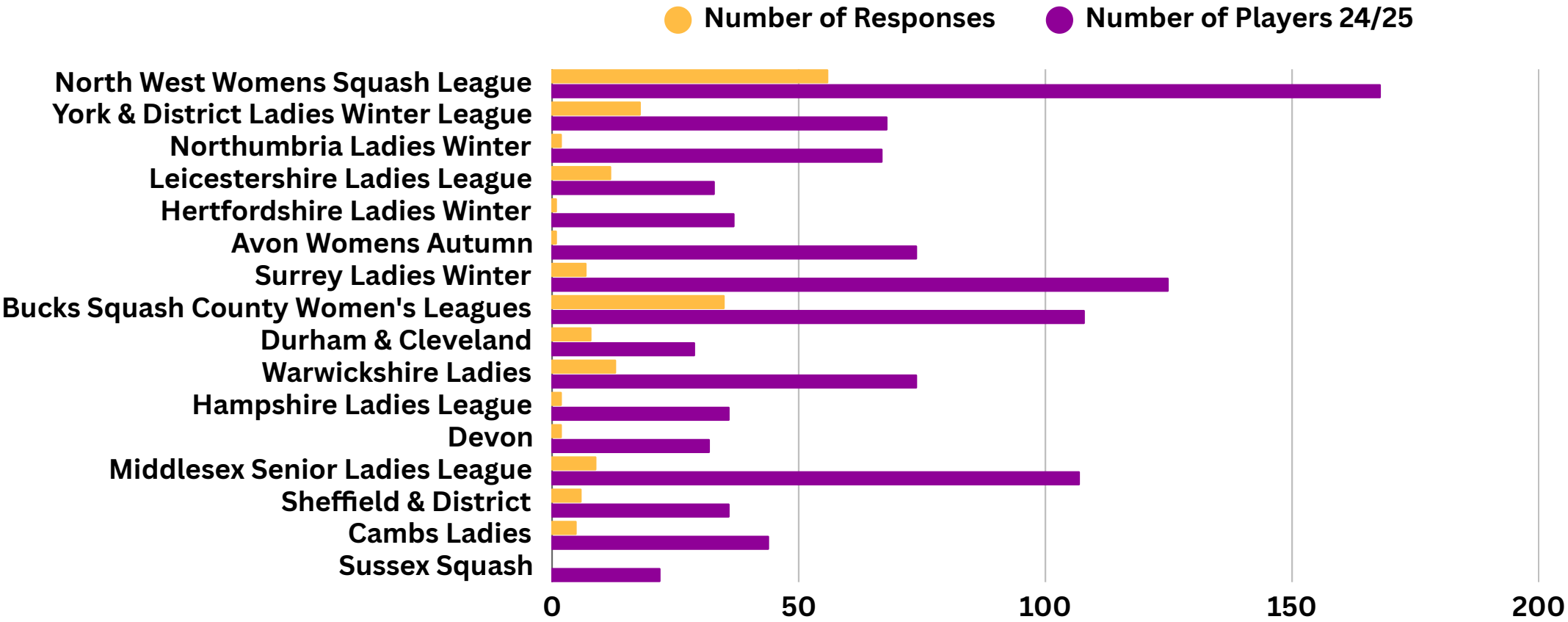
