

Squash SA State Junior Team 2019

Parent and Athlete Information Handbook

2019 AUSTRALIAN JUNIOR CHAMPIONSHIPS

Devonport

To Parents/Guardians of State Junior Team representatives

The Squash SA State Junior Team Parent Handbook has been prepared to provide all State Junior Representatives with preliminary information pertaining to the 2019 Australian Junior Championships scheduled for Devonport from September 27 to October 5 2019 (including travel).

State Team Officials (extract from AJC State Team Policy SSA-002)

It is desirable the Squash SA State Team Officials will be represented by an even balance of both males and females. This year the Squash SA State Team will include the following Officials:

- Team Manager – Leanne Shouksmith
- Senior Coach – James Rogers
- Assistant Coach – Vicki Cardwell
- Team Cook – Matt Evans

All officials have obtained a DCSI working with children clearance.

Squash SA Funding Support (extract from AJC State Team Policy SSA-002)

Squash SA supports the Junior State Team with financial assistance each year. Squash SA funding will cover the following State Team Expenses:

1. Entry fee for the teams events (\$450 per age group X 4)
2. One (x1) State Team shirt and one (x1) pair of shorts for State Team members.
3. Travel, accommodation, State Team uniform and honorarium payment for State Team Manager (x1), Senior Coach (x1), Assistant Coach (x1), Team Cook (x1).
4. Travel, accommodation and food allowance for the Squash SA nominated referee for the AJC.

This funding support equates to approximately **\$16,000** per year which would be otherwise passed onto the players.

Composition of State Junior Team (extract from AJC State Team Policy SSA-002)

- A complete team comprises two (2) male and two (2) female players in each of the four (4) age groups (13YAG, 15YAG, 17YAG and 19YAG) – totalling 16 players
- At the discretion of the Squash & Racquetball Committee, fewer players may be nominated to represent South Australia, particularly when there are insufficient players in various age groups.
- At the discretion of the Squash & Racquetball Committee, extra players may be added to increase team numbers. If this is the case no more than three (3) male or three (3) female players will be nominated in each age group (unless approved by the Squash SA Board).
- The team line-up will be determined by the Team Manager and Coaches. Team Order will be announced prior to the Teams Event on October 2nd.

2019 South Australian Junior State Team

Girls	Boys
Alex Haydon	Will Sheasby
Remashree Muniandy	Joel Haydon
Kate Winters	Thomas Searles
Aimee Treloar	Finlay Watson
Dakshyani Muniandy	Jasper Stokoe
Charlotte Evans	Nathan Marshall
Katlyn Hall	Chathula Kiripitage
	Aryan Madan
	Aidan Finlay-Mulligan
	Ciaran Shouksmith

Team Member Travel Expenses

All team members must meet all financial obligations relating to the Squash SA state team tour. All expenses must be paid, or payment arrangements agreed upon, thirty (30) days after receiving an invoice from Squash SA (invoices will be sent mid-October). Athletes not meeting this financial obligation may be withdrawn from Squash SA Representative Teams in the future.

Note: In some circumstances an athlete may be unable to have all financial obligations paid to Squash SA - the CEO may consider a mutually agreed repayment plan.

Payment

The total cost of this trip per team member is estimated to be around \$1,500. This amount will vary based on an individual's uniform requirements, tournament merchandise purchased and the price of food etc. in Devonport.

All \$800 deposits are due to be paid by direct deposit to the Squash SA bank account by August 12th 2019. Bank Account details are: BSB: 015225 ACC. No. 900210257
Squash SA will individually invoice players mid-October to recover the balance of costs and payment must be made within 30 days of receiving an invoice.

Travel Policy

- All athletes must travel to and from the tournament as a team and must stay at the arranged accommodation and eat the team meals (dietary needs will be accommodated).
- Parents are not permitted to travel with the team without prior approval from the Senior Coach.

Team Uniform

The official colours for State representation are: navy blue, red and yellow.

