# Talent Development Academy 2019

Player Application





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### Talent Develop Academy 2019

The Squash & Racquetball Victoria (S&RV) Talent Development Academy (TDA) promotes and encourages the development of junior squash players through a squad based training environment. Building high performing individuals across both sport and life is a core objective of The Academy. Throughout the year, selected athletes will participate in training which will support their development towards becoming competitive candidates for state team selection and achieving personal success at national level events such as the Australian Junior Championships. In 2019, the Talent Development Academy will evolve from previous iterations of the program, better addressing the needs of our playing group and increasing accessibility across the junior squash community.

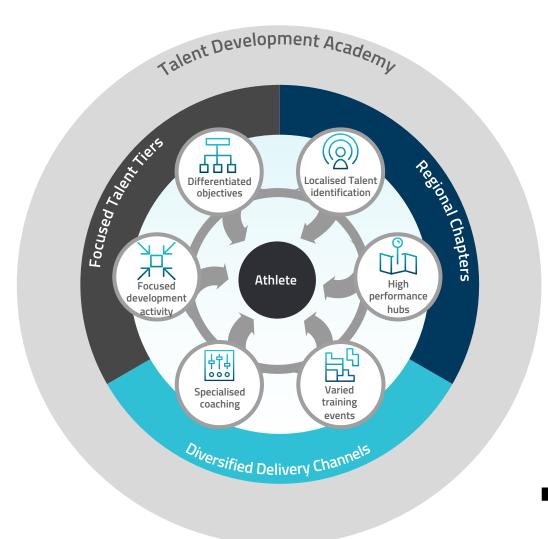
The Talent Development Academy will be undergoing 3 key changes in 2019. The first of these will be the introduction of distinct talent squads which. These will be representative of the broad stages of junior athlete development; being foundational, developing-elite and junior professional.

Second will be to establish a number of training chapters. A chapter will represent a geographical area, which will act as a hub for a group of players to receive state level training more frequently, with closer proximity. Finally, we will be diversifying how we deliver training to academy athletes. Sessions will no longer be conducted once a month at MSAC, instead being delivered across various modalities, including local chapter training sessions, squad training and camps. By operating in this structure, we believe there is an opportunity to create greater connectivity across the squash community, allowing players to access a broad range of specialised coaching.

In 2019 the overall program management of the TDA will be delivered by Darcy St John and Sam Ejtemai. In addition, Tim Batty, Garry Pederson and David Crossley have been selected to take up the role of chapter coach for their respective regions (Additional chapter coaching positions will be opened if player applications support it).



# A built for purpose model of high performance





### Focused Talent Squads

The pathway from U13 to U19 is a challenging journey, with players at varying stages of their squash development requiring different training needs. By differentiating groups, the TDA is be able to better target the unique needs of different athletes, ensuring that all players are receiving valuable development opportunities throughout the year. Establishing different talent squads within the academy ensures that players beginning their journey with Squash Victoria are able to enter the program in a foundational capacity, whilst laying pathways for players to continue developing throughout their junior career.



#### **Junior Professional**

Victoria consistently produces a subset of junior players who achieve a level of performance, and dedication to training, which classifies them as junior professionals. This group of players have achieved a level of mastery over the basic elements of the game, and are beginning to develop sophisticated game play strategies, engaging in intensive cross functional training and are planning for their future in Squash beyond juniors.

The support for these athletes extends beyond functional training, with the TDA providing highly individualised training programs which are closely aligned to development goals. This group of players will receive advocacy from Squash Victoria with regards to national selections and events, as well as supporting players to obtain funding and sponsorship going towards further development opportunities and competition.



### Developing Elite

Junior squash players who have established strong foundational skills across their game knowledge, technical capability and athletic ability are considered to be on the pathway of an elite junior athletes. These players are striving for state team selection and are looking to continually improve their performance at state and national level events. Members of this squad have dedicated training regimes and are actively engaged in the junior circuit.

The TDA will target training at this squad which extends capability across all aspects of the game. Members of the coaching team will be closely involved in facilitating the establishment of both development and performance goals. Athletes will be supported to continuously review their progress and will engage with intensive high performance training throughout the year.



### Foundation

Junior players who have developed a passion for Squash and would like to develop strong foundational capability across all aspects of the sport. These players already understand the basic elements of the game, and have been engaged with some form of coaching in the past. Players within the foundational squad may be high performing players with respect to others their age, but are still focusing on achieving proficiency in all areas of the game including on court ability and athleticism.

