

Middlesex Junior Squash Squad Registration 2020/21

Dear Parent and Player,

I hope you and your loved ones have been keeping safe over this period.

I am pleased to announce Middlesex will recommence county squash training for county players from October 2020 and your son/daughter is being invited to register.

We have made a number of important changes to this season, so please read the registration details below and return your registration form with payment by 18th October 2020.

We have arranged a 45 minute zoom call on Tuesday 6th October at 8pm for parents only, with Paul Carter, Sharon Viridi and the coaching team, to provide more detailed guidance on how the sessions will be run, expectations, county objectives and coaching.

The zoom call details are as follows: <https://us02web.zoom.us/j/87106860242>.

We look forward to a healthy, safe and competitive 2020/21 squash season.

If you have any questions, please do not hesitate to contact Vickie Prow on admin@middlesexjuniorsquash.co.uk.

Kindest Regards

Paul Carter - Head County Squash Coach, England Performance Coach

Sharon Sasson Viridi - Junior County Chair

Vickie Prow – County Development Officer

Registration Information

Safety Requirements

All Middlesex training sessions will adhere to the England Squash guidelines and full details can be found on the England

Squash: <https://www.englandsquash.com/back-to-squash/guidance>. In summary:

- Coaches will maintain social distancing at all times.
- Coaching will be on a 6:1 basis.
- No sharing of equipment. All players must have their own equipment (rackets and goggles).
- Players must have a towel for the sole use.
- Players must bring a full water bottle. No water fountains will be available at venue.
- All bags must be left with parents.
- Changing Rooms will not be available, and players must arrive in kit.
- Players must arrive no more than 5 minutes before training time and leave immediately afterwards. Strict drop off and picking up.
- No touching of walls.
- No physical contact eg high fives or handshakes.
- All touch points will be wiped down between each session.
- All balls will be sanitised/cleaned after each session.
- Players must wash and sanitise hands before going on court. Hand sanitiser will be available.
- Courts will be ventilated before and after each session.
- Full register will be kept of all participants
- No masks on court but will be required in all other indoor areas of the premises.
- 2 players on court only. Coach can be on court at social distance between players.

If any player or has any family member has COVID or shows signs, the player should not attend coaching. Parents should inform Vickie Prow at admin@middlesexjuniorsquash.co.uk as soon as possible. Players will not be able to attend training until completing a minimum of 2 week isolation period and provide confirmation of a negative COVID test for all related parties.

To minimise travelling, this season, we will adopt a more local based approach to county training far as possible, with our coaches looking to travel more to more locations.

Registration

The 2020/2021 fee will be **£95** per junior (**£80** for additional siblings), which will cover the following:

- **County Training** – Up to 6 sessions of training per season.
- **Refereeing Course** - held only once during the year.
- **Team Training** – Up to 2 sessions, if selected. This will be specialist competition training.
- **Tournament Participation** at the following (if selected. England Squash Tournaments expected to commence in 2021)
 - Intercounty Competition (ICC)
 - 6 Counties
 - Under 11s festival
 - Other county tournaments by invitation
- **Young Leaders Award** (juniors aged 14 years and older)

In the event of restrictions (closure/unavailability of courts/clubs, local lock down, suspension of tournaments or county concerns preventing safe delivery of squash) the county will switch to online zoom training sessions, to cover a combination of physical, technical, tactical, resilience disciplines including video game analysis.

County Training

The county will endeavour to run up to 6 county training sessions over the season, with training sessions scheduled at the weekend at venues which are England Squash affiliated and adhere to working to the current England Squash COVID guidelines

Each player will be assigned a training group, based on their ability, **not age**. This will be advised to the player/parent after registration.

Training groups comprise the following categories:

Platinum

Advanced players, who demonstrate the ability to

compete above county level. These players may be on the Aspire/England Squash Development Program and are considered to be high performers at England Squash Gold Category Tournaments

Gold Advanced players, who qualify to play Silver, British Junior Open/Closed and English Junior Championships, and have intermediate ES Rankings

Silver Intermediate county players

Bronze Improving county players,

Development Entry level players into the county, who demonstrate basic technique and fitness skills. This group will be segregated into further tiers based on ability and age and a separate group for girls will be established. **Development players are expected to progress into Bronze and Silver over the course of the year.**

Each training session targets specialist physical, technical, tactical and mental disciplines for the game. The sessions are also used to monitor individual progress, select team members and ranked players.

Team Selection & Training

Teams will be selected to represent Middlesex at the following events:

- Intercountry Competition (ICC)
- 6 Counties
- Under 11s festival

Team players will be selected from Platinum, Gold, Silver and Bronze categories (not Development, except U11s tournaments).

Selection will be based on performance at County Training and England Squash (ES) Rankings.

Separate team training will be held up to 2 weeks before the Intercountry tournament which will focus on a match preparation and team building. Participation at these events and team training is by invitation only, at the discretion of the Head Coach.

Refereeing Workshop

A junior refereeing workshop will be held at the start of the season to deliver a comprehensive understanding of the rules of squash. Development, Bronze and Silver training groups are encouraged to attend.

Tournaments

In respect of the tournaments listed above, Middlesex will pay the county matches and court fees. Participants will be responsible for their own accommodation, lunch and travel costs.

Young Leaders Award

This is a workshop for juniors aged between 14 to 18 years, who want to assist squash coaches in the delivery of squash to young people under the age of 16 years.

Training & Competition Diary

A training diary will be provided to all juniors to record progress, performance at competitive events and development areas. Juniors should use diaries from previous season and must bring the diary to training. All players will also be required to record progress, competitions and feedback from county training in a training diary. Players are required to share this information/diary with the county coach at the beginning of each session for review and feedback.