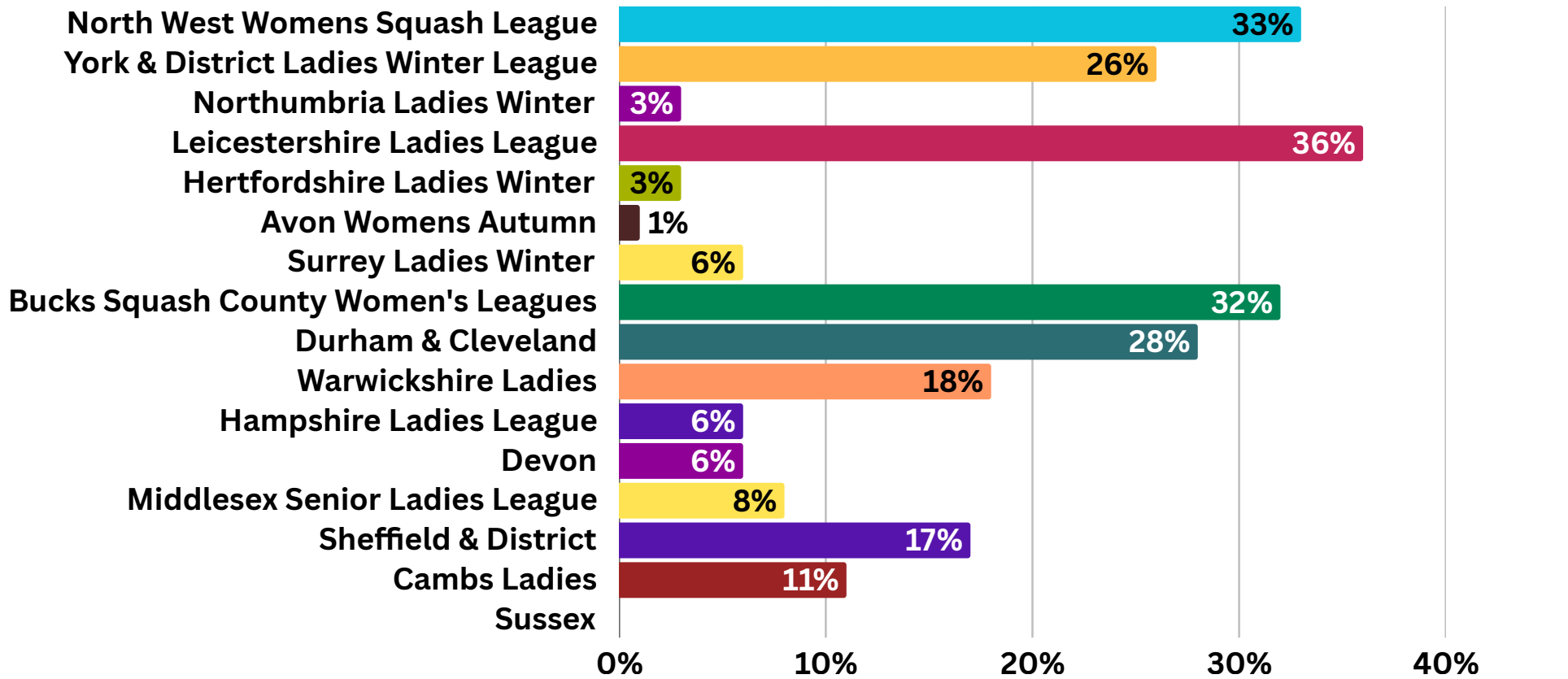
WOMENS