It is important for foundation level players to receive a similar experience to other members of the TDA, whilst also recognising the ability to meaningfully engage with some types of high performance training. The primary focus for this squad will be to receive close interaction with members of the coaching staff, who will focus on developing strong foundational skills across all areas, which position players to progress into the elite squad and state team selections.

### Talent Squad Selection

To be selected as a member of the 2019 TDA, players will submit an application online (see page 12), where they will be asked to provide responses to a number of questions relating to their current level, motivations and training goals. The selection panel, consisting of members of the coaching staff, will use a combination of the below selection criteria and knowledge of the players to review applicants against the requirements for each of the three squads. Players will be notified by mid-late January of the result of their application.

#### Junior Professional

### Developing Elite

#### Foundation

#### Performance

- Consistent placings within the top 2 at junior state level tournaments
- Competitive against the highest ranked players nationally

#### Participation

- Participate in a minimum of 4 state level junior tournaments
- Actively pursuing state team selection
- Participate in the national junior circuit
- Intention to continuing playing squash at senior level (Either PSA or state level competition)

#### Athletic

- Beep test: *Male*: 12+, *Female*: 10+
- 5km time trial under 25minutes
- Elite on-court speed & movement

#### Training

- Engaged in a structured and targeted training regime
- · Engaged in cross functional training activity

#### Performance

- Competitive at state level junior tournaments
- Competitive candidate for state team selection

#### **Participation**

- Participate in a minimum of 4 state level junior tournaments
- Seeking state team selection
- Intention to compete at 1 national level tournament per year

#### Athletic

- Beep test
  - *Male:* 19 & Under: 8+; 15 & Under: 6 + Female: 19 & Under: 7+; 15 & Under: 5+
- 5km time trial under 40 minutes
- Developed on-court speed & movement ability

#### **Training**

• Engaged in regular weekly training regime, consisting of a minimum 3 on-court and cross functional sessions

#### Performance

- Consistently improving performances against state based peers
- Demonstrate competence to participate in basic training drills and complete moderate physical activity
- Understand the basic rules and fundamental attributes of squash

#### Participation

• Participate in Victorian junior tournament circuit

#### Athletic

None

#### Training

 Engage in one development focused hitting activity and 1 match experience per week

# Required at: • All three s

- All three squad training sessions
- Both High Performance Camps
- 80% of Chapter Training sessions

#### Required at:

- All three squad training sessions
- Minimum of 1 High Performance Camp
- 80% of Chapter Training sessions

#### Required at:

- All three squad training sessions
- 80% of Chapter Training sessions

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## **Training Delivery Channels**

Attendees

For 2019, the talent development academy will extend beyond the delivery method of single monthly training sessions. Throughout the training year, athletes will gain exposure to 3 different modes of training delivery, each with a dedicated focus to achieve optimum development. The intention behind this is to increase the frequency of training and target opportunities to the needs of players. The experience of the TDA will be relatively consistent across different squads, however foundation squad players will not attend the high performance camps as these will be targeted towards more experienced athletes.







Chapter Training

Squad Training

High Performance Camp

Frequency	Fortnightly (16 total)	3 Sessions / year	2 Camps / year
Duration	2 Hours	1 Day	2 Days
Delivered By	Chapter Lead Coach	High performance Coaching Team	High performance Coaching Team
Location	Regional Hubs	MSAC	Off-Site Destination
Session Focus	<ul><li>Core skill development &amp; rehearsal</li><li>Feedback &amp; adjustments</li><li>Athletic/fitness enhancement</li></ul>	<ul> <li>Review development progress</li> <li>High Performance skill development</li> <li>Introduction to cross functional training</li> <li>Performance, athletic and ability assessment</li> <li>Team formation</li> </ul>	<ul> <li>High performance capability building and rehearsal</li> <li>In-depth goal establishment and review</li> <li>Team formation</li> <li>High intensity training</li> <li>Game strategy development</li> </ul>





