

EDUCATION NEWSLETTER

April 2020

National Coaches Conference

Squash Australia is hosting a FREE ONLINE National Coaches Conference in June. A live workshop will be held very Thursday evening in June and will run for approximately 1 hour.

Topics of the Workshop will include:

1. Strength Training and Injury Prevention Programming for the Developing Squash Athlete
2. National Training Centre – High Performance Centre
3. Using Wellbeing to Improve Performance
4. Physiology, Programming and Periodisation – The Textbook and Practical realities

Register your interest via the following link - <https://bit.ly/2yiMK3W>

National Referee Conference

Squash Australia is hosting a FREE ONLINE National Referee Conference in June. A Live Workshop will be held on the first four Tuesday's in June and will run for approximately 1 hour.

Topics of the Workshop include:

1. Understanding Player Movement and Weight of Shot
2. Strategies to Prevent Constant Stoppages for Let
3. Match Reviews

Register interest via the following link - <http://bit.ly/2W85Owb>

Street Squash

Street Squash has been created due to the closure of our centre's last week. It was created to keep the squashies Squashing and building a global community.

There are no rules, restrictions and is there for squashies to share innovative and creative ideas of themselves playing squash with the wider squash community.

If you are looking for ideas for things to do, or you would like to share your ideas with the squash community visit the StreetSquash Facebook page and don't forget to use the hashtag #StreetSquash.

<https://www.facebook.com/StreetSquash-107171820932710/>

E-Learning

