



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**.

2024 Wellington Squad Programme

for Juniors, Seniors & Masters



A background image showing a group of young people, mostly boys, in a gymnasium. They are wearing dark blue or black sports uniforms with yellow accents. Some are standing, some are sitting on a bench, and one is lying on the floor. They appear to be resting or waiting for a game. A squash racket is visible on the floor in the foreground.

Contents

Purpose & Goals 3

The Programme 4

Investment 6

Key Dates 7

Squad Camp Dates 8

District Representative Team Information 9

Eligibility & Selection Criteria 11

Player Contributions 13

Information on Teams Events 14

Appendix 16

Player Charter 17

Requirements & provisions for team events 18

Squash Wellington Code of Conduct 20



Purpose

The Squad Booklet 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, Senior and Masters 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 District Representative Teams, so players who want to be considered for the Representative Team are encouraged to participate.

There is no lower grade limit for applications, and while the programme will include some of the district's top players, we will endeavour to accommodate lower graded players, providing there is a suitably balanced group for training purposes.

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 better 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..."



The Programme (cont.)

How do I get involved?

Complete the digital Expression of Interest Form on any smartphone, tablet or computer.

Applications are welcomed from all members of affiliated Wellington squash clubs.

Form can be found on the Squash Wellington website under **Play Squash -> Wellington Squads**.



The Programme (cont.)

Programme investment

The Wellington Squad programme is funded by a combination of sponsorship, grant funding, and player contributions.

The generous contributions received from our sponsors and funders mean that the high-quality coaching provided is subsidised.

All squad members receive a playing shirt, and the remainder of their contributions go towards delivery and administration of the programme.

Player contributions:

Junior Programme \$170 per child

From March to September, inclusive (eight camps)

Senior Programme \$130 per person

From March to August, inclusive (six camps)

Masters Programme \$130 per person

From May to October inclusive (six camps)

Family rate applies where more than one player from the same family participates in one or more programmes. Please contact our General Manager at admin@squashwellington.org.nz for further information.

Payment plans can also be accommodated, please do not hesitate to contact us to arrange this.

Payment: An invoice will be sent with the due date as follows:

Friday 8 March 2024 (Juniors and Seniors)

Friday 3 May 2024 (Masters)

Squash Wellington bank account details:

Westpac NZ Ltd

Account: 03-0502-0170173-00

Reference: Players name



Key dates



19 Jan EOI open



14 Feb EOI close



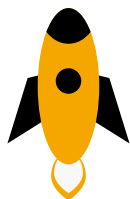
15–21 Feb Selection panel review



22 Feb Applicants notified via email



17 Mar Meet & greet, shirt collection & squad photos



17 Mar Camp One (Juniors & Seniors)

12 May Camp One (Masters)



26 May Wellington v Central Junior Challenge,
Wellington (location TBC)



11 Aug Wellington v Central Senior Challenge,
Levin, Central District



31 Aug–1 Sep NZ Senior Teams event, Otago



4–8 Oct NZ Junior teams event, Auckland



18–22 Oct NZ Masters teams event, Wellington



Squad Camp Dates

Seniors <i>Sundays at 9:00am</i>		Juniors <i>Sundays at 11:00am</i>		Masters <i>Days/times vary - see below</i>	
M&G, Camp 1	Sunday 17 March 9:00 – 11:30	M&G, Camp 1	Sunday 17 March 11:00 – 13:30	M&G	Sunday 17 March 11:00 – 11:30
Camp 2	Sunday 21 April 9:00 – 11:00	Camp 2	Sunday 21 April 11:00 – 13:00		
Camp 3	Sunday 12 May 9:00 – 11:00	Camp 3	Sunday 12 May 11:00 – 13:00	Camp 1	Sunday 12 May 13:30 – 15:30
		Wgtn v Central Junior Challenge Sunday 26 May			
Camp 4	Sunday 16 June 9:00 – 11:00	Camp 4	Sunday 16 June 11:00 – 13:00	Camp 2	Sunday 16 June 13:30 – 15:30
Camp 5	Sunday 7 July 9:00 – 11:00	Camp 5	Sunday 7 July 11:00 – 13:00	Camp 3	Sunday 7 July 13:30 – 15:30
	Wgtn v Central Senior Challenge Sunday 11 August				
Camp 6	Sunday 25 August 9:00 – 11:00	Camp 6	Sunday 25 August 11:00 – 13:00	Camp 4	Sunday 25 August 13:30 – 15:30
		Camp 7	Sunday 8 Sept 11:00 – 13:00	Camp 5	Sunday 8 Sept 9:00 – 11:00
		Camp 8	Sunday 22 Sept 11:00 – 13:00		
				Camp 6	Sunday 6 October 9:00 – 11:00

Squash Wellington District Representative Team Information



Squash Wellington

Representative Team Information



Overview

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

Seniors w/c 24 June 2024

Juniors w/c 2 September 2024

Masters w/c 16 September 2024

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

Seniors: 31 August-1 September, Otago

Juniors: 4-8 October, Auckland

Masters: 18-22 October, Wellington

Squash Wellington Rep. Team Information (cont.)



Players who are hopeful for district team selection must attend the mandatory selection camps at a minimum, in the run up to teams' events and make every effort to attend training camps during the first part of the season.

If an individual is unable to attend a selection camp for any reason, they should provide a reasonable explanation to the selection panel in advance. Please see following section (Eligibility & Selection Criteria) for further detail.

Juniors

Training Camps: March, April, May, June

Selection Camps (mandatory for team selection): July, August, Early September, Late September

Seniors

Training Camps: March, April

Selection Camps (mandatory for team selection): May, June, July, August

Masters

Training Camps: May, June, July

Selection Camps: (mandatory for team selection): 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. *
- Be 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 the Selectors Panel. While position on the grading list will be taken into consideration, the Selectors Panel will also be informed by the following.

