

***SQUASH BC***

**High Performance Pathway**  
**ATHLETE, PARENT & COACH SESSION**

Thursday December 17<sup>th</sup>, 2020

# Richard Yendell

## Squash BC's High Performance Provincial Coach

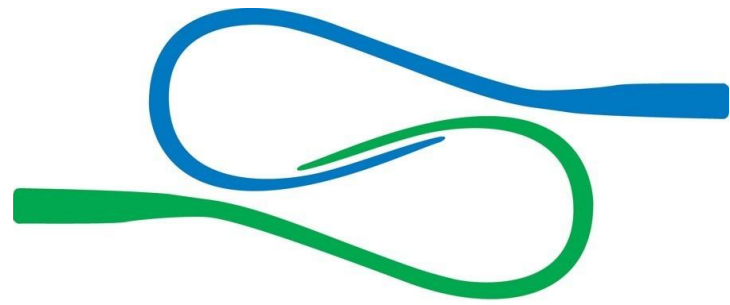


Role includes:

- Work with Squash BC's High Performance (HP) Committee to review selection criteria and revise as needed
- Work with coaches and others to identify and select the HP athletes based on the selection criteria (Approval of selected athletes by the HP Committee)
- Identify coaches for the training sessions and work together to plan and organize the training sessions
- Collaborate with coaches to monitor and develop athletes
- Continue to develop and refine SQBC's Provincial High Performance pathway

# Intentions of this presentation ...

- Provide: Background, process and progress
- Outline: Framework, HP content, gap analysis & tracking
- Identify: Identify junior athletes
- What Next: Expectations during this COVID-19 period



***SQUASH BC***



**Dreaming Bigger...**

**Reaching Higher...**

**Digging Deeper...**

# Background

- In 2019 Squash BC received a grant to review and refine our High Performance program to better meet the needs of a program of excellence as outlined by viaSport – the body responsible for sport in BC.
- Part of the process was to address issues that had been raised with Squash BC's current High Performance program.
- A team lead by Andrew Mount in collaboration with Viktor Berg, Kevin Inouye and Richard Yendell undertook the review and development of a new High Performance program for BC athletes.

# Vision

## **A Collective Culture of Striving**

- Transparent talent identification process
- Synergy through bringing like-minded together

## **Dreaming bigger**

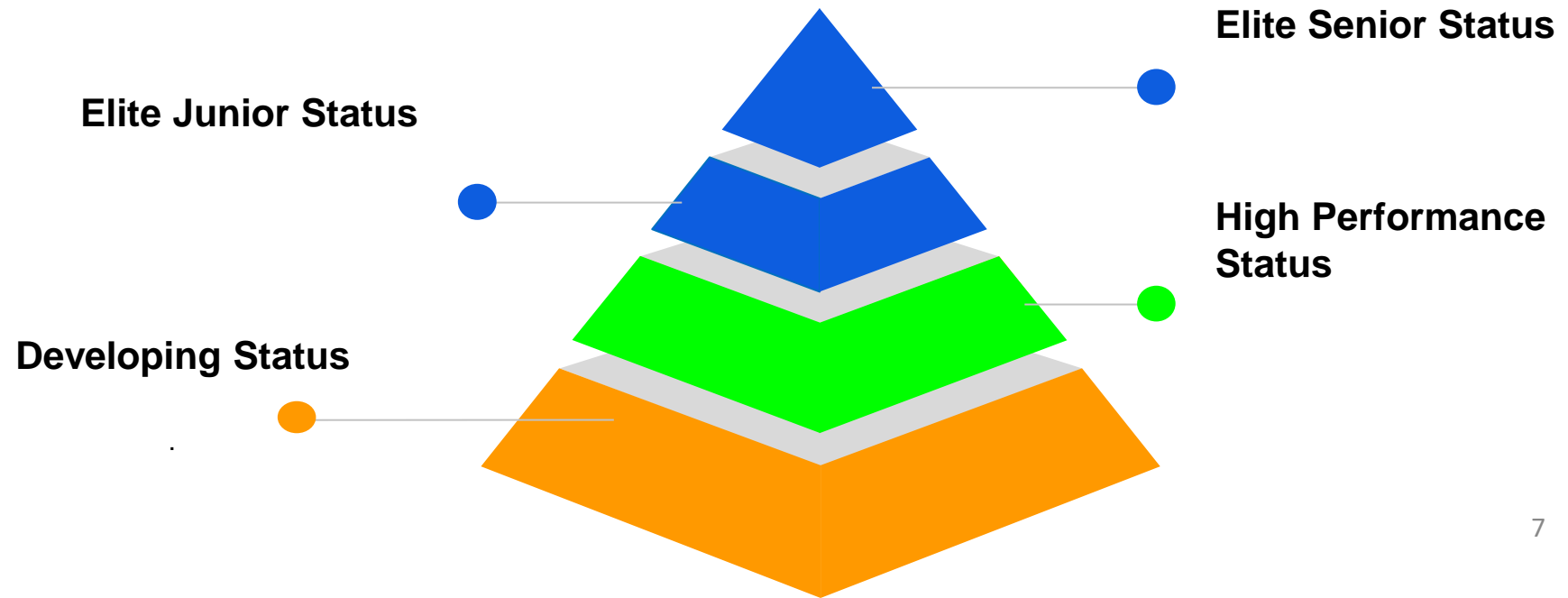
- Pivoting the scope to National teams and beyond