LEAGUE

SURVEY

Over 180 women from leagues across England shared their experiences of playing league squash. The survey aimed to capture what motivates women to participate, where leagues are succeeding, and where barriers are felt.

While response rates varied between leagues — linked to league size and engagement — the breadth of responses provides a robust national picture and clear themes to inform future action.



Over 180 Responses

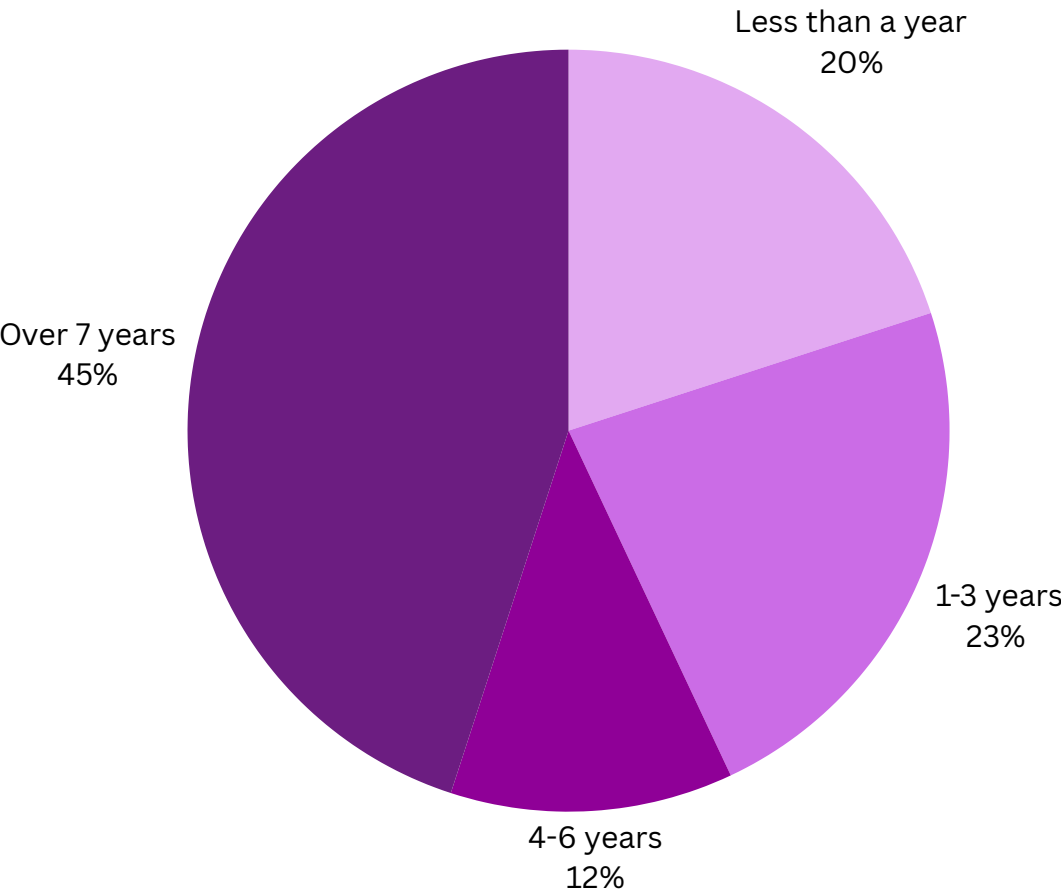
WOMENS

LEAGUE

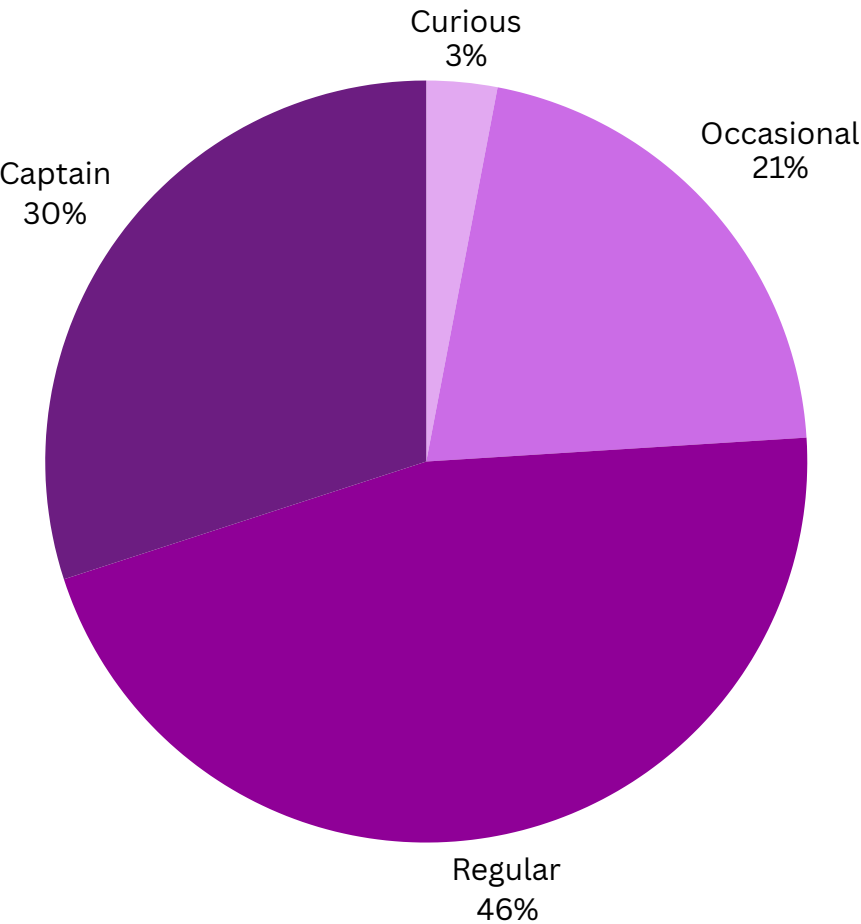
SURVEY

