



Guide to the Squash SA 2017 State Junior Development Squad

What is the State Junior Development Squad?

The Squash SA State Junior Development Squad 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 Squash SA State Junior Development Squad. Participation in Development Squad training sessions and activities will prepare players for the type of training and competition environment they can expect to be exposed to in national programs, it will also give them the opportunity to be introduced and exposed to state and national coaches.

How is the State Junior Development Squad linked to State Team Selection?

Squash SA would like to highlight that any junior player with the ambition to be selected in the State Team to represent South Australia at the Australian Junior Championships in Victoria (Sep 30-Oct 8, 2017) must be a member of the Development Squad to be eligible for selection. This criteria is vital to ensure all State Team members are committed to a training and tournament regime that will prepare them for competition at the national arena. To achieve this level of preparedness, all squad members will be expected to participate in a minimum number of training sessions, South Australian junior and South Australian senior tournaments as determined by the Development Manager and the Squash and Racquetball Committee.

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 squad training sessions. Under such circumstances these players can contact the Development Manager and apply for training exemptions which may also result in a reduction of fees depending on individual circumstances.

Applications for training exemptions will be reviewed for approval by the Development Manager and the Squash and Racquetball Committee. If sufficient evidence is provided to warrant an exemption the Development Manager will work with the individual and their coach to construct a suitable training/playing plan in conjunction with a certain number of compulsory Development Squad training sessions.



What are the benefits of being a member of the State Junior Development Squad?

Development Squad members will benefit from access to a number of resources through Squash SA such as access to specialist coaching, advice on physical fitness training and individualised skills programs if requested in writing.

The Squash SA State Junior Development Squad creates a dynamic and supportive team training environment.

Players are offered technical, tactical, psychological and physical training advice from a variety of South Australia's professional squash coaches. The Development Manager also works with the athletes that have their own personal coach to ensure they continue to develop as per their training plan.

When are training sessions held?

In 2017 training sessions will be conducted in a variety of different formats.

- Trainings will be once a month for a full day on a Saturday from February to September (excluding July)
- A 2 day training camp in July
- Four (4) weekly training sessions on Friday evenings leading up to the SA Junior Age (June 10-11)
- Five (5) weekly training sessions on Friday evenings leading up to the Australian Junior Championships (Sep 30-Oct 8).

The weekly evening sessions will run from 4:30-6pm at a central Adelaide location.

A full calendar of training dates is posted on the Squash SA website and once court bookings are confirmed venues and times will also be posted in a separate document. Both documents will be posted on the Squash SA website under Participation/Juniors/State Junior Development Squad.

The aim of the State Junior Development Squad is to provide South Australian junior players 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.

Squash SA is committed to providing pathways for squash players from junior club programs to the professional level. Significant financial resources subsidise these programs to reduce costs for both athletes and families.

In 2017 there has been a reduction in training sessions due to a reduction in funding from Squash Australia and a further reduction in junior squash sponsorship.

Development Squad members that have aspirations and goals to follow the national pathway and represent Australia in National Junior Teams are encouraged to apply for the Squash SA Elite Talent Squad (ETS). The ETS offers up to 8 athletes up to \$3,000 funding as well as individual coaching, training facilities and individual periodised programs. ETS players will have the opportunity to work closely with Squash Australia National Talent Development Coaches when they are in Adelaide.



How am I selected for the State Junior Development Squad

The Development Squad caters for up to 40 of the best juniors in SA spread out over the age groups of boys and girls U13, U15, U17 and U19. Applications are available on the Squash SA website under Participation/Juniors/State Junior Development Squad and close on February 24, 2017.

The Development Manager and Squash and Racquetball Committee will select the squad based on standard, ranking and attitude then notify successful applicants by March 17, 2017.

Under extenuating circumstances (e.g. where there is a potential void in a state team position) a player may join the State Junior Development Squad part way through the year.

What is the training commitment?

In 2017 there will be **7** training sessions prior to State Team Selection in June. After the State Junior Team is selected in June there will be **10** training sessions. To qualify for State Team selection you must meet the minimum training and tournament requirements of the Development Squad. Training requirements prior to State Team selection are to attend at least **four (4)** of the **seven (7)** available sessions.

Tournament requirements prior to selection are to play **two (2)** of the **three (3)** South Australian junior tournaments and **two (2)** out of the **three (3)** South Australian senior tournaments.

Junior tournaments that qualify are: South Adelaide Silver, Barossa Silver & Ingle Farm Silver.

Senior tournaments that qualify are: Ingle Farm Open, Next Gen Stepney Tournament & South Adelaide Open.

Training and tournament requirements post State Team selection will be outlined by the State Senior coach in the State Team Handbook after the senior coach has been appointed.

It is expected that Development Squad members aged 15 or above play in a Squash SA recognised Pennant competition on a weekly basis.

National Policy

Squad members must adhere to the Squash Australia 'Code of Behaviour' and 'Anti-Doping Policy.'