Activity: Match play is an important part of development and maintenance. Players need to be match ready, therefore team members will need to have played a minimum number of tournaments leading up to the National event, as follows.

Juniors:

Six tournaments, including Wellington Open and Wellington Junior Open (treated as 'selection tournament')

Seniors:

Six tournaments, including Wellington Open (treated as 'selection tournament') and at least one other club Open**

Masters:

Five tournaments, including Wellington Masters (treated as 'selection tournament') at least two other Wellington district Masters tournaments***, and other NZ-based Open and B & Below tournaments.

*Homegrown players may be considered as long as they meet the national homegrown player criteria.

**Completed by the end of July

*** Completed by the end of September



Selection criteria (cont.):

Eligibility & Selection Criteria (cont.)

If an individual is unable to enter the required number of tournaments, or enter the mandatory 'selection tournaments', they should provide a reasonable explanation to the Selectors Panel in advance*. The panel will look at cases on an individual basis, and may take into consideration other forms of activity, such as tournaments in other NZ districts, and regular Interclub activity.

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

Juniors

Selection Camps (mandatory for team selection): July, August, Early September, Late September

Seniors

Selection Camps (mandatory for team selection): May, June, July, August

Masters

Selection Camps: (mandatory for team selection): August, September, October

If an individual is unable to attend any of the mandatory selection camps, they should provide a reasonable explanation to the Selectors Panel in advance.

Note:

Play-off matches may also be used as part of the Representative Team selection process.

*Explanations can be sent via the Squash Wellington General Manager:
admin@squashwellington.org.nz



Player Contributions (Representative Team only)

Squash Wellington will cover all entry fees for District Representative Team members, as well as costs for additional uniforms. We will also seek funding towards accommodation, travel and coaching costs. We endeavour to find as much funding as possible in order to cover these costs, but as grant funding can be unpredictable, there will likely be some requirement of player contributions. The table at the bottom of the page gives an example of the costs of sending a District Representative Team to nationals.

Juniors:

The Junior Age Group and Teams event is in Auckland in 2024, meaning that there are considerable travel and accommodation costs to be found. Squash Wellington will endeavour to find as much funding as possible for these costs, but player contributions of up to \$300 may be required.

Seniors:

The Senior teams event is in Otago in 2024, meaning that there are considerable travel and accommodation costs to be found. Squash Wellington will endeavour to find as much funding as possible for these costs, but player contributions of up to \$300 may be required.

Masters:

As the Masters teams event is in Wellington in 2024, costs are far lower, meaning that there is no requirement for player contributions this year.

Example Costs for Travelling Masters Representative Team	
Individual entry fee, \$50 per player	\$600
Team entry fee, \$50 per player	\$600
Uniform	\$2,000
Flights & accommodation	\$12,000
Total estimated costs	\$15,600



Information on District Team Event – Juniors

G.J. Gardner Homes New Zealand Junior National Individual and Inter-District Teams Championships

Venue: North Shore Squash Club, Auckland

Individuals: Friday 4 October – Sunday 6 October

Teams: Monday 7 October – Tuesday 8 October

This is the premier age-group individual junior event, and the premier junior teams event in Aotearoa.

The Individual event is open to ALL Juniors. Individuals do not need to be representing their district to participate. Whilst we encourage all juniors, especially those that have been part of the Squad Programme, to play in this Age Group event, Squash Wellington will not be able to provide any financial assistance to non-Representative Team members.

All District Representative Team members must participate in the individual event to be eligible to play in the team even. Squash Wellington will cover entry fees for both events. *

Age groups: Under 13, 15, 17, 19 (as at 4 October). Minimum age 11

For more information, please see the Squash NZ website (to be updated at time of press): <https://www.squashnz.co.nz/events/junior-events.cfm>

*Representative Team members who pull out of the teams event due to injury or sickness following the individual event will be required to cover their own entry fee for the individual event.





Information on District Team Event – Seniors/Masters

New Zealand Senior National Inter-District Team Championships 2023

Venue: Otago Squash Club

Friday 31 August – Saturday 1 September

The New Zealand Senior Inter-District Teams Championship event was introduced in 1972. The M.C. Day Cup (Men) and the K.A. Mackwell Cup (Women) are fiercely contested by teams of four players from each district. This is another event that is rich in heritage and parochial pride.

For more information, please see the Squash NZ website:

<https://www.squashnz.co.nz/events/senior-events.cfm>

New Zealand Masters National Individual and Inter-District Teams Championships Event

Venue: Tawa Squash Club and Mana Squash Club

Individuals: Friday 18 October – Sunday 20 October

Teams: Monday 21 October – Tuesday 22 October

The New Zealand Masters Championships are contested annually and represent the pinnacle of national competition for New Zealand masters. The individual championships were first played in 1982 and are for men and women players aged from 35 to 70+ years in 5 year age groups.

In addition, the Christchurch Cup for the winner of the national inter-district masters competition has been contested since 1985. The national inter-district masters is played by teams of twelve players from each district – 6 men and 6 women (a player of each gender in the each of the following age groups: 35+, 40+, 45+, 50+, 55+, 60+).

All Representative Team members must participate in the individual event to be eligible, and Squash Wellington will cover entry fees for both events.

For more information, please see the Squash NZ website:

<https://www.squashnz.co.nz/events/masters-events.cfm>



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 General Manager.
- Any change of contact details should be sent to the General Manager.



Requirements & provisions for team events

Players

- Stay with their teams at the event and 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 (cont.)

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.

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.



Squash Wellington Code of Conduct (cont.)

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 General Manager (Russell Henderson, admin@squashwellington.org.nz or 021 086 15446)