The data shows a healthy mix of respondents of long-standing players and newer entrants, spanning all participation levels and divisions. This spread highlights both strong retention among experienced players and continued entry into women's leagues, capturing voices across the full competitive pathway.

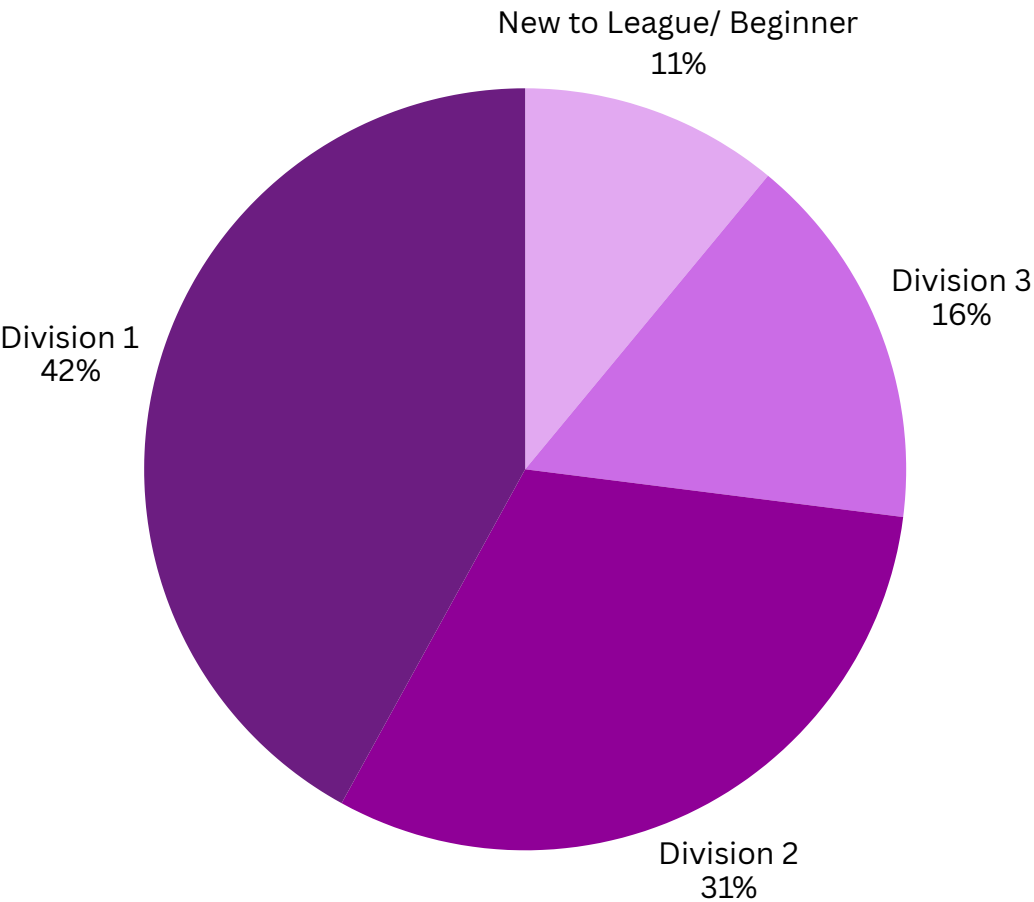
Distribution of Playing Years in Womens League Squash



Respondents Self-Described Participation Level



Breakdown of Player Ability Level



What makes you keep coming back to play each season?

