



# **Representative Booklet for Seniors, Juniors and Masters**

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Updated November 2020

# Purpose of the Representative Booklet

The purpose of this representative booklet is to provide a reference document for all members of the Squash Central High Performance Programme.

This booklet includes all policies referring to Representative areas, and outlines the expectations of all members of the Representative Programme.

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## Overview of Representative Programme

The Representative (Rep) programme unites all players and coaches working towards a common purpose. The aim of the Rep programme is to assist talented squash players to achieve their highest level of performance.

This will be accomplished by:

- Developing comprehensive and effective training programmes.
- Providing appropriate competitive opportunities for players.
- Encouraging the early identification of talented players.

The Board/Committee of Squash Central oversees the Rep programme. The Rep Director, Rep Coaches are in charge of the programme and in conjunction with Team Managers, are responsible for implementing it.

## General Principals

The Rep Programme will be guided by the following values:

- **ATTITUDE** - Sportsmanship - The most respected district in NZ for our behaviour on and off the court.
- **COMMITMENT** - Selected players and officials will follow the guiding principles and give 100% effort at training and when representing the district.
- **EXCELLENCE** - Squash Central expects high standards of ourselves and each other (on and off the court).

### ***Excellence in Coaching***

A network of qualified, experienced coaches who have the ability to deliver quality programs for players to achieve successful outcomes

### ***Excellence in Management***

Efficient communication, adequate funding, and an understanding of high performance sport.

Effective administration that is proactive, accountable and transparent.

### ***Excellence in Performance***

A strong player base that is well prepared to perform at their best when representing the district.



## **Squad Structure**

The purpose of the squad structure is to:

- Identify the development pathways for players through to Central and New Zealand representation.
- Provide year round plans and programmes for the players.
- Provide a base of technically, tactically, physically and mentally prepared players from which Squash Central teams can be selected.

### ***Zone Squads (Seniors and Juniors)***

Squads created to help all players prepare for higher levels of competition. Enable players to improve and aim to represent Squash Central with distinction and determination. Squash Central will provide training camps and resources aiming to help move players up into the Senior and Junior One Day Rep Teams and National teams for Squash Central.

### ***Junior One Day Rep Team***

Wellington One Day Clash – A Team of 20 players is selected, two graded Junior Boys and Junior Girls from each grade (J Grade – A Grade)

Eastern One Day Clash – A Team of 20 players, two Junior Boys and Junior Girls in each Age Group (U11 – U19)

***Junior Team*** - A Team of 5 boys and 5 girls are selected to represent Squash Central at the New Zealand Junior Individuals and Teams National Event.

***Senior One Day Rep Teams*** – A team of 6 men, 6 women to be selected to represent Squash Central at three One Day Rep fixtures against

Eastern (Newbigin Shield), Wellington (Wairarapa Cup), Waikato (Leevey Shield).

***Senior Team*** - A Team of 5 Men and 5 Women will be selected to represent Squash Central at the New Zealand Nationals Senior Teams Event.

# Junior Pathway

Zone  
Squads

One Day  
Rep  
Squads

Nationals  
Team

# Senior Pathway

## Expectations

### Expectations of Squash Central

Squash Central is expected to provide each Rep player with:

- Access to a coaching via camps and Individually by arrangement
- A training programme if required
- Competition and training opportunities.
- National competition (where appropriate).
- Information e.g Representative Booklet.
- Be aware that we do not “burn out” our players, especially our top ones that are involved in New Zealand teams/squads etc.

### Expectations of Players

Players in all Squash Central Squads are expected to:

- Be available for selection for National and Inter-district fixtures.
- Adhere to the training programme established by the Central Coaches.
- Show Commitment to training, meet training goals.
- Maintain pre-determined levels of fitness.
- Meet pre-determined playing performances.
- Participate in designated tournaments and coaching camps.
- Advise Rep Coaches and Manager of any injury ASAP.
- Behave in an appropriate manner when being part of a squad or team at any venue.
- Abide by the players charter below.
- Be aware that Squash Central will submit teams for Sports Awards and therefore be available.
- Be responsible and respectful when communicating through social media.

