



2018 National Junior Squad Camps

8 National Junior Camps

WHY?

- ▶ To build rapport and facilitate an open learning environment between all coaches to understand different training ideas and align HP programs in similar direction while encouraging each programs unique attributes
- ▶ To work together united in a common goal - Develop successful high performance people and squash players
- ▶ To help build rapport between National and State Coaches and improve relationships with athletes through more exposure
- ▶ Share and collaborate ideas on building our players to meet high standards on track for international success
- ▶ Gain valuable insight into the HP pathway of each state
- ▶ Identify talent to invite to NTC for training blocks

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HOW?

- ▶ SA to facilitate with each State camp in 2018
- ▶ National Coach and NJC from each State to collaborate with local State and regional coaches to run camp. Utilizing content from everyone involved
- ▶ Athletes to complete a common training diary that would encourage habits for use of AMS
- ▶ Gain valuable direction and clear information on the standards required for National Team selection
- ▶ Saturday and Sunday camp open to all State squad players
- ▶ SA to host open training camp
 - ▶ Junior players to have a first class experience at the new National Training Center and facilities.

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WHEN?

- ▶ National Coach to work with State representatives to lock in dates
- ▶ NTC open camp TBD