



Guide to the Squash SA 2019 State Junior Development Squad

What is the State Junior Development Squad?

The Squash SA State Junior Development Squad promotes and encourages the development of junior squash players through a squad based training environment. Any junior player aspiring to be selected in a National Team will need to be a member of the Squash SA State Junior Development Squad. Participation in Development Squad training sessions and activities will prepare players for the type of training and competition environment they can expect to be exposed to in national programs, it will also give them the opportunity to be introduced and exposed to state and national coaches.

How is the State Junior Development Squad linked to State Team Selection?

Squash SA would like to highlight that any junior player with the ambition to be selected in the State Junior Team that represents South Australia at the Australian Junior Championships in Devonport Tasmania (Sep 28-Oct 6, 2019) must be a member of the State Junior Development Squad to be eligible for selection. This criteria is vital to ensure all State Team members are committed to a training and tournament regime that will prepare them for competition at the national arena. To achieve this level of preparedness, all squad members will be expected to participate in a minimum number of training sessions, South Australian junior and South Australian senior tournaments as determined by the Development Manager and the Squash and Racquetball Committee.

Are training exemptions available?

It is appreciated that various factors such as a player's education, work, club training commitments or distance from events and training may restrict their capacity to attend all designated squad training sessions. Under such circumstances these players can contact the Development Manager and apply for training exemptions. Applications for training exemptions will be reviewed for approval by the Development Manager and the Squash and Racquetball Committee. If sufficient evidence is provided to warrant an exemption the Development Manager will work with the individual and their coach to construct a suitable training/playing plan in conjunction with a certain number of compulsory Development Squad training sessions.



What are the benefits of being a member of the State Junior Development Squad?

The Squash SA State Junior Development Squad creates a dynamic, fun and supportive team training environment. Players are offered technical, tactical, psychological and physical training advice from a variety of South Australia's professional squash coaches. The Development Manager also works with the athletes that have their own personal coach to ensure they continue to develop as per their training plan.

When are training sessions held?

In 2019 training sessions will be conducted in 2 formats:

- Camps held in January and April/May
- Saturday afternoon sessions at West Adelaide or The ARC Campbelltown held from March to September

A list of training dates and venues is posted on the Squash SA website at:

<http://www.squashsa.asn.au/w/participation/development-squad>

The aim of the State Junior Development Squad is to provide South Australian junior players a holistic education of the game of squash and the training required to succeed at a national level as they prepare for the Australian Junior Championships in September/October each year.

How am I selected for the State Junior Development Squad

The Development Squad caters for up to 30 of the best juniors in SA spread out over the age groups of boys and girls U13, U15, U17 and U19. Juniors can apply for the squad if they have been a member in previous years, or recommended by an accredited South Australian coach. Applications close on February 28, 2019.

The Development Manager and Squash and Racquetball Committee will select the squad based on standard, ranking and attitude then notify successful applicants in March 2019.

Under extenuating circumstances (e.g. where there is a potential void in a state team position or a new player starts playing squash) a player may join the State Junior Development Squad part way through the year.

What is the training commitment?

In 2019 there will be **5** training sessions prior to State Team Selection in May. After the State Junior Team is selected in June there will be another **9** training sessions. To qualify for State Team selection you must meet the minimum training and tournament requirements of the Development Squad. Training requirements prior to State Team selection are to attend at least **three (3)** of the **five (5)** available sessions.

Tournament requirements prior to selection are to play **one (1)** of the **two (2)** South Australian senior tournaments and **one (1)** out of the **two (2)** South Australian AJST junior tournaments.

Junior tournaments that qualify are: Ingle Farm Junior Silver Tournament and Barossa Junior Tournament Bronze.

Senior tournaments that qualify are: Ingle Farm Open and Campbelltown Squash Club Open.

Training and tournament requirements post State Team selection will be outlined by the State Senior coach in the State Team Handbook after the senior coach has been appointed.

It is expected that Development Squad members aged 15 or above play in a Squash SA recognised Pennant competition on a weekly basis.

National Policy

Squad members must adhere to the Squash Australia 'Code of Behaviour' and 'Anti-Doping Policy.'

Costs involved

The cost for players to be a part of the 2019 State Junior Development Squad is \$180. The Development Squad fee covers all sessions from February to September court hire, professional coaching and training shirt.

Ingle Farm Talent Squad members are only required to pay \$100 because they are already members of a Squash SA recognised Talent Squad.

Squad fees will be due in March 2019. (Squash SA will invoice players).

Do continue to train at my club?