Players on and off the court behaviour should be in keeping with the knowledge that as part of a Squash Central Squad they are representing their district. This means:

- YES – Players may question dubious decisions in the correct way.
- YES – Following Drug Free Sport NZ policies.
- YES – Follow the players code of conduct (if there is one)
- NO – Rackets being thrown – on or off the court.
- NO – Verbal abuse to referees or officials.
- NO – Excess alcohol before or during major goals/targets/events.

All players are, through their performance and behaviour a reflection of the quality of the Squash Central Representative Programme. As such, players must train with a level of commitment that is in keeping with their own, and Squash Central's stated goals. Players need to have balance in their lives, so they are successful not only in squash, but also at work or school and in their personal lives.

### **Representative Players Charter**

The purpose of the players charter is to put in place a standard of professionalism that players will be expected to achieve if they wish to represent Squash Central through the District Squad system.

### **Teams Events**

Players will be expected to:

- Provide support for each other.
- Be aware of team Squash Central time, together.
- Attend daily briefings/debriefing if asked.
- Be organised and efficient with practise & preparation.
- Wear the team uniform where appropriate.
- Stay with their team for the duration of the event.
- Pay a player contribution towards costs and uniform if required.

In addition to the above, Junior players are expected to:

- Adhere to the conditions set by their team management with regard to conduct.
- Obey any curfew or team rules as set by the team managers.
- Refrain from alcohol consumption – players 18 years of age and over must abide by the NZ Rules that alcohol is banned from all Junior events.

### **Communication**

Players will be expected to communicate all issues arising from the Squash Central programme through the Squash Central Coaches and Managers.

This includes:

- Any change of contact details.
- Replying straight away to any information received from Squash Central Coaches and Managers.

### **Requirements & Provisions for Teams events**

Squash Central will provide:

- Accommodation at Teams events when required.
- All Entry fees.
- Travel to and from the event.

### **Expectations of Parents:**

Parents play a very important role in the development of players and therefore Squash Central in the long run. Communication between Coaches, Managers and Parents is crucial to ensure a consistent message is portrayed to players. Parents are encouraged to acknowledge and learn the commitment required of our Representative players. The Parents charter outlines what is required.

## **Representative Team Parents Charter**

- To provide encouragement and support to their children.
- To provide important information to the Squash Central Coaches and Managers (i.e Medical, Dietary etc).
- To provide their children with tangible help with their diet on a daily basis based around the players individual nutritional requirements.
- To assist with communication with the Squash Central Coaches and Managers.
- To assist with maintaining a balanced lifestyle. For example, juggling squash, schoolwork and social time so that they do not impact on each other detrimentally.
- To encourage good discipline and behaviour on court.
- To direct any worries, problems or issues to Squash Central Coaches & Managers immediately.
- To help their child become the best that they can be.

## **Selection Policy**

The selectors will give due consideration to the objectives of the Squash Central Rep Programme. Selection will be made by the appointed Selectors and they can ask for advice from the Coaches and Manager if needed. Any casting vote needed will be made by the Squash Central President.

In particular selections will be made on a combination of the following criteria:

- Form – National and District tournaments
- Commitment to training and tournaments,
- Fitness to play up to 9 matches at NZ Nationals at the appropriate level for the competition.
- Adhering to the code of conduct of Squash Central and Squash NZ
- Sportsmanship
- Being a team player
- Residential Qualifications of Squash Central

A player that resides outside of the Central district can only be considered for selection if that player is:

- A professional player
- Previously played for Squash Central and has specific board/committee approval
- A current financial member of a Squash Central Club

## **Misconduct and Disciplinary Policy**

The procedures provided by Squash NZ will apply to all Representative participants. The specific disciplinary guidelines for events must be adhered to by teams competing at those events. Team Managers will be provided with these regulations as required.

**General examples of Misconduct** (not a finite list)

- Bringing the game into disrepute
- Theft
- Assault
- Verbal abuse
- Bad language
- Abuse of equipment (i.e. throwing a racket, breaking a racket)
- Drinking under age
- Ill-mannered behaviour

# Squash Central support for players in Squash NZ Teams

Financial support for players who make New Zealand teams is available. Applications are to be made to the Squash Central Committee in writing. As a matter of professionalism and courtesy players will be expected to make the application.

