Athlete Support Service

Squash Australia has secured Athlete support from various service providers. We think of these services as the team behind the team, delivering a range of performance-impacting solutions.

Squash is a physically demanding sport requiring high levels of fitness, strength and conditioning and physiotherapy. Performance psychology, Performance Nutrition, Sports Medicine and Performance Analysis all provide important services as part of a multi-disciplinary programme, with the latter providing valuable information for athletes and coaches and facilitating the analysis of opponents for competition.

Strength and Conditioning

Strength and Conditioning is the physical and physiological development of athletes for elite sport performance. They also help athletes with injury prevention and proper mechanics within their sports performances.

Giovanni Capello is Squash Australia's lead in Strength and Condition and oversees all the players at the NTC's programmes. He works in conjunction with their tournament schedule to ensure that they are properly prepared.

Physiology

Sports physiology is the study of the long-and short-term effects of training and conditions on athletes. This specialized field of study goes hand in hand with human anatomy. Anatomy is about structure, where physiology is about function.

Lachlan Johnston is the lead Physiologist and tests the athletes and prescribes programmes to meet the demands of squash. Lachlan also helps set the fitness standards for our squash players

He has also played a vital role in doing research in training loads of our players which will enable us to better aid our players in reaching their goals.

Psychology

Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations.

Gemma Harangozo from Queensland Sport Psych is working with our players at the NTC. The players are working on what it means to be a professional athlete and the demands that brings with.

Physiotherapy

Sports Physiotherapy is the specialised branch of physiotherapy which deals with injuries and issues related to sports people. Sports injuries do differ to everyday injuries. Athletes normally require high level performance and demand placed upon their body, which stresses their muscles, joints and bones to the limit. Sports physiotherapists help athletes recover from sporting injuries, and provide education and resources to prevent problems.

Shane Lemcke is the lead in physiotherapy for Squash Australia and provides our athletes with fast and reliable service. Athletes require immediate attention when they get injured and Shane Lemcke has already made a huge difference.

Medical

Sports medicine, also known as sport and exercise medicine (SEM), is a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise.

Jeff Conn is the lead on the medical side and he is available if any of our athletes need sport specific medical advice and services.

Personal Excellence

The athlete of today lives in a world where there is greater scrutiny and pressure on all areas of their life. It is important the athlete is armed with knowledge and skills to understand the decisions they may make along the high performance pathway can impact on their performance. The Australian High Performance system is about consistent and sustainable success for athletes and equipping them to manage their high performance journey and achieve life ambitions.

Lawrence Fabian is Squash Australia's preferred practitioner in Personal Development and is based at QAS.

Support Service	Lead	Frequency
Strength & Conditioning	**Giovanni Capello**	1 per week
Physiology	**Lachlan Johnston**	3 Tests a year
Psychology	**Gemma Harangozo**	1 per month
Physiotherapy	**Shane Lemcke**	As needed
Medical	**Jeff Conn**	As needed
Personal Excellence	**Lawrence Fabian**	As needed