

Squash SA was successful in receiving a grant from the Office for Rec and Sport to run a program to benefit under achieving high school students by integrating them into a club environment with the reward of free squash.

The grant was worded with an emphasis on combining squash and mentoring programs in a multi-faceted approach to changing lives of at risk young people and minority groups.

Squash SA originally planned on contracting a program coordinator to oversee the program with a squash player mentor working with each teacher in every program.

The positions of coordinator and mentor were advertised on employment sites and across the squash community. Unfortunately no suitable coordinators applied and only one person was interested in being a mentor so Squash SA had to go back to The Office for Rec and Sport and “re scope” the program.

The plan is now to break the program into small chunks at club level and allow coaches to apply for funding to run manageable sized programs themselves.

Coaches can complete the EOI that is included in this document to apply for funding and resources to administer and run after school squash programs.

The programs will be free of charge to students and schools in the effort to increase awareness of the sport and your club.

All coaches will be required to run a 10 week program consisting of 2 weeks of coaching and training and then an 8 week competition schedule. The program can be run over or split between school terms. It is recommended that sessions take place between approximately 4 - 5:15pm on a weekday, but can't be run in school hours or for a PE class.

Sessions should be a total of 75 minutes in length made up of 1 hour of squash and a 15 minute mentoring session that can be run before or after the squash session. The mentoring session will provide young people with a chance to ask questions in an open relaxed environment away from their parents and teachers. A simple 15 minute catch up each week where the coach asks how the students are going with school work, home life etc. can provide an outlet in a comfortable non-threatening environment.

It is envisaged that a coach who builds a relationship with students away from the school environment through a fun sporting channel can help students form positive study and life habits. This relationship with the coach may also provide an inroad for the transition of a high school student into a future squash club member.

Coaches will be provided with a basic tool to measure students study habits, time efficiency and hopefully grade improvements as well as positive interactions with their parents and members of the community.

At the end of the program we hope to see a number of participants choose to join a healthy club environment that could provide structure, support and positive role models to shape their future habits and behaviours. Squash is often labelled "the healthiest sport" because of its physical and psychological attributes.

Squash SA's target is to have up to 9 coaches running 1 program each engaging 8 to 12 students each with a total of approximately 100 new young people involved in squash across South Australia.

Timeline for program delivery

May 2018	Program advertised to Squash SA coaches EOI's available on Squash SA website
Late May 2018	Close of EOI's and successful coaches notified Payment of \$650 made to coach for court hire costs and incidentals Squash SA to order 8 racquets and eyewear to assist the delivery of the program that will be loaned to the coach
Early June 2018	Coaches to call high schools within close proximity to squash courts and introduce themselves in order to find out PE Coordinators name, mobile and email address Coach to send generic program letter via email or print and drop off to school introducing the program
Mid June 2018	Coaches request brief meeting with PE Coordinator or principal to explain the benefits of the program to troubled, distracted or disengaged high school students
Late June 2018	Coaches organise visit to the school in lunch time to show interested students a brief video of squash and give students a chance to meet them and ask questions about the sport
Early July to Late September 2018	Commence program with a 2 week learn to play block including basic coaching around rules and where to hit the ball Coaching sessions to be based on rules and tactics, not technique as we don't want students feeling they are in a learning environment Once the 2 week learn to play has begun coaches may invoice Squash SA for a \$300 admin fee for attempting to set up the program After the 2 week learn to play block there will be an 8 week competition block Depending on numbers this block can be organised into individual, team or weekly round robin competition Coaches may invoice Squash SA for 50% of completed coaching services mid program
After the program has been run	Coach to complete basic reporting template on the success of the program Coach to invoice Squash SA for the remaining 50% of coaching services Once reporting template has been received by Squash SA an incentive payment of \$200 will be made to the coach if they attracted 8 or more players and retained 50% or more Coach to return rackets and eyewear to Squash SA

Allocation of funds

Court hire	\$650 made to the coach to cover court costs and incidentals (max. 4 students per court)
Coach admin fee	\$300 paid to the coach to cover admin, meeting, travel to schools and set up time. Instructions on the recommended way to contact schools will be provided
Coaching fee	\$50 per session (10 sessions per program) to cover coaching and mentoring time
Incentive payment	\$200 paid to a coach that gets 8 or more students in a program and can hold more than 50% for the 10 weeks
Equipment	Squash SA will provide 8 rackets and 8 pairs of eyewear for each program which will need to be returned after the 10 weeks

Squash SA High School Program Grant Expression of Interest 2018

Coach name: _____

Centre program is to be run at: _____

High Schools to be contacted: _____

No. of courts available for the program:
(based on \$65 per week allocated for court hire and 4 players per court): _____

Likely day and time of sessions: _____

Likely terms and weeks of delivery: _____

Expressions of interest close May 25 and can be to be sent to:

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