Costs involved

The cost for players to be a part of the 2016 State Junior Development Squad is \$350 (\$300 for each additional child). The Development Squad fee covers all sessions from February to September court hire, professional coaching, food at camps and training shirt. [New Development Squad members and existing members that have out grown their hooded jumper will need to purchase a new one at the subsidised price of \\$50.](#) Squad fees will be due by March 17, 2017 (Squash SA will invoice squad members late February).

Do continue to train at my club?

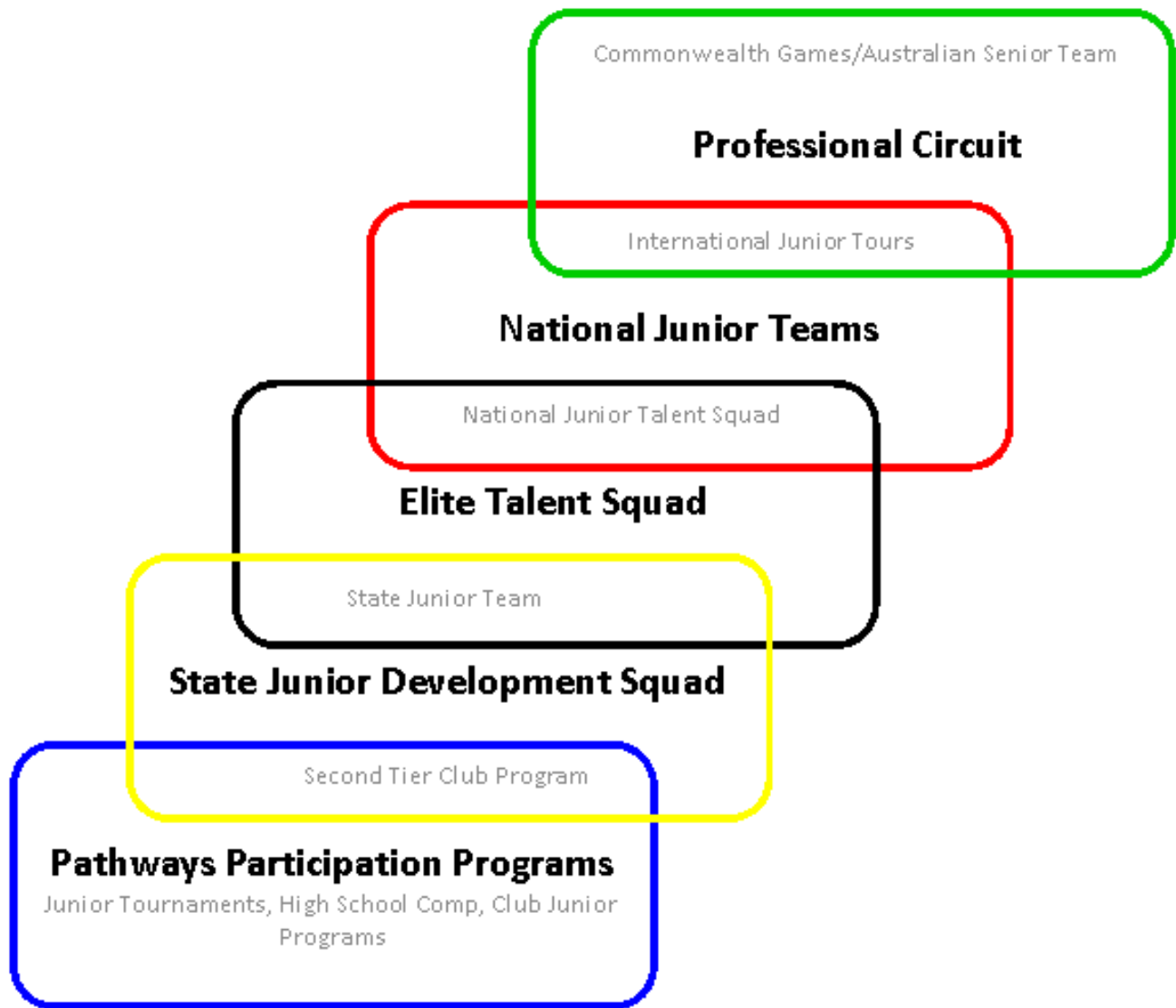
It is important to continue to work with your club coach and club programs once you reach Development Squad and State Team level. Below is an example of a recommended weekly training regime for an athlete in the Development Squad who is looking to improve. It is important to recognise that Development Squad training should only be a supplement to your regular club training and squash activities, and should not simply replace what you have been doing in the past.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Individual or group Coaching Session	Advanced Club Junior Training	Pennant or In-House competition	Advanced Club Junior Training	Development Squad North Training or Tournament	Solo hitting practice or Tournament	Rest Day

Please be aware there is also a new process involved in applying for the State Junior Development Squad where a player requires the endorsement of their club based on attitude, appropriate standard and the skills tests included in the Development Squad application form.



2016 Squash SA Performance Pathways Model



The above diagram illustrates how Development Squad players should continue their involvement in local club training programs.

If you have any questions please contact James Rogers Squash SA Development Manager on:

P. 8277 2522

M. 0401 902 571

E. james.rogers@squashsa.asn.au

Development Squad time line