Team, Community & Social Connection was mentioned in 61% of all responses

Enjoyment / Love of the Game was mentioned in 51% of all responses

Fitness, Health & Wellbeing was mentioned in 32% of all responses

Competitive Challenge & Improvement was mentioned in 27% of all responses

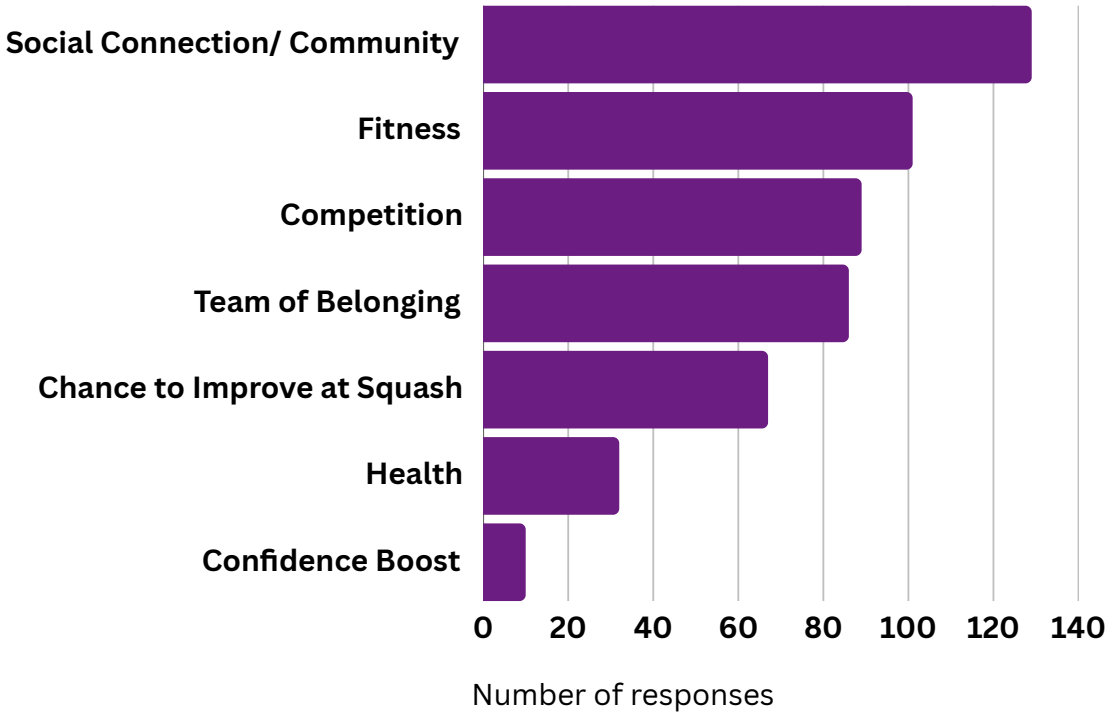
Purpose, Duty, Giving Back & Keeping It Going was mentioned in 16% of all responses

Women-Centred Environment / Safe Space was mentioned in 12% of all responses

Club Identity / Representing the Club was mentioned in 8% of all responses

Social After-Match was mentioned in 6% of all responses

What do you enjoy most about playing league squash?



What would make women's league squash even better for you?

