



Guide to the Squash SA 2020 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. Any junior player aspiring to be selected in a State or National Junior 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 higher level 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 Junior Team that represents South Australia at the Australian Junior Championships in Canberra (Sep 26-Oct 4, 2020) must be a member of the State Junior 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 and to build team cohesion. 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, club 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. 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/tournament 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?

The Squash SA State Junior Development Squad creates a dynamic, fun 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?

- Saturday afternoon sessions at Squash SA affiliated venues
- Summer Camp at Karadinga in January and a camp in April at Anvers Winery which will cost approx.\$30 per player

A list of training dates and venues is posted on the Squash SA website at:

<http://www.squashsa.asn.au/w/participation/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.

How am I selected for the State Junior Development Squad

The Development Squad caters for up to 25 of the best juniors in SA spread out over the age groups of boys and girls U13, U15, U17 and U19. Juniors can apply for the squad if they have been a member in previous years, or can be recommended by an accredited South Australian coach. Applications close on Friday February 21, 2020.

The Development Manager and Squash and Racquetball Committee will select the squad based on standard, ranking and training attitude, then notify successful applicants at the end of February.

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

What is the training commitment?

In 2020 there will be **8** training sessions plus a training camp prior to State Team Selection (which occurs directly after the SA Junior Age on July 4-5). After the State Junior Team is selected there will be another **6** training sessions. To be eligible 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 **eight (8)** available Saturday afternoon training sessions.

-Tournament requirements prior to selection are to play at least **five (5)** of the scheduled **ten (10)** South Australian junior and senior tournaments.

Junior tournaments that qualify are: Somerton Junior Bronze (March 15), Ingle Farm Junior Silver (March 29), Barossa Junior Bronze (April 19), Whyalla Junior Silver (May 9-10), Clare Junior Bronze (May 24) and South Adelaide Junior Silver (June 14).

Senior tournaments that qualify are: Ingle Farm Open (Feb 21-22), SA Racquetball Championships (March 7-8), Campbelltown Open (April 3-4), Whyalla Open (May 9-10).

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 2020 State Junior Development Squad is \$250. The Development Squad fee covers all sessions from February to September court hire, professional coaching and training shirt and hooded jumper.

Squad fees will be due in March 2020 and Squash SA will invoice parents.

Do continue to train at my club?

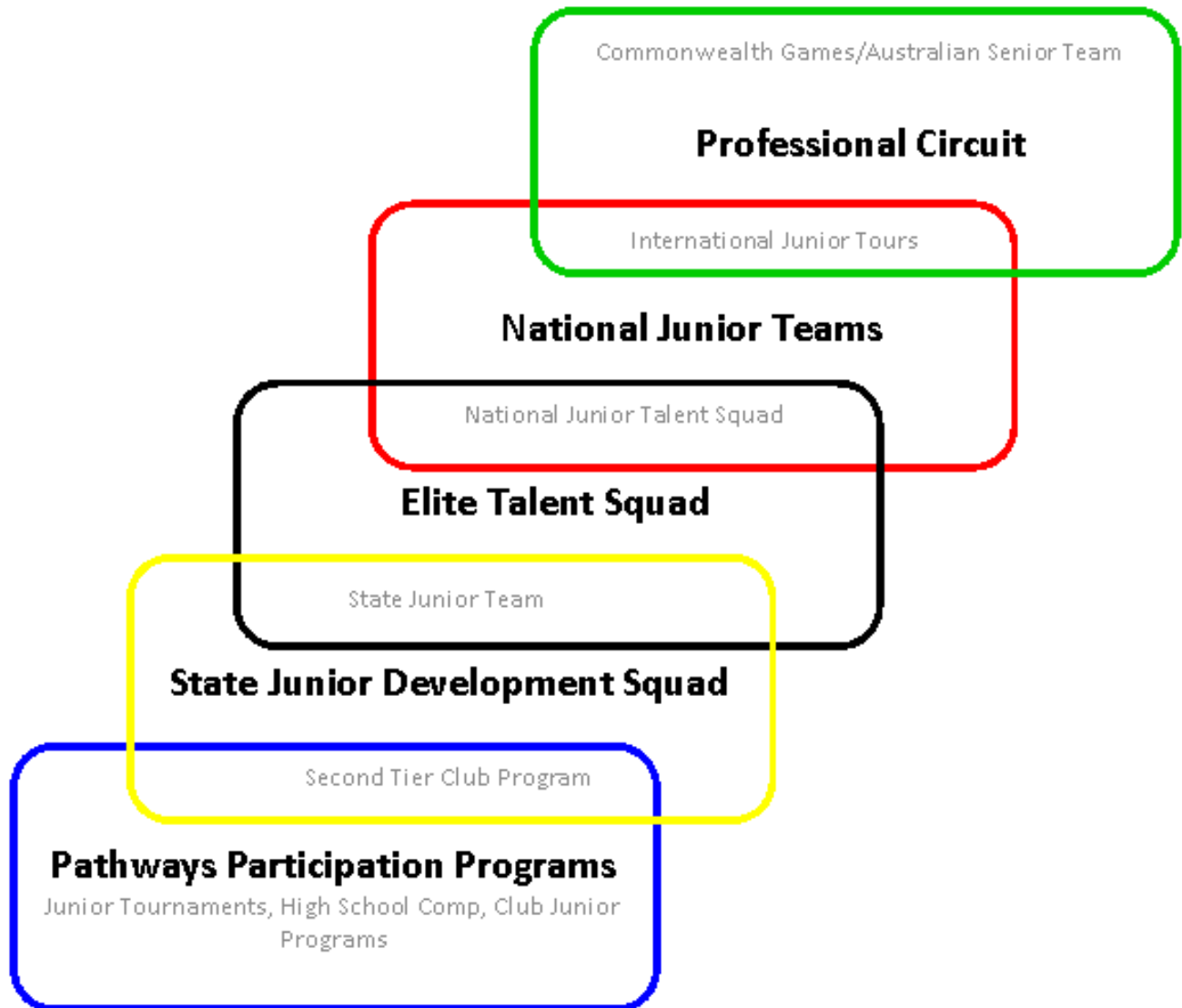
It is important to continue to work with your club coach and program once you reach Development Squad and State Team level. Below is an example of a recommended weekly training regime for an athlete in the Development Squad who is looking to improve. It is important to recognise that **Development Squad 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	Older players only: fitness work	Pennant or In-House competition	Advanced Club Junior Training		State Junior Development Squad	Tournament when scheduled



