



# Development Programme Booklet

## for Juniors and Seniors

---

Updated 01 August 2021

# Table of Contents

---

Overview.....	3
SWDP Goals.....	3
Squash Wellington Squad Programme.....	4
<b>Who is this programme for?</b> .....	4
<b>What is it?</b> .....	4
<b>How to get involved.</b> .....	4
<b>Programme Cost</b> .....	4
<b>Application timeline</b> .....	4
Squash Wellington Representative Squads .....	5
<b>Selection Criteria – Junior Squad</b> .....	5
<b>Selection Criteria – Senior Squad</b> .....	5
<b>Training expectations for all Wellington representatives</b> .....	5
<b>Exemptions</b> .....	6
Players Charter .....	7
<b>Player Expectations</b> .....	7
<b>Team Events – all squads</b> .....	7
<b>Junior players</b> .....	7
<b>Communication</b> .....	7
<b>Selectors</b> .....	8
<b>Requirements and provisions for Team Events - Players</b> .....	8
<b>Player Contribution</b> .....	8
<b>Requirements and provisions for Team Coaches</b> .....	8
<b>Requirements and provisions for Team Managers</b> .....	9
<b>Key Contacts</b> .....	10
Appendix .....	11
<b>1a.Indicative Junior Budget</b> .....	11
<b>1b.Senior Representative budget</b> .....	11
<b>2.Training Camps</b> .....	12
<b>3.Squash Wellington Code of Conduct</b> .....	13

# Overview

---

The Squash Wellington Development Programme (SWDP) is an integral part of the Squash Wellington Strategic Intent – *Lifting coaching, playing and refereeing capability and capacity then maintaining a pipeline of talent and resources.*

The purpose of this document is to provide a reference point for all members of Squash Wellington. It outlines the expectations and process to engage with the Squash Wellington Squads as well as the Squash Wellington Representative pathway including expectations, financial investment contribution and selection criteria relating to each squad.

The SWDP sets out the expected standards of each squad and prepares recognised talented squash players to achieve their highest level of performance. It is modelled around a philosophy that unites all players, coaches and administrators' working towards a common purpose.

## SWDP Goals

---

1. Early identification of potential future Squash Wellington District representatives
2. Provide a platform where players can thrive and develop their game.
3. Provide an environment where players are nurtured and encouraged to form a team bond and spirit, on and off the squash court.
4. Create a pipeline of highly motivated and engaged competitive players who have a desire to progress in a high-performance environment.
5. Develop future mentors and coaches.

*In doing so the programme will:*

6. Identify Wellingtons most talented players across Junior and Senior groups
7. Introduce and prepare players for the demands of squash at a district representative level.
8. Prepare players for New Zealand squad selection.
9. Provide a base of technically, tactically, physically, and mentally prepared players for which Squash Wellington teams can be selected.

# Squash Wellington Squad Programme

---

## Who is this programme for?

Anyone who is looking to improve their game while working in a team environment with likeminded players.

## What is it?

A comprehensive 10-month programme that incorporates all elements of the game of squash including technical, physical, mental wellbeing and nutritional aspects led by experts in their field of specialisation.

Run as monthly camps, participants will be part of an interactive programme designed to challenge players physically and mentally, which will prepare them for all facets of the game and build on previous camps.

Players will be expected to maintain an Individual Development Plan (IDP) that will be frequently monitored and modified as they progress through the programme.

## How to get involved.

Squash Wellington welcome applications from all members of affiliated Wellington squash clubs. Applications must be received no later than 5pm Monday 18 January 2021, and if selected, players must be available for Camp 1, Sunday 31 January 2021.