More players, teams, divisions & matches was mentioned in 51% of all responses

Ability matching & league structure change was mentioned in 22% of all responses

Scheduling & season length (too short) was mentioned in 10% of all responses

Improvements in communication was mentioned in 8% of all responses

'Already Happy' mentioned in 20% of all responses

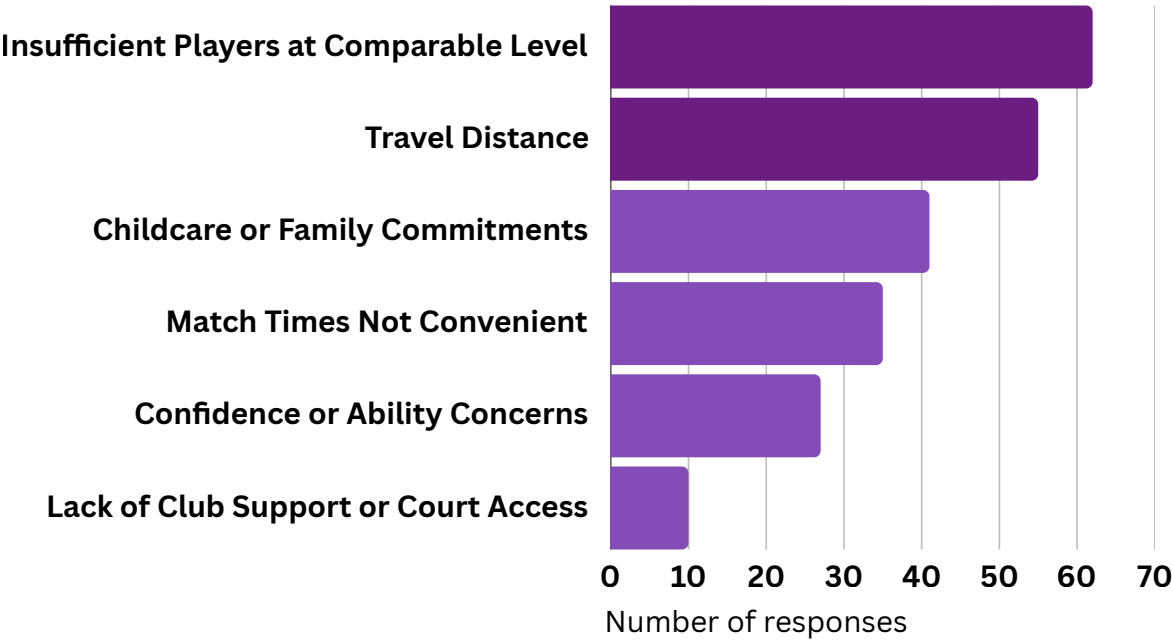
Change to Culture, safety & inclusivity was mentioned in 5% of all responses

Training, coaching & development was mentioned in 5% of all responses

Format, ball choice & match environment was mentioned in 5% of all responses

Recognition & Costs was mentioned in 2% of all responses

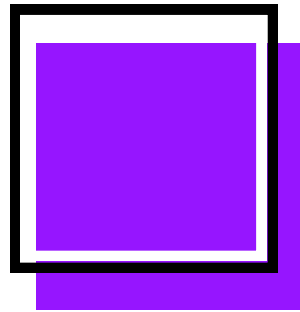
Have you experienced any barriers that make it difficult to take part?



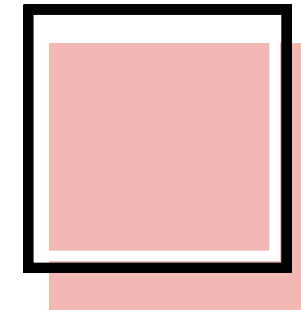
GROWTH FRAMEWORK

This framework brings together the key focus areas to grow women's league squash, by opening access, improving experience, strengthening competition and supporting leadership

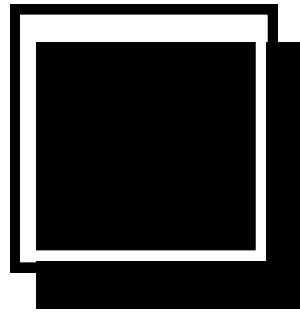
PARTICIPATION
RETENTION
COMPETITION
LEADERSHIP



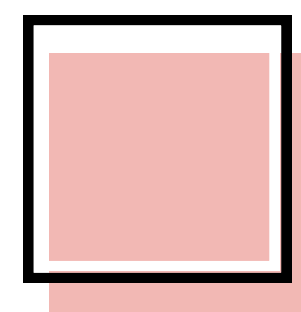
More Women Playing



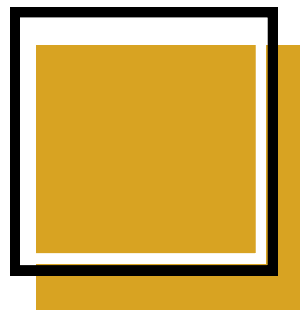
Welcoming Club Culture



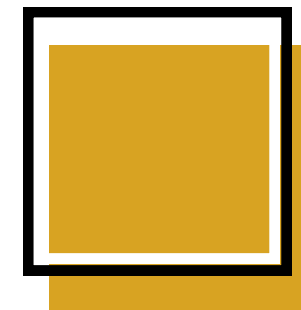
Fair Competitive Play



Easy Entry Pathways



Empowered League Leaders



Connected Womens Leagues

FRAMEWORK 4 PILLARS

Participation – A Space to Play

Removing barriers to league squash by creating welcoming clubs, beginner-friendly sessions and clear pathways into teams, helping more women step confidently onto court.

