



## **Squash Australia Memorandum – High Performance Update Q4 2018**

### **1. National Training Centre – Carrara, Gold Coast**

Post Commonwealth Games Squash Australia will be setting up the new National Training Centre (NTC) which will be based on Carrara, Gold Coast. The HP training team began their on court training sessions on the new courts last week.

The HP management team is currently setting up support services on the Gold Coast to service players in the Winning Edge Squad. Services that will be set up on the Gold Coast include Strength and Conditioning, Physiology, Performance excellence, Nutrition, Psychology, Physio and medical and the team will be able to deliver World Class services to our Squad.

Particularly exciting are our partnerships in the HP space with the Gold Coast Suns and Bond University.

We will also have relationships with Bond University and Griffiths University around scholarships.

In the coming weeks all MOU's will be signed and we will then announce the team that will provide ongoing support to our HP Team.

### **2. National University League**

Planning and talks are underway with UniSport Australia and Bond University to create and launch a National University League. A small number of Universities will be approached to participate and have squash become one of their leading Performance sports. Squash Australia will host National Academies and a HP environment through these programs with aims to achieve some of the following –

- Create an environment for our players in which they can study and train in a High Performance environment.
- Create 6-8 National Academies/University Teams • Create new HP coaching roles throughout.
- Give our 18-25 year old players a platform to train and achieve their long term Squash and Education goals.
- Provide a platform to recruit World Class Players and students to train and play in Australia

If you have a particular link and interest with a University we would like to know.

### **3. Winning Edge**

SA HP management team has completed 6 month reviews of all WE players. Feedback has been well received by players and support staff for the future direction of the program. Please take note that we have brought the application date forward 1 month to align better with the allocation of the AIS Funding. The Criteria will reflect the ongoing development of the culture and values of the players with a heavy focus on developing players for medal performances in 2022 and 2026.

### **4. National Junior State Camps**

Instead of a Canberra centralised camp, Squash Australia would like to run National Camp in each of the States in partnership with the State association.

For this model we would envisage the States charging players for the camp and then the States covering the costs. Squash Australia will make a National Coach available to take the coach with no fees cost, but flights need to be covered.

We think this would be a great way to get across all the Country and hopefully it will be more cost effective for the players.

As a side note the National Junior Coach application will open again in October 2018.

### **5. WSF World Coaches Conference**

Squash Australia is excited to announce a very special new addition to the speakers' list for the WSF World Coaches Conference to be held on the Gold Coast, Queensland, Australia from 21st to 23rd September 2018.

Allistair McCaw will be coming to the Conference and sharing his experiences as a world-renowned sports performance consultant, mindset coach, and team culture builder. He has worked with numerous Teams, Colleges, Olympians, Paralympians, World Champion Athletes and Grand Slam Winners. An author and keynote speaker, Allistair consults with coaches, leaders, athletes, teams and college programs, where he teaches and implements the Champion Minded culture, mindset, and approach.

The general theme of the conference is about "Excellence – A Global Perspective" and will allow attendees to learn from various coaching methods practiced all over the world.

The addition of Allistair McCaw certainly fits in with the conference theme as he has worked with a wide range of athletes from many different countries in a number of different sports including some very prominent squash players such as Ramy Ashour, Nicol David, and Natalie Grinham!

Other speakers confirmed for the 2018 WSF World Coaches Conference include the following:

- Ashraf Hanafi - Egyptian National Coach
- Paul Price - Former World #4 & Australian National Coach
- Mike Way – Harvard University Head Coach & Former Coach of Jonathon Power
- Jamie Salter – Swimming Australia Talent Identification

Link to poster of event - <https://cdn.filestackcontent.com/Lb9OumGcTui6WhUP3sJ9>

Link to event page on website for further details and available packages

- <http://www.squash.org.au/w/events/world-coaches-conference>

## **6. HP Parent Meetings**

During the upcoming AJC and AJO Squash Australia will hold meetings with parents of aspiring HP players. The aim of these sessions is to inform parents of the future direction of the HP system and the pathways available to their children within the system. The sessions will be held on the semi-final day of both the 2018 AJC and 2019 AJO at Darwin Squash Centre and Thornleigh Squash Centre respectively.

## **7. HP Working Group Update**

The High Performance Working Group has had changes in the last month.

I would like to Welcome David Palmer Former World Champion and Multiple Gold Medallist at Commonwealth games and current Head Coach at Cornell University. Needless to say David brings a ton of experience to the table and a great insight into the developments and programs overseas.

Welcome to Shane Lemcke who has worked in a physiotherapy capacity with The AIS squash program and the Current group of players for around 20years not to mention the Brisbane Lions and other major sporting teams and athletes. Recently he was the Team Manager for us at the Commonwealth games and has an immense amount of knowledge in the squash area and sports in general

Also welcome to Adam Gerasimou from the AIS. Adam will be replacing Ray Dorsett as our contact point at the AIS who was with us for some time and added great value to our group. Welcome Adam and thanks to Ray for all his help over the past years.

The High Performance Working Group consists of:

- Adam Gerasimou (ACT)
- Lachlan Johnston (QLD)
- Geoff Hunt (QLD)
- Anthony Ricketts (ACT)
- Jaimie Salter (QLD)
- Shane Lemke (QLD)
- David Palmer (NSW)
- Paul Price (Squash Australia Staff)
- Michelle Martin (Chair/Director)