



Our culture is based on our **commitment** to each other to **share experiences**, to **encourage** and **speak well** of each other. We'll be **considerate** and **respectful** of each other and work **smarter not harder** while ensuring our time together is **fun** and filled with **laughter**.

A. Sze

EB

James P

R. D. D.

Q. J. A.

g. h.

Natasha Green

Plasma

Rene Rose

Ben Tait

Sam Vasey

Sam Gough

David

# 2022 Wellington Squad Programme

for Juniors & Seniors





## Purpose

This document provides an overview of the Wellington Squad Programme and sets out expectations for participants and support parties.



## Goals

- Create a platform where players can thrive and develop their game.
- Provide an environment where players are nurtured and encouraged to form a team bond and spirit, on and off the squash court.
- Create a pipeline of highly motivated and engaged competitive players who have a desire to progress in a high-performance environment.
- Develop future mentors and coaches

In doing so the programme will:

- Identify Wellington's most talented players across Junior and Senior groups.
- Prepare players for the demands of squash at a District Representative level.
- Prepare players for NZ Squad selection
- Provide a base of technically, tactically, physically, and mentally prepared players from which Squash Wellington teams can be selected.

## Who is this programme for?

Anyone who is looking to improve their game while training in a team environment with like-minded players.

This programme also plays an integral part in the 'forming' phase of our Inter-District Representative Teams, so players who want to be considered for the Representative Team are encouraged to participate.

## What to expect in the programme?

Delivered over 6-8 months, the programme incorporates all elements of the game including technical, physical and mental awareness.

Run as monthly camps, players should expect to be part of an interactive programme that is designed to challenge them physically and mentally. Each camp is intended to build from the previous month so to get the most out of the programme, participants are encouraged to attend all camps.

Most importantly, players will form strong friendships with their peers. Aside from obvious skill improvement, participants found that one benefit of being part of the squad was meeting new players and forming friendships that have continued long after the programme has ended. Over 80% of parents noticed a difference in social improvement in their child along with shift in motivation.

*Here are some examples:*

*"...confidence levels and energy excels when pushed and playing with people she looks up to."*

*"More connections in the squash junior community...better understanding of what they're capable of..."*

*"Definitely improved her game, another level of social and more responsible..."*

## How do I get involved?

Complete an Expression of Interest Form electronically, or print and complete by hand. Email to the District Administrator at [admin@squashwellington.org.nz](mailto:admin@squashwellington.org.nz). Applications are welcomed from all members of affiliated Wellington squash clubs. Form can be found on the Squash Wellington website under 'Resources', or at <https://squashwellington.org.nz/2022-squad-eoi-form-electronic/>

# The Programme continued

## Programme cost

***Junior Programme \$160 per child***

From March to October, inclusive

***Senior Programme \$120 per person***

From March to August, inclusive

Family rate applies where more than one player from the same family participates. Please contact our District Administrator for further information.

Payment plans can also be arranged, please don't hesitate to contact us to arrange this.

PAYMENT DUE: Friday 18 March 2022.







# Key dates



27 January 2022  
EOI open



23 February 2022  
EOI applications  
close



24 Feb – 4 Mar  
Selection panel  
review



7 March 2022  
Applicants notified via email



27 March 2022  
Camp One



26–28 August 2022  
NZ Senior Teams event, AKL



11–12 October 2022  
NZ Junior teams event, WLG

# Squad camp dates

## SENIORS

9:00AM – 11:00AM

- March 27th
- April 24th
- May 22nd
- June 19th
- July 24th
- August 28th

## JUNIORS

11:00AM – 1:00PM

- March 27th
- April 24th
- May 22nd
- June 19th
- July 24th
- August 28th
- September 25th
- October 23rd





# Squash Wellington Representative Team Information



## Overview

Representatives for the Wellington Junior and Senior Inter-District Teams event will be selected from the Wellington Squad programme participants with team announcement expected as follows:

Seniors at Wellington Open 11 June 2022

Juniors at Wellington Junior Open 21 August 2022

Players will need to be available to play in the Inter-District events over the following dates:

**Seniors: 26-29 August, Auckland**

**Juniors: 11-12th October, Wellington**

While it is encouraged to attend all training camps, the following camps will be mandatory and form part of the Inter-District Teams selection criteria.