It is important to continue to work with your club coach and club programs once you reach Development Squad and State Team level. Below is an example of a recommended weekly training regime for an athlete in the Development Squad who is looking to improve. It is important to recognise that Development Squad training should only be a supplement to your regular club training and squash activities, and should not simply replace what you have been doing in the past.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Individual or group Coaching Session		Pennant or In-House competition	Advanced Club Junior Training		State Junior Development Squad	Tournament when scheduled



Eligibility Criteria for the 2019 State Junior Team

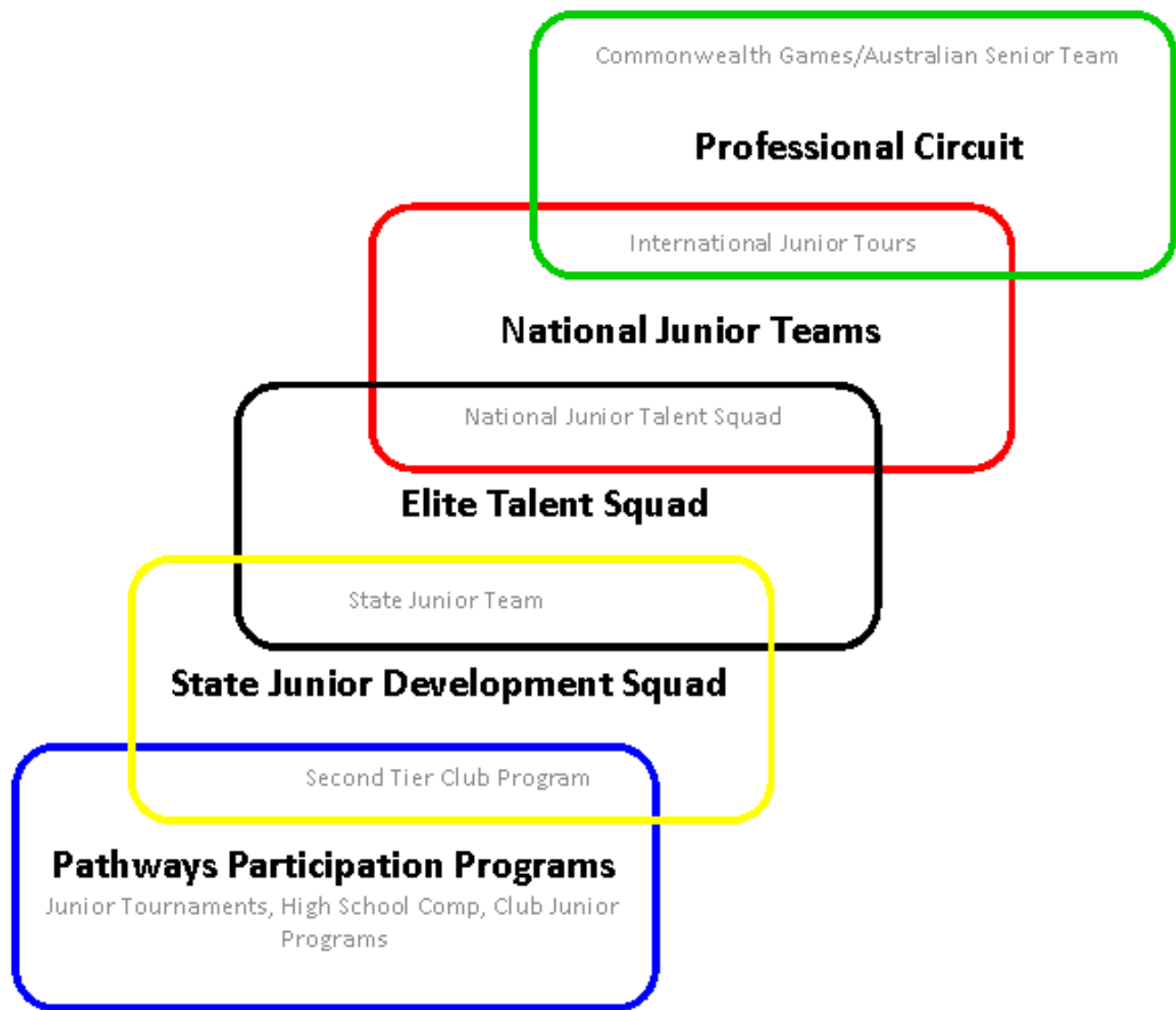
This document links to the Australian Junior Championships State Team Policy SSA002

As well as being a member of the 2019 Development Squad and meeting the “Athletes Qualifying Criteria” in the Australian Junior Championships State Team Policy SSA002, players must meet 5 of the following 8 criteria **with numbers 1 and 2 being compulsory requirements**

1. Be a member of the 2019 State Junior Development Squad
2. Compete in the 2019 South Australian Junior Age Championships (Gold)
3. Play in a Squash SA recognised Pennant Competition or recognised Junior League
4. Compete in at least one of the following AJST points junior tournaments between February and June 2019
 - Ingle Farm Junior Tournament Silver March 24
 - Barossa Junior Tournament Bronze May 12
 - South Adelaide Junior Tournament Silver June 7
5. Compete in 1 of the 2 South Australian senior tournaments between February and June 2019
 - Ingle Farm Open February 22-23
 - Campbelltown Open April 5-6
6. Attend a weekly Squash SA recognised Club Junior Program (mainly for U13 & U15 players)
7. Attend 1 of the 2 scheduled Development Squad Camps in 2019
 - January
 - July
8. Attend the 2019 Australian Junior Open or a 2019 interstate gold AJST points tournament

Athletes who do not meet 5 of the 8 criteria due to injury or overseas travel should contact the Development Manager to discuss medical certificates or make up events and apply to the Squash and Racquetball Committee for possible dispensation.

2019 Squash SA Performance Pathways Model



The above diagram illustrates how Development Squad players should continue their involvement in local club training programs.

If you have any questions please contact James Rogers Squash SA Development Manager on:

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