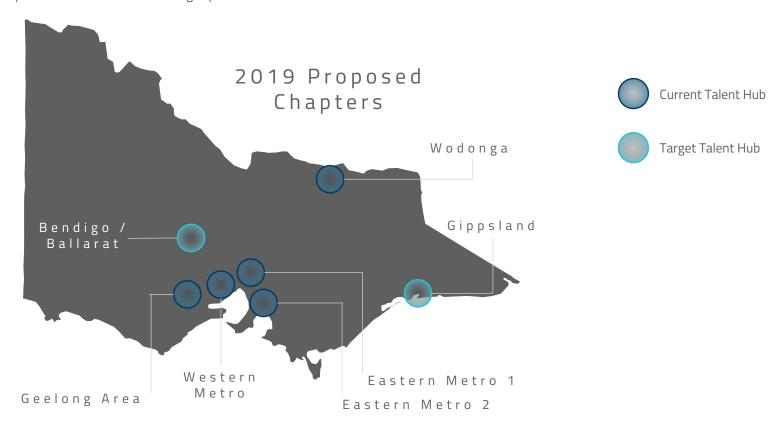




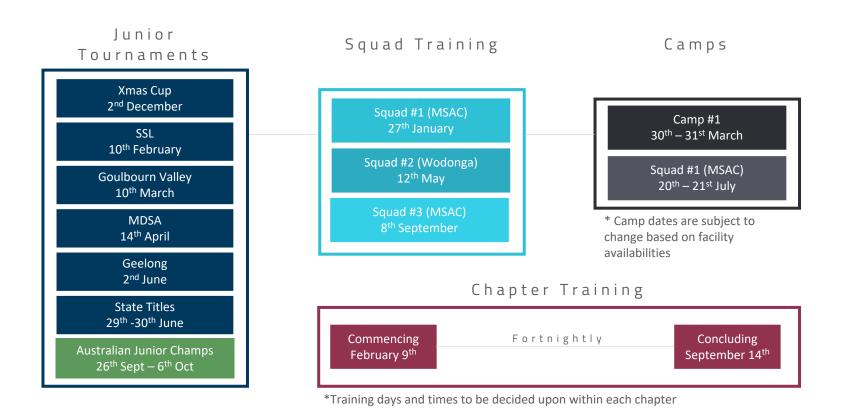


### What are Chapters?

Becoming a top ranked Victorian and Australian player requires consistent and regular training. Building foundational and advanced skills occurs through years of regular, focused training. To achieve this, 2019 will see the establishment of regional chapters, which will allow for greater proximity to coaches, allowing athletes to access high performance training in more regular increments. A chapter will represent a training hub positioned in a particular geographic area. Athletes will become part of a chapter based on their location and concentration of other players within the area. Each chapter will have a lead chapter coach who will be responsible for conducting regular high performance training sessions and providing regular feedback on development progress. Based on our current concentration of players, the below map indicates the likely locations for 2019 chapters, and possible additional chapters if applications support it. If you do not live near one of the below proposed chapters, we will work with you to ensure a suitable training experience is still available



## 2019 Program Overview





















### State Team Selection

S&RV would like to highlight that any junior player with the ambition to be selected in the State Team to represent Victoria at the Australian Junior Championships in Devonport 2019 must be a member of the TDA to be eligible for selection.

Participation and engagement with the training and tournament regime ensures that all athletes reach the level of preparedness to perform in the highest level of competition. In addition to this, Academy training will act as the foundation for players to acquire a broad range of competitive skills and establish a strong sense of connectedness with fellow athletes, supporting both the culture and cohesion of the broader team during events.

#### Are training exemptions available?

It is appreciated that various factors such as a player's education, work, external training commitments or distance from events may restrict their capacity to attend all designated Academy training sessions. Under such circumstances these players can apply for training exemptions.

Applications for training exemptions will be reviewed for approval by S&RV's High Performance Committee. If sufficient evidence is provided to warrant an exemption, the TDA coaches will work with the individual and their personal coach to construct a suitable training/playing plan in conjunction with an agreed number of compulsory TDA training sessions.

### 2019 Pricing

Junior Professional

16 fortnightly chapter training sessions

3 Squad Training sessions

2 off-site high performance camps

Squad training shirt

One to one consultation with high performance team throughout the year

\$480 / year

Developing Elite

16 fortnightly chapter training sessions

3 Squad Training sessions

2 off-site high performance camps

Squad training shirt

\$480 / year

Foundation

16 fortnightly chapter training sessions

3 Squad Training sessions

Squad training shirt

\$300 / year

#### FAQ

Can I choose to participate and pay for only a portion of the program?

No. Players wanting to be selected as part of the program will be required to engage with all elements relevant to their selected squad. To achieve the team formation and player developments intended, we require continued participation throughout the year.

I have more than one child who would like to apply for TDA, is there any discount associated with this?

If there are multiple players from the one family selected in the TDA, then any additional child will receive a \$80 discount from the original fee.





### Apply now! – Applications close 14th January 2019

Follow the below link to the online application form where you will be asked to provide registration details for the applicant, current involvement with squash and aspirations for training and competition in 2019.

https://goo.gl/forms/X3NhvXqNrsC4BkpZ2

Should you have any questions regarding the application process or the program its self, please feel free to contact Darcy St John on 0408 559 317 or dstjohn26@hotmail.com.



