

### What is the S&RV Talent Development Academy?

The Squash & Racquetball Victoria (S&RV) Talent Development Academy (TDA) promotes and encourages the development of junior squash players through a squad based training environment. The program is aligned to the National Performance Pathway through Squash Australia. Any junior player aspiring to be selected in a National Team will need to be a member of the S&RV Talent Development Academy.

The aim of the TDA is to provide Victorian junior players with a holistic education of the game of squash and the training required to succeed at a national level as they prepare for the Australian Junior Championships in September/October each year.

The TDA is part of a tiered pathway for aspiring squash athletes to assist individuals to reach their highest possible potential in the sport.

Program	Competition	Representative Opportunities
<b>Squash &amp; Racquetball Victoria Academy</b>	<ul style="list-style-type: none"> <li>• PSA World Tour</li> <li>• Australian Squash Tour</li> </ul>	National Team State Senior Team*
<b>Talent Development Academy (TDA)</b>	<ul style="list-style-type: none"> <li>• Australian Junior Squash Tour</li> <li>• State Pennant</li> <li>• Junior Age Tournaments</li> <li>• Graded Tournaments</li> </ul>	National Junior Team National Junior Squad State Junior Team
Regional Academies (currently not active)		
<b>Futures Squad (FS)</b>	<ul style="list-style-type: none"> <li>• Graded Tournaments</li> <li>• Squash &amp; Racquetball Victoria Junior Pennant</li> <li>• Squash &amp; Racquetball Victoria Secondary School Squash Competition</li> </ul>	State Junior Squad Club, school teams
<b>Regional Development Programs</b>		
Club / Venue	<ul style="list-style-type: none"> <li>• Squash &amp; Racquetball Victoria Junior Pennant</li> <li>• Junior In-House</li> </ul>	Club Team

### 2018 Talent Development Academy Team

The TDA management team for 2018 is *Darcy St John, Sam Ejtemai, Vicki Cardwell* and *Garry Pedersen* (background of each team member is detailed on the S&RV website at [participation/juniors/pathways-in-squash](#) ) Other coaches, sports professionals and elite players will be invited to participate in specific sessions during the program.

### How is the State Junior Development Academy linked to State Team Selection?

S&RV would like to highlight that any junior player with the ambition to be selected in the State Team to represent Victoria at the Australian Junior Championships in Darwin in 2018 must be a member of the TDA to be eligible for selection.

Participation and engagement with the training and tournament regime ensures that all athletes reach the level of preparedness to perform in the highest level of competition. In addition to this, Academy training will act as the foundation for players to acquire a broad range of competitive skills and establish a strong sense of connectedness with fellow athletes, supporting both the culture and cohesion of the broader team during events.

### Are training exemptions available?

It is appreciated that various factors such as a player's education, work, external training commitments or distance from events and training may restrict their capacity to attend all designated Academy training sessions. Under such circumstances these players can apply for training exemptions.

Applications for training exemptions will be reviewed for approval by S&RV's High Performance Committee. If sufficient evidence is provided to warrant an exemption the TDA coaches will work with the individual and their personal coach to construct a suitable training/playing plan in conjunction with an agreed number of compulsory TDA training sessions.

### What are the benefits of being a member of the TDA?

The TDA sessions will be designed and built upon a holistic and connected principle focusing on building high performing people across sport and life. Each session will centre on various aspects of performance and technical skills with subsequent sessions building on the knowledge of previous sessions. Athletes will have the opportunity to set personal goals and be supported and monitored to help achieve them.

TDA members will benefit from access to technical and tactical coaching, plus psychological and physical training advice and fitness testing from a variety of accredited coaches and professionals. The TDA team will also work with the athletes that have their own personal coach to ensure they continue to develop as per their training plan.

All TDA members will receive a training shirt which should be worn for all TDA sessions.

### When are training sessions held?

In 2018 training sessions will be as follows:

- 10 sessions on Sundays from 10am – 3pm as per dates below – these are mandatory sessions. \*\*Note January 25 session is a Thursday.

<b>Jan 25**</b>	MSAC	<b>Apr-22</b>	MSAC	<b>Aug-19</b>	MSAC
<b>Feb-18</b>	MSAC	<b>May-13</b>	MSAC	<b>Sep-16</b>	MSAC
<b>Mar-04</b>	MSAC	<b>Jun-24</b>	Wodonga		
<b>Mar-25</b>	Wodonga	<b>Jul-29</b>	MSAC		

### How am I selected for the Talent Development Academy?

The TDA caters for up to 40 juniors in Victoria spread out over the age groups of boys and girls U13, U15, U17 and U19. Applications are available on the S&RV website at <http://www.squashvic.com.au/w/participation/juniors/pathways-in-squash> ) and close on January 9, 2018.