## **Supporting High Performance behavior**

- Building specific competencies within the Provincial HP Pathway
- Constantly seeking pressure situations to test competencies
- Smaller training groups

# How It Works

- Provincial & Regional squads replaced with series of Statuses
- Transparent criteria and responsive selection process
- Variety of training sessions planned for competitive schedule



# Aligning with SQUASH CANADA HP...

Best practices of the best players....

- a. T Domination
- b. Front Court Domination
- c. Deception & Variations from Middle & Front
- d. 3/4 Court Attack
- e. Variation of Length
- f. Positive Movement Cycle
- g. Hitting Winning Shots
- h. Chaos Shots
- i. Anticipation, Adjustment & Wristwork

implementing under pressure situations.....

- Provincial
- Regional
- National
- International



## Selection Process

Selection criteria allows athletes to gain access to the High Performance program through achieving a specific ranking or by placing at specific competitions. Athletes that meet at least one of the criteria will be invited to join the High Performance program during the next review cycle.

Status review cycles occur during the months of August, December and May.

*Note: given we are in an unusual year with COVID-19 and the restrictions that go with return to squash, this first year will be different.*

## Session Structure & Status Formats

The concept here is to get our best players playing/training together more frequently in smaller training groups with elite coaching and program support. These are paid for by the athletes who are invited to participate based on status criteria. Space is limited to a maximum of 8 players.

- 2 Hour session fit into a weeknight
- 3 Hour session fit into a weekend
- Full day and week camps

Once a player is named to a status, they are eligible for a training group.

The High Performance Provincial Coach will work with session coaches to build training plans around the competition schedules for each status.

# Process for Approval of Athlete Selections

## Selection Criteria

- HP Provincial Coach develops the criteria and selection process for athlete selection.
- HP Committee reviews the criteria and selection process ensuring it is clear and transparent and revises if needed. HP Committee makes a motion to the Squash BC Board.
- Selection criteria goes to the Board for final approval.
- Criteria is reviewed annually, and where appropriate, changes are made for continued improvement. Approvals are acquired as needed.

## Athlete Selection

- HP Provincial Coach identifies athlete and status based on the approved selection criteria.
- HP Provincial Coach shares the team identification and/or athlete selection with the HP Committee with the rationale behind athlete selections. Adjustments are made if appropriate and justified based on criteria. HP Committee ratifies the selected athletes.
- Athlete selection is communicated to the athletes and their parents and their coaches.
- Appeals process is available for disputes. See new High Performance Policy.