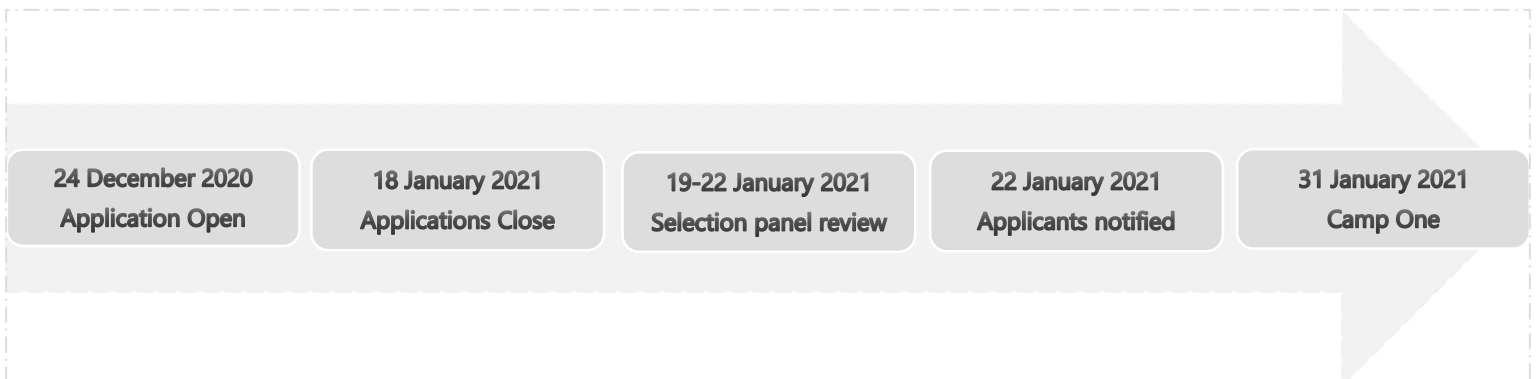
## Programme Cost

The cost for the 10-month programme is \$200.00 per person. This covers 10 x 3-hour training camps. See 'What is it' for information on the programme.

Payment will be required prior to first camp in January; however, a payment plan can be arranged. Please contact the District Manager to arrange this.

Click [here](#) to request an application form.

## Application timeline



# Squash Wellington Representative Squads

Representative Junior and Senior squads will be selected over the course of the 10-month programme. The representative squads will set standards and be prepared to represent at a high level of competition for the district with the main goal of being selected in the final playing squad for Nationals.

## Selection Criteria – Junior Squad

Criteria	Comments	Weighting
Reside in the Wellington region at the time of selection and competition	Standard eligibility criteria	NA
Be actively playing in district events and tournaments, e.g., interclub. Local and national tournaments	Match play is an important part of ongoing development and exposure to the competition environment.	20%
Listed on the Wellington Grading List	Standard eligibility criteria	NA
Demonstrate commitment to improvement on and off court	Personal motivation and drive IDP in place and regularly reviewed	30%
Play at least <b>eight (8)</b> tournaments including the <b>Wellington Open, Wellington Junior Open</b>	Match play is an important part of ongoing development and exposure to the competition environment.	20%
Attend all mandatory SW Squad training camps - <b>May, June, July, August, and September</b>	Exemptions will be considered	30%
Be a full financial member of a Wellington Affiliated Club	Standard eligibility criteria	NA
Adherence to Code of Conduct, on and off court	Standard eligibility criteria	NA

\*NA – must be met but not weighted.

## Selection Criteria – Senior Squad

Criteria	Comments	Weighting
Reside in the Wellington region at the time of selection and competition	Standard eligibility criteria	NA
Be actively playing in district events and tournaments, e.g., interclub. Local and national tournaments	Match play is an important part of ongoing development and exposure to the competition environment.	15%
Listed on the Wellington Grading List	Standard eligibility criteria	NA
Demonstrate commitment to improvement on and off court	Personal motivation and drive IDP in place and regularly reviewed	25%
Play at least <b>six (6)</b> tournaments including the <b>Wellington Open and Hutt City Open</b>	Match play is an important part of ongoing development and exposure to the competition environment.	15%
Attend all mandatory SW Squad training camps - <b>May, June, July and August</b>	Exemptions will be considered	50%
Be a full financial member of a Wellington Affiliated Club	Standard eligibility criteria	NA
Adherence to Code of Conduct, on and off court	Standard eligibility criteria	NA

\*NA – must be met but not weighted.