- All athletes are required to wear the official State Team Uniform as directed by the State Team Officials i.e. travelling to and from the event, during the Teams Event and Team photos.
- The uniform design will remain fixed for a two-year period in an attempt to save money (2019 being the first year of the design and period).
- The State Team shirt and shorts (or dress) are not to be worn until the Teams Event unless a player makes the final of the individual event. The State Team hoodie and track pants are the only jumper and long pants that can be worn at the playing venue for both the individual and teams events. Once players get back to the accommodation they may change into any appropriate clothing they wish.

Tournament Updates and Results

Parents will be able to keep updated with match and team results throughout the tournament by accessing the tournament on Sporty HQ by searching Australian Junior Championships 2019.

Venue

Devonport Squash Centre, 34 Forbes Street Devonport

Travel Plans

All players and officials are required to meet upstairs near the Qantas check-in at 5:20am so we can all check-in together as a group. Flights to and from Devonport are:

ADL-MEL 27/9/19 QF 674 6:40am - 8:30am

MEL-LST 27/9/19 QF 2283 11:50am- 1:05pm

LST-MEL 5/10/19 JQ 744 6:15pm – 7:20pm

MEL-ADL 5/10/19 JQ 776 9:15pm – 10:05pm

Once we arrive in Launceston we will get our 2 x 12 seater mini buses and drive 1 hour to Devonport. Practice courts will be organised at the playing venue for the afternoon we arrive.

We will then check into the accommodation where we will be staying for the duration of the trip.

All team members and officials are required to travel in the State Team hoodie, State Team track pants, black or blue shorts/skirt and the 2019 Development Squad shirt.

All transport within Devonport will be supervised by State Team officials either walking in groups or on the mini buses we have hired.

Format of tournament

The individual event will be held from September 28 to October 1. The individual presentation dinner is on the evening of October 1, more info to come once Squash Australia announces it. Tickets are normally around \$55 each and players need to buy them when they enter the tournament. Extra tickets can be purchased through Squash Australia's e-shop on their website www.squash.org.au

There is a rest day on October 2 where we will split into 2-3 supervised groups for activities and sightseeing.

The teams event will be held from October 3 to 5 (1 day shorter than usual).

As soon as the teams event concludes on October 5 we will drive back to Launceston for our flight home.

Accommodation

All accommodation is the Barclay Motor Inn, 112-114 North Fenton Street Devonport.

There is an indoor heated pool and a tennis court.

Athletes are required to stay with the group.

Parents may book accommodation at the same venue, but will not be allowed to stay in athletes rooms (unless they are an Official Squash SA representative).

All players should remember that we are staying in a public facility and emphasise that courtesy and respect for others and for property is a high priority when at the accommodation.

Meals

Most meals (breakfast and dinner) throughout the tournament will be prepared and provided by the Team Cook. Players will need to purchase their own lunches at the tournament venue from the fundraising canteen. Around \$12 per day should be adequate.

Special dietary requirements can be accommodated if prior notice is given to the Senior Coach or Team Manager. Athletes are expected to eat breakfast and dinner together as a team throughout the whole event. Players will need to bring money for sports drinks at the tournament venue and any other snacks etc. they would usually purchase.

Over the course of the tournament the team will eat out at an appropriate restaurant for one dinner. The team cook will use a credit card to pay for the whole team's meals and this amount (\$15-\$20 per head) will be added to the total cost of the trip and reflected in your invoice that will be sent out mid-October.

A roster will be created for team athletes to take turns washing the breakfast and dinner dishes in their rooms.