**Seniors: May, June, July, August**

**Juniors: July, August, September, October**



# Eligibility & Selection Criteria

## Eligibility:

To be eligible for selection players must meet the following minimum criteria:

- Reside in the Wellington region at the time of selection and competition.\*
- Listed on the Wellington grading list, unless they are a Homegrown player.
- Be a full financial member of a Wellington affiliated club.
- Adhere to the SW Code of Conduct on and off court.

## Selection criteria:

Representative teams will be selected by a selectors panel. While position on the grading list will be taken into consideration, the following will also inform the final selection.

Activity: Match play is an important part of development and maintenance. Players need to be match ready therefore members will need to have played at least six (6) tournaments leading up to the National event. The six must include the following:

- Juniors: Wellington Open and Wellington Junior Open
- Seniors: Wellington Open and at least one other club Open\*\*

Training: Attend all mandatory camps as specified in the Wellington Squad programme:

- Juniors: July, August, September and October
- Seniors: May, June, July and August

Note: Play-off matches may also be used as part of the representative team selection process.

\*Homegrown players may be considered as long as they meet the National Homegrown player criteria.

\*\*Completed by the end of July





# APPENDIX



# Player Charter

## Expectations



May question decisions in the correct manner



Rackets must not be thrown – on or off court



Verbal abuse of the referee, 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 day's play to review what worked well and what can be improved upon.
- Be organised 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.

## Juniors

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.
- Not instigate or participate in any player/team initiation challenges while representing Wellington District.

## Communication

- Players are expected to communicate, at the earliest convenience, all issues arising from the programme to the District Administrator.
- Any change of contact details should be sent to the District Administrator.





# Requirements & provisions for team events

- Players**
- Stay with their teams at the accommodation provided for the duration of the teams event.
  - Wear team uniform with pride & respect
  - Compete in the individual & teams event
  - Support the team by being present when fellow team members are on court.
  - While Squash Wellington will endeavor to secure funding, players may be required to contribute to general costs such as accommodation, transport and uniforms. Where a contribution is required, players will pay this prior to the event.

- Parents of Juniors**
- We appreciate parents would like to be present during the teams event and welcome this, however we do ask that:
- Allow their children to fully immerse themselves within the team environment.
  - Allow their children to stay at the team accommodation throughout the teams event.
  - Refrain from providing coaching advice to their children unless otherwise asked by the Team Coach.
  - Allow the team space to bond on and off court including team accommodation.

- Squash Wellington will:**
- Arrange team training sessions through the Wellington Squad Programme.
  - Actively seek funding to minimise player contribution costs.
  - Pay all team event entry fees.
  - Reimburse costs incurred where prior agreement has been reached.
  - Ensure each representative has a playing kit including at least 2 playing shirts and jacket or hoodie.



# Requirements & provisions for team events

- Team Coach**
- Provide agreed training sessions prior to the event as agreed with Squash Wellington.
  - Provide on court coaching at a level appropriate for each player.
  - If two or more players are on court at one time at an event, the coach is expected to communicate with the team manager to organise support.
  - Provide a full written report to the SW Board within 10 working days of the event completion.

## Squash

**Wellington will:**

- Provide accommodation for the duration of the teams' event.
- Provide full team uniform
- Cover costs where required and agreed in advance of the event.

**Team Manager will:**

- Ensure consent and medical forms for Junior players are completed and returned.
- Attend managers meeting at the teams event 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.
- Communicate regularly and keep players, parents, coaches and the SW District Administrator informed of any event requirements.
- Always maintain discipline and ensure the team are well rested, nourished and hydrated for each competition day.
- Conduct team meetings and debrief sessions
- Provide a full written report to the SW Board within 10 working days of the event completion.

## Squash

**Wellington will:**

- Provide information regarding the event, i.e draws, playing times, rules & regulations etc.
- Accommodation for the duration of the teams event.
- Team uniform and cover travel costs such as airfares.
- Reimburse out-of-pocket expenses as required and agreed prior to the start of the event.



# 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.

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## THE CODE

### 1.How to treat others

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

### 2.How to perform duties

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





# Squash Wellington Code of Conduct

## **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 the SW District Administrator (Russell Henderson, [admin@squashwellington.org.nz](mailto:admin@squashwellington.org.nz) or 021 086 15446)