Training Kit & County T-Shirts

It is mandatory that all county players own a county t-shirt with the players name on it. The t-shirts must be worn to all training sessions and tournaments. Players who have white t-shirts from the previous season may use these. The Middlesex Junior Squash kit can be purchased from: <https://www.iprosports.co.uk/club-zone/middlesex-junior-squash/>. T-shirts and any additional hoodies must be purchased at parents own cost. Players are required to bring a racket, goggles, non-marking shoes and water to all training and tournaments. Any player without goggles will not be able to play.

England Squash Membership

All registered county players must be England Squash members. If you are a member of a club, your club should have already registered you with England Squash. Please contact them in the first instance if you do not have this

information or are not sure. If you are not a member of a club you can purchase membership via www.englandsquash.com/membership.)

Registration Process

If you would like your child(ren) to be part of the Middlesex County programme please can you:

Registration Form: Complete the attached form and send to admin@middlesexjuniorsquash.co.uk by **18th October 2020 at the latest**, FAO Vickie Prow. Please make all payments via BACs to Sort Code: 20-91-79 Account: 40337943 indicating your child's name. Registration after this date may mean failure to join the Middlesex Junior Squash squad for this season. **Code of Conduct** – please ensure you and your child have read the code of conduct rules. <http://middlesexjuniorsquash.co.uk/policies/>

Training Dates – please ensure all dates training and competition dates have been diarised. These are available online and updated regularly: www.middlesexjuniorsquash.co.uk **Competition and Training Guidelines** England Squash Sanctioned Events are expected to commence from January 2021. Competition requirements will be communicated after this date.

In the interim, the county will run a box based league 3-4 times over the season, subject ES guidelines and court availability. The event allows juniors to practise their game in a safe competitive environment under the supervision of a county coach. The leagues are will be targeted across all training groups.

Talent Pathway - Weekly Training Programmes

Middlesex will run talent pathway programmes after school during term time and more focused camps during school holidays.

Each session is c1.5 hours in duration, with a standard cost of £15-£20/session.

Each programme has been specially designed to target physical, tactical, technical disciplines to build national players. The programmes are as follows with location and coaches to be confirmed.

No.	Programme Name	Location	Day	Time
1	Junior Emerging Talent (JET)	Cumberland Squash Club (TBC) 25 Alvanley Gardens, West Hampstead, London NW61JD	Saturday	2.30pm Girls 3.30pm Boys 5.30pm Higher JET (mixed)
2	Technical Acceleration (TAP)	Finchley Manor Squash & Tennis Club (TBC) Lyndhurst Gardens, London N3 1TD	Friday	6.30-8.30pm
		St Pauls School (TBC) Lonsdale Rd Barnes London SW13 9JT	TBC	TBC
2	Technical Acceleration (TAP)	Merchant Taylor School (TBC) Sandy Lodge, Moor Park, Northwood HA6 2HT	TBC	TBC
3	High Performance Coaching (HPC)	Coolhurst Squash Club TBC Coolhurst Rd, Crouch End, London N8 8EY	Wednesday	5.20pm- lower group 6.40 – higher group

Our current focus is on securing more venues in the West London/Charing Cross area.

Code of Conduct

Our aim is to provide an environment where all those involved in squash (juniors, players and coaches, referees) are fully supported, treated fairly, with respect for each other and on an equal basis. We require all participants, parents and coaches to adhere to the Middlesex Junior Squash code of conduct (<http://middlesexjuniorsquash.co.uk/policies/>) which lists out our expectations on behaviour.

County Calendar

The squash diary is especially busy and encourage all parents to mark out all

dates in their diaries. We will send final times, dates and venues as the information becomes available. The calendar can be viewed live from the website: www.middlesexjuniorsquash.co.uk and will be updated regularly as information comes available.

You will be contacted and reminded approx. 2 weeks before the beginning of each group/county squad training session to provide and confirm information on venue timings etc.

We expect to arrange the first training session in the last week of October 2020

Travel & What's App Groups

Before county events, the coach or lead group member may set up a temporary what's app group for parents and coaches to communicate start times, rendezvous points for the duration of the event only. If you do not want to participate in the what's app group for tournaments, please let us know at the point of registration. These groups should not be used to arrange lifts or car shares this season.

Funding

Middlesex Junior Squash relies heavily upon grants, memberships, sponsorship to keep everything running smoothly. We are looking for Tournament Sponsors and Partners to help fund the running of our activities. Please contact us if you would like to discuss sponsorship of the County and would like further information.

Parent Engagement

We are also keen to have as many parents as possible involved in all aspects of the county, from helping us run county competitions, to fund raising, marketing/PR/advertising and parent player liaison. Please contact us if you would like to be involved.

Middlesex Key Priorities

- Develop more national standard players across all age group
- Increase the number of county juniors participating in England Squash Tournaments

- Increased county presence at Silver tournaments, England Junior Championships, British Junior Closed and Open and target top 10 positions in as many age categories
- Target wins in each age category at the Intercounty competition / under 11s /Grand Prix
- Increase county participation, particularly amongst girls, and boys and girls juniors under 11 years
- Build and maintain competitive strength developing all age groups, through county programmes across all points of the talent pathway
- Host as many England Squash tournaments in Middlesex and look to secure a Gold Event
- Continue to expand our talent pathway programmes creating key centres of excellence across the county and maintain affordable participation rates
- Create and maintain a high performing and active squash environment which allows all juniors to reach their potential
- All players, parents and coaches are required to exhibit high standards of conduct when representing the county at tournaments
- Maintain a fully inclusive, open and supportive culture for squash in Middlesex.