# Financial Model

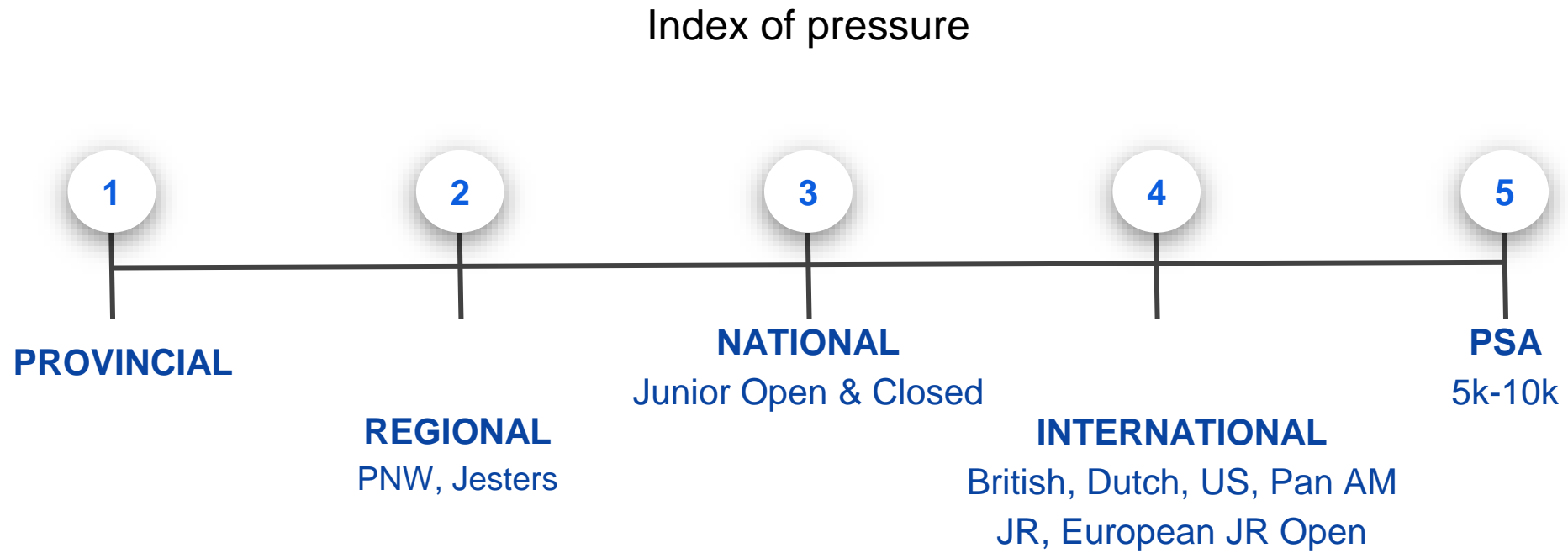
- The SQBC High Performance Program is a fee-based program intended to have the top players training and playing together more frequently in smaller training groups supported by elite coaching and programs.
- Sessions are paid for by the athletes who are invited to participate based on meeting criteria.

# Initializing the New High Performance Junior Program

To initialize the new High Performance Program the following information outlines the criteria and selection process to identify High Performance junior athletes for 2020-21 squash season.

# Selection Criteria by STATUS

<b>DEVELOPING</b>  Ages 8-14  Train to train  SELF FUNDED	<b>High Performance</b>  Ages 11-18  Train to compete  SELF FUNDED	<b>JUNIOR ELITE</b>  Ages 13-18  Train to win  SELF FUNDED	<b>SENIOR ELITE</b>  Ages 17+  Train to win  SELF FUNDED
<b>SELECTION</b>  Provincial Competitions  **refer to HP document for full criteria	<b>SELECTION</b>  Regional Competitions  **refer to HP document for full criteria	<b>SELECTION</b>  National Competitions  **refer to HP document for full criteria	<b>SELECTION</b>  International Competitions  **refer to HP document for full criteria



**\*\*Use of scale to qualify placings and skill assessments\*\***

# SENIOR ELITE

## Selection Criteria in order of priority:

- a. Canada National Rankings\*, or
- b. Win BC Open/Closed Provincial Championships, or
- c. Training full-time and competing on the PSA Tour (minimum # of 2 events), or
- d. Selected for National Team events including: World University Championships, Pan Am Games, Canadian Team Championships

\* Note: Men's and Women's Canadian National ranking criteria may differ.