The HP Committee will review applicants based on standard, ranking and attitude then notify successful applicants by 1 February 2018. Under extenuating circumstances (e.g. where there is a potential void in a state team position) a player may join the Talent Development Academy part way through the year.

### What is the training commitment?

In 2018 there will be 10 training sessions throughout the year. To qualify for State Team selection you must meet the minimum training and tournament requirements of the TDA. Training requirements prior to State Team selection are to attend at least 6 of the 8 available sessions. (After the State Junior Team is selected on July 1 there will be up to two additional training sessions, players are expected to attend at least 1 of these – the sessions are separate to the TDA program).

Tournament requirements prior to selection are to play at least 4 of the 6 Victorian junior tournaments. It is also expected that TDA members aged 15 or above play in a regular competition on a weekly basis.

TDA members will be expected to complete Anti-Doping and Integrity (match fixing) training courses applicable for their age group. These online courses are free and are also required for eligibility to compete in the 2018 AJC. For those who completed the courses in 2017 you may not be required to re-do them again in 2018.

### Costs involved

The cost for players to be a part of the 2018 TDA is \$600 if paid upfront (\$400 for each additional child) or \$88/session. The TDA fee covers all sessions from February to October court hire, professional coaching, specialist strength & conditioning, 3 x fitness testing and training shirt.

Upfront fees will be due by March 31 (S&RV will invoice Academy members late February).

### Do I continue to train at my club?

Absolutely! It is important to continue to work with your club coach and club programs once you reach TDA and State Team level.

TDA in 2018 will introduce a unique element to your training and development, which is designed to supplement and enhance your weekly routine and match preparation. It is an expectation of the program that athletes work in conjunction with performance staff to establish clear objectives and training plans, which align closely to the performance aspirations of the individual athlete.

Below is an example of a recommended weekly training regime for an athlete in the TDA who is looking to improve.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Individual or group Coaching Session	Advanced Club Junior Training	Pennant or In-House competition	Advanced Club Junior Training	Training or Tournament	Solo hitting practice or Tournament	Rest Day

### S&RV Futures Squad

For 2018 S&RV will be offering a Futures Squad for players aged 13 and under that are not yet ready to train at TDA level but are interested in developing their squash. The Futures Squad will train alongside the TDA on the same dates (excluding the Wodonga sessions) but training will run from 11.00am – 2.00pm.

Futures Squad activities will be similar to those of the TDA and all members will receive a training shirt that should be worn for all FS sessions. The cost for players to be a part of the 2018 FS is \$250 if paid upfront (\$200 for each additional child) or \$44/session.

**TDA - Application Form**

<b>First name:</b>	<b>Surname:</b>
DOB:     /     /	Contact phone:
Email:	
Coach name:	Coach phone:
<b>First name:</b>	<b>Surname:</b>
DOB:     /     /	Contact phone: (if different from above)
Email:	
Coach name:	Coach phone:
<b>First name:</b>	<b>Surname:</b>
DOB:     /     /	Contact phone: (if different from above)
Email:	
Coach name:	Coach phone:
<b>Club:</b>	<b>Signed:</b> <b>(Player, parent/guardian if until 18 years of age)</b>
<p>I acknowledge that all information in this application is correct. I have read the Guidelines to the Talent Development Academy document and wish to be considered for the 2018 Academy. I accept and understand all responsibilities of the Academy.</p>	

As a general guide to clubs, coaches, parents and players, any junior wishing to apply to join the Talent Development Academy is required to be able to successfully complete the following skills:

1. Minimum of 20 court sprints in 60 seconds or less
2. Correctly serve 7/10 attempts from each service box
3. Continuous volley 5 shots in a row with 1 foot behind the service line
4. Continuously hit 3 shots in a row off the back wall (back wall on the full or 1 bounce)

**Futures Squad - Application Form**

<b>First name:</b>	<b>Surname:</b>
DOB:     /     /	Contact phone:
Email:	
Coach name:	Coach phone:
<b>First name:</b>	<b>Surname:</b>
DOB:     /     /	Contact phone: (if different from above)
Email:	
Coach name:	Coach phone:
<b>First name:</b>	<b>Surname:</b>
DOB:     /     /	Contact phone: (if different from above)
Email:	
Coach name:	Coach phone:
<b>Club:</b>	<b>Signed:</b> <b>(Player, parent/guardian if until 18 years of age)</b>
<p>I acknowledge that all information in this application is correct. I have read the Guidelines to the Talent Development &amp; Futures Squad document and wish to be considered for the 2018 Futures Squad. I accept and understand all responsibilities of the Futures Squad.</p>	