Retention – A Reason to Play

Building strong community through inclusive cultures, clear communication and formats that fit women's lives, so players feel valued, connected and motivated to return each season.

Competition – A Space to Grow

Promoting ability-matched competition and flexible league structures that build confidence, skill and enjoyment through meaningful, well-matched games.

Leadership – Nurturing Female Leaders

Supporting captains, organisers and coaches with training and networks, empowering women to shape leagues that reflect how women want to play and belong.

PARTICIPATION A SPACE TO PLAY



RETENTION REASON TO PLAY



COMPETITION A SPACE TO GROW

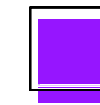


LEADERSHIP BUILDING COMMUNITIES



CALL TO ACTION 2026

In 2026, individuals and clubs can play a direct role in strengthening women's league squash — from creating welcoming sessions to supporting leadership and competition.



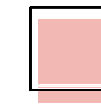
More Women Playing



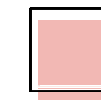
Fair Competitive Play



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Welcoming Club Culture



Easy Entry Pathways



Connected Womens Leagues

You can be one of...

20 women completing online refereeing course with England Squash or World Squash Officiating

20 women who volunteer to take roles of leadership eg. captain a team

10 women to take the Girls In Motion/ England Squash captain course

10 women who complete a England Squash coaching qualification via the LeadHER fund

10 women who volunteer to be point of contact for new players who want to enter league squash

10 women who volunteer to be club champion for social media

5 women who create a captains WhatsApp group for league communications

5 women who volunteer for a league committee member position

Your club can be one of...

3 clubs that create a women only coached session

10 clubs that promote their current session and grow

10 clubs that make courts available for women only sessions

5 clubs who find local leagues and enter womens teams

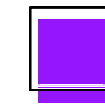
5 who run womens league social nights off season

10 clubs who actively promote their womens league games on social media

5 clubs who create womens club captain position or committee position

CALL TO ACTION 2026

In 2026, leagues and Girls in Motion can take practical, coordinated steps to grow women's league squash — from inclusive formats to stronger leadership and connection



More Women Playing



Fair Competitive Play



Empowered League Leaders



Welcoming Club Culture



Easy Entry Pathways



Connected Womens Leagues

Your League can be one of...

2 leagues who review rules to make it easy for more players to participate

3 leagues that change the format of play for more close competitive matches

2 leagues that create a beginners league format

5 leagues that create a WhatsApp group for league comms

5 leagues that rebrand for clear marketing

2 leagues that host a Girls In Motion/ England Squash captains course

2 leagues that host a marking course

3 leagues that host a summer league

Girls In Motion can...

Provide funding for 10 womens to take coaching qualifications via LeadHER fund

Create a central point of information for womens leagues via Girls In Motion website

Support England Squash in delivering captains leadership courses

Facilitate inter-league comms by engaging and connecting wit league committees

Provide underwriting funding model for clubs to start womens sessions

Workshop league structures with existing or new leagues

Provide grant writing help to clubs, committee and individuals

RESOURCES

To facilitate the growth framework

Girls In Motion have the following resources to facilitate the Womens League Growth Framework

- LeadHER funding for women coaches qualifications
- Start-up support for women-only sessions for clubs
- Facilitate/ fund Leadership & officiating courses with England Squash
- Girls In Motion womens league consultation
- Branding & visibility funding & support to attract players

How can you get involved?

Even small contributions make a big difference

- Take action
- Share insight and feedback from your league with Girls In Motion
- Step into leadership roles or champion womens squash
- Help create or share social media content
- Volunteer with Girls in Motion - Trustee positions available in 2026



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