What to Bring

- Squash gear (2 to 3 of the same or similar style of racquets with good strings/grips).
- Change of clothes for two matches per day. Players will be required to shower after each match. Players that sweat a lot may need extra shirts per match

- State Team shirts and shorts or dress can't be worn until the teams event (unless a player makes the individual final)
This means that players will need to pack other clothes with either the Squash SA or home club logo on them. Uniforms or clothes from other states/countries are not allowed because players are there representing SA
- Toiletries
- Spare towel
- State Team Uniform (shirts, shorts or dress)
- On the 'rest day' and at other times, players may wish to spend money on snacks, shopping or on entertainment. This will be at the player's expense. The Team Manager or Coaches can look after any money for safekeeping if required
- Drink bottle
- Medication or asthma plans if required. Please inform Team Manager if you have any medication with you
- Any homework you wish to do
- Casual clothes

Code of Conduct

All athletes representing their State and Squash SA, will be expected to abide by and sign the Code of Conduct outlined below and return it to the Senior Coach before travelling to Devonport.

Athletes Roles and Responsibilities

The athletes shall:

- Train for maximum performance.
- Attend all compulsory training / Sport Science / Sports Physiology sessions as determined by the Senior Coach.
- Carry out the instructions of the Team Manager and Senior Coach or those who are in authority at that time.
- Return appropriate information and forms to Squash SA as required enabling the efficient administration of the arrangements and uniform.
- Advise the Team Manager and Senior Coach of any change in fitness or any other factor likely to affect personal performance and compatibility with the team.
- Represent Squash SA with all their good qualities and sportsmanship.
- Wear the appropriate uniform as instructed, or respond to the dress guidelines as instructed. Neat and appropriate squash attire (no offensive or ripped clothing) is to be worn. State Team playing shirt and shorts are NOT to be worn during the Individual's event unless you make the finals.
- Understand and sign the Information and Consent Forms for the trip. Athletes under 18 require a parent or guardian to countersign.

- Not carry out any activities injurious to health. Smoking and partaking of alcohol or drugs is not permitted.
- Maintain appropriate eating habits/diet and maintain their standards of personal hygiene and appearance.
- Travel and stay with the team.
- Be prepared to undergo a drug test if required by ASADA or the Tournament Director.
- Athletes must stay at the designated team accommodation at all times unless accompanied by a team official.
- Submit a medical fitness report taken in the final week prior to departure if required by the Senior Coach.
- An athlete taking medication must advise the Team Manager and Senior Coach immediately so that the drug can be checked with the banned ASADA list.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Use of bad language, verbal abuses of officials, sledging other players or deliberately distracting or provoking an opponent are not acceptable or permitted and will result in consequences (determined by Team Manager and Senior Coach).
- Players who are awarded conduct penalties against them for dissent, language, racquet abuse etc. will be sat out of matches and potentially sent home at the athlete's own expense.
- Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good performances whether they are your team or the opposition.
- Treat all participants in your sport, as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Any athlete found to be in breach of the code of Conduct will incur disciplinary action which may result in being sat out of matches, or sent home at the athlete's own expense.
- All team members are expected to support their State and their fellow team members at the competition venue when not competing themselves.
- Behaviour at the accommodation is expected to be at the highest level at all times.
- Players are expected to be back in their rooms by 10:00pm each night at the latest, lights out is at 11:00pm (earlier for younger players).
- Social Media:
 - a. players must not make, issue, authorise or offer any public criticism or statement or endorse any public criticism or statement, which does or may reasonably be expected to have a prejudicial effect on the interests of Squash SA (including its members, volunteers or employees)
 - b. players may discuss performances on social media and make public comment in relation to Squad Activities but shall not under any circumstances comment adversely on the performance of any other player, or the general conduct of a Squad/State Team.
 - c. Players must be respectful of all individuals, races, religions and cultures. How you conduct yourself online not only reflects on you – it also reflects directly on the sport, your state, Squash SA, your parents, club and individual coach.

I _____

Accept the above behavioural expectations and agree to the Code of Conduct involved in being a part of the 2019 Junior State Team Travelling to Devonport for the AJC 27/9/2019 – 5/10/2019.

I will also accept the decisions made by the Team Coaches and Manager if I breach any of the above conditions.

Signed: _____ Date: _____

Signed (Parent/Guardian): _____ Date: _____