## Expectations & Experience:

*Should be targeting:*

- *Competing regularly in Senior Provincial Squash BC Events this season, looking to qualify for the main draw of the Canadian Squash Championships, represent BC on our Canadian Team Championships as well as playing PSA events in Canada/North America.*

*Must:*

- *Submit training examples (videos/tests) for evidence-based training*
- *Compete at the Canadian Squash Championships*
- *Compete at BC Open and/or Closed Championships*

*Notes: Senior elite status athletes will integrate with Elite Jr and HP Juniors in the training environment. They will also be mentored as future coaches and potentially help coach summer camps or other HP program events. These athletes will be trained to be mentors to junior athletes.*

# JUNIOR ELITE

## Selection Criteria

- a. > 13 Year Old Athletes – U19, U17, U15, or
- b. Finish Top 3 at 2019 Canadian Junior Closed or Canadian Junior Open U19, U17, U15, or
- c. Top 5 Canadian Junior Ranking @ July 1<sup>st</sup> 2020, or
- d. BC Junior Champion – BC Closed/Open this season, or
- e. PNWs or Alberta Jesters Champion

## Expectations and experience:

### *Should be targeting:*

- International Junior competitions including the British Junior Open, Dutch/European Junior Opens, Hong Kong Junior Opens this season
- Attend National Team events including Battle of the Border, Pan Am Juniors or World Junior Competitions this season
- Competing at the Canadian Junior Open and Closed events
- Competing regularly in Senior Provincial Squash BC Events this season

### *Must:*

- Submit training examples (videos/tests) for evidence-based training
- Compete at the Canadian Junior Squash Championships
- Compete at BC Junior and Senior Open or Closed Championships
- Compete in targeted Squash BC High Performance junior events identified annually
- Compete at Alberta Jesters, Jesters PNWs or Ontario Gold

### Notes:

They will train with the best regional and provincial coaches and have regular training groups with other Elite level athletes.

Junior Elite athletes would receive individual access to Canadian Sport Institute (CSI) resources.

Their training program will focus around International Competition in December, Nationals in April/May as well as International competition in July/Aug.



# HIGH PERFORMANCE

## Selection Criteria:

- a. U17/U15/U13 Athletes, or
- b. Top 8 Finish at Canadian Junior Open or Closed, or
- c. Top 8 Canadian Junior Ranking

High Performance is targeting top 8 finishes at Junior Nationals Open/Closed. The following criteria will be considered for inclusion but does not constitute automatic selection. Athletes can all be considered after the following competitions.

- Top 4 Finish at PNWs or Alberta Jesters (\*Strength of draws considered IE Juniors playing up), or
- Top 2 Finish at BC Junior Open or Closed (\*Strength of draws considered IE Juniors playing up), or
- Top 4 BC Junior Ranking

## Expectations & Experience:

Should be targeting:

- Attend Interprovincial Events including Jesters PNWS, Alberta Jesters, Junior Gold Events
- Competing at the Canadian Junior Open and Closed events
- Competing regularly in Senior Provincial Squash BC Events this season

Must:

- Submit training examples (videos/tests) for evidence-based training
- Compete at the Canadian Junior Squash Championships
- Compete at BC Junior and Senior Open or Closed Championships
- Compete in targeted Squash BC High Performance junior events identified annually
- Compete at Alberta Jesters, Jesters PNWs or Ontario Gold

Notes:

HP athlete members will benefit from CSI resources during regional camps and training opportunities.

Their training program will focus around Regional Competition in November and February followed by CJO/USJO in December, Nationals in April/May as well as International competition in July/Aug.

# DEVELOPMENT

## Selection Criteria:

- a. U11/U13/U15 Athletes
- b. Finish top four at BC Junior Open or Closed
- c. Ranked top four in BC Junior Rankings

## Expectations & Experience:

Should be targeting:

- Alberta Jesters, Jesters PNWs, BC/Open Closed and National Juniors when it is hosted in BC

Must:

- Compete at BC Junior Open or Closed Championships
- Compete in targeted Squash BC High Performance junior events identified annually
- Maintain a training journal including complete physical training program
- Compete in targeted Squash BC High Performance junior events identified annually

Notes:

Eligible for monthly or quarterly training camps as scheduled by the Provincial Coach

