



Guernsey Performance Squads

Selection Criteria

With Guernsey competing in the European squash championships, Island Games, Inter Insular & other competitive events, it is important to provide an environment where players on the island can fulfil their potential and represent the island to the best of their ability.

The Guernsey Performance squads will be made up of the islands top players (For their competition group, i.e. masters, mens, ladies & juniors) to allow a healthy and driven training environment for all involved. There will be select training sessions and clinics aimed at performance squad players throughout the season.

Both junior and senior squads will be selected on an invitational basis only. This will be based not only on results in leagues and competitions, but also players' commitment to improving themselves and taking responsibility for their progression.

Outlined below are the expectations we have of players wishing to be part of the junior and senior national squads, with a view to representing Guernsey at tournaments and events.

Guernsey Performance Squads – Selection Criteria:

- Players must be fully paid up members of the GSRA & adhere to all relevant policies and codes of conduct.
- Players will be expected to support all Guernsey Squash events including: Leagues, Championships, Training sessions etc. Merit will also be given to players competing in UK tournaments and county championships and events – this is encouraged.
- If residing off island, players must prove to the selection committee that they are committing to a similar **or higher** standard of competition and training. These players will still be expected to participate in Guernsey Squash competitions where reasonably possible.

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GUERNSEY
SQUASH &
RACKETBALL
ASSOCIATION

Guernsey Performance Squads

Selection Criteria

Players must take responsibility for their training and development, showing commitment to all aspects of their sport including:

- Technical and Tactical development through training
- A strong will to improve and a high work ethic
- Physical readiness & wellbeing for squash (in both physical training and nutrition to prevent injury and perform at the best of their ability.)
- Regular competition on Island at a competitive level (Premier Squash League, Island team league, Island open and closed championships etc.).
- Players will be required from time to time to meet with the Director of Guernsey squash to discuss their on-going progress and outline where improvements in their training could be made
- Players will be expected to keep up with current rules/regulations of the game and have a good understanding of refereeing the modern game of squash. (this can be through watching high-level squash/refereeing and undertaking refereeing courses/seminars when they come about).