



## EDUCATION NEWSLETTER

SEPTEMBER 2019

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

### Referee Update

The referees have had a busy period in the last few months, officiating at the Australian Doubles, World Doubles, Australian National Championships, Victorian Open, Australian Open, Tasmanian Open, Bendigo International, South Australian Open, Shepparton International, North Coast Open and Squash Melbourne Open.

These events have been officiated in a fantastic and professional manner by all the referees involved. The referees were also provided with many successful opportunities for assessments during these events to maintain and upgrade their accreditations.

Moving forward, Squash Australia will ensure that there are assessors available for referees to complete their assessment requirements at the Australian Junior

Championships, Australian Junior Open, Australian Open and Australian National Championships.

## **Referee's Australian Junior Championships**

The following Referee's have been appointed to Officiate at the up coming Australian Junior Championships to be held in Devonport, Tasmania at the end of the month.

Sebastian Schnek - ACT

Mark Mason - NSW

Tom Palfreyman - TAS

Mike Palfreyman - TAS

Anthony Morris - VIC

Christie Higgins - VIC

Grant Donovan - SA

Jonathan James - QLD

Russell Weatherburn - ACT - Tournament Referee

The AJC will provide an excellent opportunity for these Referee's development and meet their assessment and accreditation requirements.

## **Coaching Requirements**

COACH LEVEL		COURSE REQUIREMENTS	ACCREDITED TO COACH	FIRST COURSE RUN
FOUNDATION	→	Community Coach General Principles Working With Children Check Foundation Exam	Oz Squash Beginner programs	2016
CLUB	→	Foundation Coach Accreditation ASADA Level 1 Referee Rules Exam WSF Level 1 Course	Junior Academy Junior Coaching	February 2018
TALENT	→	Club Coach Accreditation Intermediate Coach General Principles Keep Sport Honest Course ASADA Levels 1 and 2 WSF Level 2 Course	National Juniors State Junior Teams	September 2018
PERFORMANCE	→	Talent Coach Accreditation WSF Level 3 Course	National Seniors	December 2019
HIGH PERFORMANCE	→	TBD	TBD	2021

## Performance Development Coaching Course

Squash Australia will be holding the first Performance Development Coaching Course from 9-14 December 2019 at Carrara Indoor Sporting Complex.

A Performance Development coach is competent to plan, conduct and evaluate advanced training programs suitable for players competing at Australian Open Championships (or higher) level competitions. The Performance Development Coach should have the experience and knowledge to provide coaching leadership and serve

in a mentoring or educational role to assist Foundation, Club and Talent Development coaches.

Some of the key concepts of the course include:

- Build on Content from Club Development (Heavy on Perception and simple rallies) and Talent Development (On decision making / accuracy & Skill) to focus on tactics / applying pressure / engineering rallies / perturbation / action / deception to complete the picture

- Physiology tailored to Squash

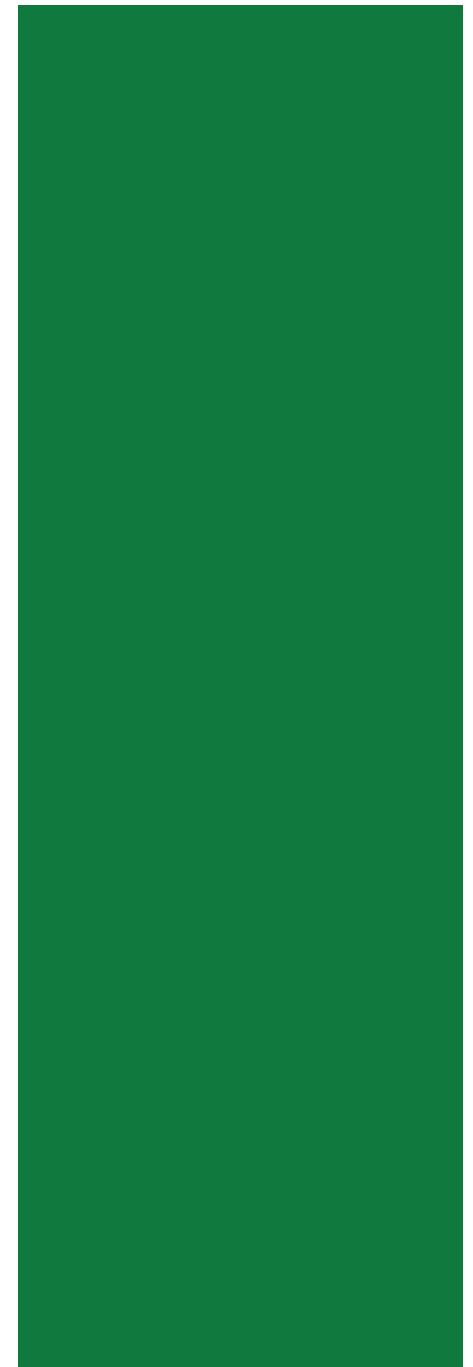
- Energy Systems
- Nutrition
- Important Physical skills
- Developing Physical Skills
- Programming / Periodisation / Macro cycles, Meso cycles and Micro cycles
- Fitness testing