NZ Senior Team: \$500

NZ Masters Team: \$250

NZ Junior Team: \$350

NZ Age Group/NZ Schools Team: \$150

## Representative Coaches

Tamsyn Leevey and Peter Arnott

Masters team coach will be their Manager Joy Koolen with assistance from the players.

Squad trainings for the wider training groups are run 1 month prior to the 1 day challenges and the nationals. These form one part of the selection criteria.

## Selectors

**Junior** Peter Arnott, Melville Holmes and Tamsyn Leevey.

**Senior** Stephen Foreman, Tamsyn Leevey and Melville Holmes.

**Masters** Joy Koolen

## Costs

The player contribution will be \$250 for all players selected to attend a NZ Nationals representing Squash Central.

If you wish to purchase your gear or part of it then the prices are as follows. (All Inclusive of GST)

**Hoodies for \$98**

**Shirts/singlet's \$35**

**Full Kit \$168.** (Hoodie + 2 shirts/singlet's)

Uniforms can be borrowed or purchased from Melville Holmes (027 443 4366) [madrholmes@xtra.co.nz](mailto:madrholmes@xtra.co.nz)

All representative costs will be invoiced to players and are payable within 30 days unless a payment plan has been organised with the Treasurer of Squash Central via [finance@squashcentral.co.nz](mailto:finance@squashcentral.co.nz). Overdue accounts will incur a 10% penalty each month unless a payment plan is in place prior to representation.

### Players will receive:

- All training/mentoring assistance from Rep Squad coaches
- Lunch at the 1 days
- Team entry fee, team lunches, accommodation, and travel costs for NZ national teams events. This is subject to funding being obtained by Squash Central.





## Senior Information

### One day competitions

- 17th April - Leevey Shield in Ohakune
- 24th April - Newbigin Shield in Eastern District TBA
- 19th June - Wellington One dayer in Levin (Date to be confirmed)

Compulsory selection tournament for Senior Teams Nationals is the Central Open on 21- 23 May at Kawaroa Park Squash Club.

The 2020 Senior Teams nationals are to be hosted by Wellington on 27 - 28th August.

## Masters Information

### Selection criteria/tournament

The Masters team is quite different to the Seniors and Juniors. **The only selection tournament is the Central Masters on 13 - 14th August at Dannevirke Squash Club**. The team is largely selected on the best person for each age group that is willing and able to play the Masters Nationals. If you are interested in being considered for the team please make contact with the Masters Manager Joy Koolen

[j.vincent@slingshot.co.nz](mailto:j.vincent@slingshot.co.nz)

### Naming of the Teams

The team will be named via direct contact from the Masters Manager and published on the Central website and Facebook pages. We will endeavour to do this as early as possible so players have time to plan and fund if required.

The 2021 Masters Nationals are on 15 - 19th October in Wellington.

## Junior Information

### One day competitions

- 20th Feb - Eastern One Dayer hosted by Eastern
- Wellington One dayer TBC yet but will be hosted by SquashGym

### Training Camps

- 7th February - Whanganui - Nick Mita
- 20th June - Whanganui - Robbie Wyatt
- 22 August - Whanganui - Central Coaches
- 5th September - Whanganui - Central Coaches
- 19th September - Whanganui - Central Coaches

### Compulsory selection tournaments

- Central Juniors - 3 -4th July at Taihape
- North Island Junior Age Groups - 10 12th July at Kawaroa Park Squash Club.

- **Selection Criteria**

- Required to attend both selection tournaments.
- Required to attend all training camps unless having a valid reason (as time and money is put into these)
- Able to pay team contribution (\$250) within 30 days of being invoiced unless payment plan organised with Treasurer
- Abide by Central Squash and Squash New Zealand Code Of Conduct rules during all tournaments
- If you are unable to attend any of the selection tournaments you need to inform the Junior Manager
- While representing Central Squash you must wear appropriate attire/uniform at players cost, unless uniform is borrowed. Black shorts or skirt to be worn.

**Naming of the Teams** - Players will be advised directly on the 26th July when a 16 person Nationals training squad will be selected, from this 10 will be named in the team and 2 non travelling reserves .

**The Junior Nationals are in Timaru on 1 - 6th October 2021.**