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

2020 Squash SA Performance Pathways Model



To apply for the 2020 State Junior Development Squad please talk to your club coach or fill out the application below

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

P. 8276 4054

M. 0401 902 571

E. james.rogers@squashsa.asn.au

2020 State Junior Development Squad – Application Form

First Name: _____

Surname: _____

Male Female (please circle) DOB: ____/____/____

Mobile: _____ Email: _____

Street & no. : _____

Suburb: _____ P/C: _____

State Junior Ranking: _____ National Junior Ranking: _____

Club: _____

I _____ acknowledge that all information in this application is correct. I have read the Guidelines to the State Junior Development Squad document and wish to be considered for the 2020 State Junior Development Squad. I accept and understand all responsibilities of the squad.

Signed: _____ Date: ____/____/____

Signed parent or guardian: _____ Date: ____/____/____
(If under 18 years of age)

Club endorsement (to be signed by an accredited coach at the players club)

As a general guide to clubs, coaches and players, any junior wishing to apply to join the State Junior Development Squad is required to be able to successfully complete the following skills tests as a minimum standard.

An accredited coach needs to carry out the testing and sign off on them below:

- 1. Minimum of 20 court sprints in 60 seconds or less
- 2. Correctly serve 7/10 attempts from each service box
- 3. Continuous volley 5 shots in a row with 1 foot behind the service line
- 4. Continuously hit 3 shots in a row off the back wall (back wall on the full or 1 bounce)

I _____ of _____ Squash Club recommend the above player based on attitude and appropriate standard for the 2020 State Junior Development Squad.

Signed: _____ Date: ____/____/____

The 2020 Development Squad Fee is \$250.00 for all training sessions, shirt and hooded jumper (excluding a camp in April) Invoices will be sent in March.

Expression of Interest

- I wish to be considered for the 2020 State Junior Development Squad and have read the Guide to the State Junior Development Squad
- I am interested in attending the 2020 Oceania Junior Championships April 10-13 Gold Coast (This tournament will cost approximately \$850 per player for flights, food and accommodation)
- I am interested in attending the Victorian Junior Age Event June 22-23 (This tour will cost approximately \$180 per player for travel, food and accommodation)
- I am interested in attending the Australian Junior Open July 9-12 (This tour will cost approximately \$850 per player for flights, food and accommodation)

My squad training shirt and hooded jumper size is:

Men's XS S M L

Women's 8 10 12 14

Please return to Squash SA via scanned email or mail by February 21, 2020.

James Rogers
Development Manager
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