



EDUCATION NEWSLETTER

NOVEMBER 2020

Welcome to your Education newsletter. Bringing you all the latest news and updates.

Talent Development Coaching Course

Squash Australia is hosting a Talent Development Coach Education Course at the Australian National Squash Centre from the 16th-19th of December immediately following the Australian Junior Championships.

The four-day course costs \$699.

Please follow the link for further details and to register your interest in the course - <https://bit.ly/2HHnkIS>



16 - 19 DECEMBER 2020
CARRARA INDOOR
SPORTS COMPLEX
NERANG-BROADBEACH
ROAD

TALENT DEVELOPMENT COACHING COURSE

NATIONAL SQUASH CENTRE

COURSE COST: \$699

SQUASH
AUSTRALIA

To sign up please contact:
education@squash.org.au

Australian Junior Championships

The Australian Junior Championships (AJC) is the most prestigious junior squash tournament on the Australian calendar, with a long history of winners dating back more than 50 years. Past winners include players who went on to become some of the all time greats of the sport!

When: Saturday, 12 December to Tuesday, 15 December 2020.

Where: Carrara Indoor Sports Stadium, Nerang Broadbeach Rd Carrara, Queensland.

How to sign up? Click the button below to head to our website and sign up page.

Get in quick! Entries close on 1st December 2020.

[Enter Here](#)

Practicing Resilience

Grit and resilience are increasingly identified as crucial factors for the long-term success of young performers. Some people have even started to speak about practicing resilience. But what does this mean? How might we practically go about fostering resilience in aspiring young performers? If resilience is a practice or discipline then what does this look like in reality?

<https://preparedathlete.training/prepared-blog/practicing-resilience>

The Unseen parts of the Life of a Performer

The example in relation to sport that immediately comes to mind is that when we watch top performers competing on the screen we do not fully consider what goes on behind the scenes when the cameras are off. In reality the moments that athletes spend competing under the lights are a tiny fraction of the thousands of hours they invest in the endeavour. The analogy of an ice berg is often used to illustrate the unseen aspects of athlete life.

<https://informedinsport.com/new-blog/what-you-see-is-not-all-there-is>

Muscle Fibre Typology and the Individual Response to Training

Those familiar with the HIIT Science, know the issue all too well. There is the training load an athlete encounters, which we have some level of control over. But then there is

the training load response — a completely different beast. This issue, and the problem it can cause, has frustrated athletes, teams and coaches for years.

<https://hiitscience.com/muscle-fibre-typology-and-the-individual-response-to-training-part-i/>