## Training expectations for all Wellington representatives

While players are encouraged to attend all ten (10) training camps, the following are considered compulsory:

- Juniors – 23 May 13 June, 18 July, 15 August, 26 September, **03 October (Junior rep team only)**
- Seniors – 23 May, 13 June, 18 July, 15 August

Training camps will run for a 3-hour period and players are expected to attend the full duration of each camp.

It is expected that players will continue to train outside of squad camps as well as maintaining their IDP. This plan should be available on request.

## Exemptions

Request for an exception can be submitted to [admin@squashwellington.org.nz](mailto:admin@squashwellington.org.nz) for consideration at least **five (5) days before** the scheduled camp.

# Players Charter

---

The purpose of the players charter is to outline the standard of professionalism that is expected of all Squash Wellington Squad members.

## Player Expectations



Players may question decisions in the correct manner.



Rackets must not be thrown – on and off court.



Verbal abuse of Referees, officials or opponents is not tolerated and considered a breach of the Code of Conduct.



No alcohol before or during major games/events.



Taking of banned or illegal substances.

## Team Events – all squads

- Players are expected to support each other, on and off court at team events.
- Attend and actively participate in daily briefings before and after days play to review what worked well and what can be improved upon.
- Be organized and efficient with practice and preparation.
- Players are expected to wear the correct team uniform.
- Players are expected to stay with their team for the duration of the teams' event. In some instances, it will be necessary for players to stay with the team will competing in the individual events.

## Junior players

- In addition to the above, Juniors are expected to:
- Adhere to the conditions set by their team management regarding conduct.
- Obey any curfew or team rules set by the management team.
- Zero tolerance drug and alcohol policy – players 18 years of age and over must abide by Squash New Zealand rules that alcohol is banned from all Junior events for all competitors.

## Communication

- As a matter of professionalism and courtesy players will be expected to communicate, at the earliest convenience, all issues arising from the programme through District Manager.
- Any change of contact details should also be forwarded to the District Manager.

## Selectors

- Selectors must understand the objectives of this Development Programme. They are expected to attend tournaments and, where possible, training camps to meet the players.
- They must communicate with coaches, other selection panel members and have reasonable knowledge of the requirements of national representation. Need to be tactful and firm.

## Requirements and provisions for Team Events - Players

### **Players are required to:**

- Stay with their teams at the accommodation provided for the duration of the team's event in order to foster team spirit.
- Wear team uniform with pride & respect
- Compete in the individual and teams' events.
- Support the team by being present when fellow team members are on court
- Pay a player contribution towards costs of the event which goes toward accommodation, transport & uniforms.

**Parents of Junior representatives are required to:** We appreciate parents would like to be present during the team's event and welcome this, however we do ask that:

- Allow their children to fully immerse themselves within the team environment.
- Children will be expected to stay with the team throughout the duration of the team event.
- Refrain from providing coaching advise to their children unless otherwise asked by the Team Coach.
- Provide the team space to bond on and off court including team accommodation.

### **Squash Wellington will provide:**

- Team training sessions during the year – see appendix Camp dates.
- Accommodation for the duration of the teams' event.
- Pay all event entry fees.
- Mileage reimbursement for vehicles to event where prior agreement has been reached. (receipts to be provided)

## Player Contribution

Player contribution must be paid upon selection and prior to team departure.

The player contribution for each representative team will vary from \$100-\$500 depending on location and team budget. Each team will be notified of the player contribution upon selection.