# Talent ID and Grassroots Development

## Talent ID

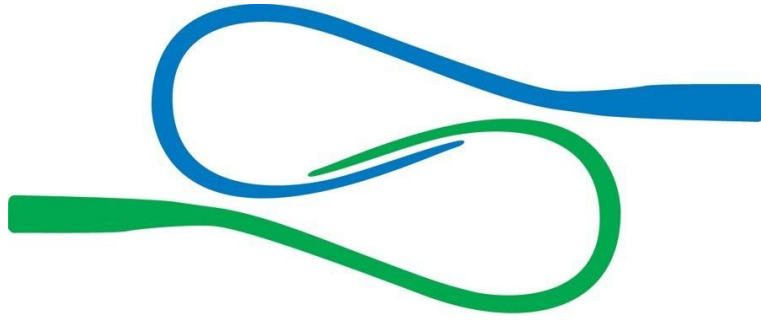
- Squash BC should focus their talent ID and competition structure on developing U11, U13 and U15 competition. To do this progressive tournaments need to be categorized by age group and provide structure for new players introduced to squash.
- Talent ID camps focusing specifically on U11 and U13 juniors are important to introduce our High Performance program and educate athletes on the pathway to excellence.

# What next

- The selected athletes for the High Performance Program will receive an invitation – likely on Dec 18th
- Once all invitations have been sent out to the selected athletes, Squash BC will post the current selected athletes and their current status on the Squash BC website ([www.squashbc.com](http://www.squashbc.com))
- The presentation slides and recording, along with the new High Performance policies and procedures will be posted on the Squash BC website
- Richard will be in contact with all the selected athletes in the upcoming days to discuss the next steps of the program

# What can a selected athlete expect

- During the current COVID-19 restriction, the HP Program for identified athletes may include:
  - Perform athlete assessments/training
  - Collaborate with coaches to monitor and develop athletes
  - Establish regionalized training programs
- In 2021 Richard Yendell will work with various clubs and coaches to:
  - Implement a call for coaches to be involved in the HP program
  - Develop COVID friendly competition plan for 2021
  - Establish a junior league
  - Continue to develop the HP program including Senior Elite and Development Programs



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Thank you for attending the High  
Performance Information Session

# Appendix A: Squash BC High Performance Committee

## Terms of Reference

- Ensure good communication and information flow to and between Squash BC, Squash Canada and our identified and targeted High Performance athletes.
- Provide written updates for inclusion in SQBC's communications vehicles.
- Perform other duties as assigned by the SQBC Board of Directors or President.
- Create a summary report of the HP committee business for the SQBC Annual General Meeting and semi-annual meeting.
- Establish selection and evaluation procedures for athletes and coaches being considered for all singles and doubles programs related to High Performance.
- Approve athlete selection submitted by the Provincial Coach.
- Coordinate selection criteria for participants in:
  - a. BC Multi-Sport Games
  - b. Special events
  - c. Junior championships
  - d. Head and assistant HP program session/camp coaches
  - e. HP Program squads/status
  - f. CWG team
  - g. University and College Championships
  - h. Provincial Teams for National Championship
- Review and evaluate optimization of existing funding programs related to High Performance
- Coordinate eligibility criteria, and funding formula for participants in
  - a. CWG
  - b. HP program
  - c. HP Jr/Sr Elite Status
  - d. Gudewill Fund
  - e. University and College Championships
  - f. Provincial Teams
  - g. In Province Youth Travel Funding Program
  - h. External Credit Program
- Approve the selection of identified athletes and team selections.
- Select and recommend for appointment the Provincial Coach subject to the approval of the Board of Directors.
- Review from time to time the rankings of junior players to help ensure accuracy, consistency, fairness
- Coordinate with Executive Director to initialize appeals process as outlined in the Policies and Procedures

# Appendix B: Squash BC Junior Committee Terms of Reference (revised Sept 2020)

- Establish policies and procedures for all areas of junior development relating to grassroots.
  - Ensure the junior pathway structure and design of programs are meshed with athlete development needs as outlined by LTAD.
  - Develop and foster support for parent education on LTAD
  - Develop programs and other activities/events that encourage and support increased participation and effective programming including measurable objectives.
  - Monitor progress and revise programs or activities within the junior pathway as needed to support athlete development in spirit, priority and purpose as outlined by LTAD
  - Oversee planning, scheduling and hosting guidelines for all grassroots programs and activities/events.
  - Perform other duties as assigned by the Squash BC Board of Directors or the President.
- Members of the Committee will follow the Squash BC Committee Member Roles document.