- Psychology to allow coaches to develop

- Their own people skills
- Perception / decision / Action
- Anxiety / Arousal / Stress / Pressure / Emotional Control / Goal setting /
- Relaxation
- Concentration
- Self-talk
- Visualisation

To be eligible to attend the Performance Development Coaching Course, a coach must have held a Talent Development Coaching Accreditation for a minimum of 12 months

Sign up for the course here - <http://www.squash.org.au/w/coach-education/education-calendar>





# **PERFORMANCE DEVELOPMENT COACHING COURSE**

**9-14 DECEMBER 2019**

**CARRARA SQUASH CENTRE  
NERANG-BROADBEACH ROAD**



## Club Development Coaching Course

Carrara Squash Centre will be holding a Club Development Coaching Course from 19-20 October 2019.

After completion of the course, the coach will be competent to plan, conduct and evaluate training programs suitable for the diverse range of ages and abilities found among registered club players. Club Development is the accepted standard for coaches implementing a diverse Squash Club/Centre program. The manual for the Club Development programs include basic information on the game of Squash, warm-up information including lots of warm-up games, coaching points of each skills, drills and activities for each skill and suggestions for changing each activity to suit the players' ability, modified games and strategies.

Candidates would be required to show completion of the following in order to gain accreditation at the Club Development level:

- Community Coaching General Principles course - online at [https://www.sportaus.gov.au/coaches\\_and\\_officials/coaches](https://www.sportaus.gov.au/coaches_and_officials/coaches)
- Working with Children Check - (through State Government)
- ASADA Level 1 anti doping course - online at <https://elearning.asada.gov.au/>
- Squash Rules exam (multiple choice) – During Course
- Read through and gain understanding of course content (including philosophy, coaching tools etc.) - on eLearning platform and during course in person
- Practical assessment of knowledge and application of coaching tools - during course in person

Coaches can sign up to the course here -  
[http://www.carrarasquash.com.au/w/events/view?  
event\\_key=1e8da051badcedfcf2f2cd3432a254c9](http://www.carrarasquash.com.au/w/events/view?event_key=1e8da051badcedfcf2f2cd3432a254c9)



19 - 20 OCTOBER  
CARRARA INDOOR  
SPORTING COMPLEX  
NERANG-  
BROADBEACH ROAD



# CLUB DEVELOPMENT COACHING COURSE



CARRARA SQUASH CENTRE



**WWW.CARRARASQUASH.COM.AU**

**CARRARA SQUASH CENTRE**

**COURSE COST: \$299**

Sign Up - <http://www.carrarasquash.com.au/w/whats-on>  
Contact [education@squash.org.au](mailto:education@squash.org.au)

See you around the courts,

**Thomas Calvert**

**Education Coordinator**

**[education@squash.org.au](mailto:education@squash.org.au)**

© Copyright, 2019, Squash Australia, [info@squash.org.au](mailto:info@squash.org.au)



This newsletter is sent to you because you are a customer or subscriber of Squash Australia.

[Unsubscribe](#)