## Requirements and provisions for Team Coaches

### **Team Coaches will be required:**

- Provide agreed training sessions prior to event as agreed with Squash Wellington.
- Provide on court coaching at a level appropriate for each player.
- Keep professional timekeeping where player's matches are concerned.
- Ensure that all players receive on court coaching.



- If two or more players, be on court at one time the coach must communicate with the team manager to organise support.
- Provide a full written report to the Board within 10 working days of event completion.

***Squash Wellington will provide:***

- Accommodation for the duration of the teams' event
- Team uniform
- Travel cost where appropriate/required.

## Requirements and provisions for Team Managers

***Team Managers will be required to:***

- Ensure consent and medical forms for Junior Players are completed and returned.
- Attend meetings at teams' events as required.
- Ensure all host club and event rules and regulations are followed.
- Maintain a record of match results and arrange a team photo in uniform for records.
- Pay all accounts where applicable.
- Communicate regularly and confirm with players/parents/coaches regarding uniform, accommodation, travel etc.
- Always maintain discipline and ensure teams are well rested for each competition day.
- Ensure players and coaches are nourished and hydrated throughout the event.
- Conduct team meetings and debrief sessions.
- Provide a full written report to the Board within 10 working days of event completion.

***Squash Wellington will provide:***

- Information regarding the event, i.e. draws, playing times, rules and regulations, player contact details etc.
- Accommodation for the duration of the teams' event
- Team uniform
- Travel cost where appropriate/ required.
- Reimburse out of pocket expenses as required (to be confirmed prior to event and receipts to be provided)

# Key Contacts

## ***Squash Wellington Programme coordinator***

E: [admin@squashwellington.org.nz](mailto:admin@squashwellington.org.nz)

## ***Junior Selectors***

Jannah Wyeth

Johno Tait

Gemma Gee

Ann Smith, Squash Wellington Delegate

[ann.smith@ex4consulting.co.nz](mailto:ann.smith@ex4consulting.co.nz)

## ***Senior Selectors***

Jeanne Yells

Mark Millar

Para Khanna

Ann Smith, Squash Wellington Delegate

[ann.smith@ex4consulting.co.nz](mailto:ann.smith@ex4consulting.co.nz)

## ***SW Representative Team Coach***

Evan Williams

E: [evan@ewcsquash.co.nz](mailto:evan@ewcsquash.co.nz), C: (027) 4 207 922

## ***SW Representative Team Management***

Team Manager

# Appendix

---

## 1a. Indicative Junior Budget

The 2021 Team Event has been confirmed and will be held in Timaru. While Squash Wellington will endeavor to secure funding via grants, it is likely that players will be required to make a financial contribution of up to \$500 per child.

We will be encouraging the team to help with fundraising that will be organised by the Team Management to help reduce the player contribution cost.

All costs are indicative at the time of publishing this booklet and is subject to change.

Entry Fees - Individuals	\$500
Entry fees - Team	\$585
Accommodation	\$4500
Flights	\$5000
Uniforms	\$1,000
Coaching fee	\$1,600
Rental van car	\$1,700
<b>Total Costs</b>	<b>\$14,785</b>

## 1b. Senior Representative budget

Associated costs to be confirmed.

As this event will be held in Wellington, costs should be significantly less that previous years.

## 2.Training Camps

Camps will be held on Sundays, except for Public Holidays and School Holidays.

Date	Time	Location	Note
Sunday 31 January	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Thorndon Squash Club Katherine Street, WLG	Open to all
Sunday 28 February	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Hutt City Squash Club Taita Road, Lower Hutt	Open to all
Sunday 14 March	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Khandallah Tennis and Squash 55 Delhi Crescent	Open to all
Sunday 18 April	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Hutt City Squash Club Taita Road, Lower Hutt	Open to all
*Sunday 23 May	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Masterton Squash Villa Street, Masterton	Open to all Compulsory for Junior/Senior Rep Squad
*Sunday 13 June	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Hutt City Squash Club Taita Road, Lower Hutt	Open to all Compulsory for Junior/Senior Rep Squad
*Sunday 18 July	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Hutt City Squash Club Taita Road, Lower Hutt	Open to all Compulsory for Junior/Senior Rep Squad
*Sunday 15 August	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Hutt City Squash Club Taita Road, Lower Hutt	Open to all Compulsory for Senior Rep Team
*Sunday 26 September	1:00 – 4:00pm Junior 4:00 – 7:00pm Senior	Hutt City Squash Club Taita Road, Lower Hutt	Open to all
<b>Sunday 03 October</b>	<b>9:00 am – 12:00pm Junior</b>	<b>Hutt City Squash Club Taita Road, Lower Hutt</b>	<b>Junior Rep Team only</b>

### IMPORTANT Exemptions:

We understand things can happen which means attendance may not be possible. Players may request an exemption which must be addressed to the District Manager for consideration either in writing or electronically at least **five (5) days before** scheduled camp.

Please note, dates and location are subject to change.

## 3.Squash Wellington Code of Conduct

### Purpose

The purpose of this Code of Conduct is to encourage the fair, ethical treatment of all persons when participating in activities that come under the umbrella of Squash Wellington Districts Incorporated (SW).

### Application

All persons participating in squash activities organised by SW or affiliate members of SW (squash clubs) must participate in accordance with this Code of Conduct. By participating in any capacity (such as by playing, officiating, spectating, managing or coaching), they acknowledge that any breach of the Code of Conduct may render them liable to disciplinary action by SW in accordance with the SW Complaints Process.

---

## THE CODE

### 1. How to treat others

- a. Respect the rights, dignity and worth of others in your words and actions.
- b. Be courteous and do not use profane language.
- c. Be fair, considerate and honest with others.
- d. Mistakes and lapses of judgement happen – acknowledge and rectify them by apologising and refraining from further incidents.
- e. No-one is perfect: accept apologies and do not harbour grudges.
- f. Respect others' belongings.

### 2. How to perform duties

- a. Do not abuse squash systems, processes or conventions to create unfair advantage or disadvantage.
- b. Adhere to conditions of participation in an event or series of events, including representative squads.
- c. Give reasonable notice where you cannot meet your obligations or are at risk of not meeting your obligations.
- d. Do not demand favourable treatment.
- e. Be consistently punctual.
- f. At playing venues do not damage, litter or waste resources.

### 3. Additional requirements applying to match play situations (players, officials, spectators)

- a. Always make your best effort to win: never throw a match for any reason.
- b. Do not create unfair advantage or unfair disadvantage for anyone, where "unfair" means any activity other than legitimate strategy or tactics while the ball is in play.
- c. Observe the rules of the game.
- d. Abide by officials' decisions and directions.
- e. Never argue with or verbally or physically abuse a player, spectator or official, whether intentionally or recklessly.
- f. Courteously acknowledge participation of your opponent and match officials at the end of a match.
- g. Defuse unhealthy tension; do not exacerbate it.
- h. Always be impartial when refereeing.
- i. Do not denigrate the skill of a player while spectating.

### 4. Additional requirements applying to treatment of vulnerable persons

- a. In dealings with children or vulnerable persons, act in a manner that encourages or promotes their enjoyment and participation in squash, not that of you or other adults.
- b. Never force children or vulnerable persons to participate.

- c. Never ridicule or yell at a child or vulnerable person for making a mistake or losing a competition.
  - d. Encourage children to respect other players and officials and on-court rulings.
  - e. Never take advantage of a position of authority in squash activities to abuse a child or vulnerable person in any way.
- 

## **Incident reporting**

*If you feel that someone has breached this Code of Conduct in any way and the matter has not been resolved, please contact the relevant Club (if the incident related to an activity at a particular Club) or email [admin@squashwellington.org.nz](mailto:admin@squashwellington.org.nz)*