

# 90 Seconds

## Squash Wellington Coaching Newsletter

Welcome to the 2010 season of squash and I hope everyone has been off season training and ready to kick into a new season of squash. For those of you who have done the hard yards and hit the hills, been in the gym strengthening and sorting out those technical issues, you will be well on your way to a good season BUT Don't let all that good work go to waste because now you should have started your 300 m runs, routines, racket work and started to matchplay.

Well last year finished off with a visit by Dave Clark the new Coaching Director for Squash NZ who spoke to a good size crowd of coaches and junior convenors regarding providing recognised coaching workshops to all interested parties within the district in the near future. This will provide opportunities for people to attend squash related workshops in our area at a cost of around 20 to 25 dollars. There will be numerous types of workshops offered including beginner coaching to elite, working with club juniors, nutrition, hydration, teams coaching, fun games to play with juniors, routines, tactics, teaching specific shots and many more. There will no longer be level one and level two qualification run courses but those who have their level one and two will still be recognised. For those people who have not quite completed their level one or two I suggest you hurry and fast track that before things change. Dave mentioned there will be a small time frame to get those completed. My thoughts are that this is great and any information or opportunities to improve your coaching knowledge whether you're coaching or a parent having to coach, then this is a great tool for you.

### WHAT ARE OUR WELLY PLAYERS UP TO???

**Martin Knight – HUGE CONGRATS** go out to our boy Martin who finished last year as the highest ranked kiwi male and then went on to win the Comfort Inn Vancouver Open beating World Number 24 Tarek Momen of Egypt along the way. AWESOME. In the latest rankings Martin shot to **number 39 in the world. AWESOME ER**

### National Squad Players

**Martin Knight, Evan Williams, Tamsyn Leevey, Emma Millar and Eliza Sim** – Were all named in the 2010 NZ Senior National Squad.

**Rebecca Barnett** – Was named in the 2010 NZ Junior Elite Squad and will be pushing for a spot in the NZ Team to go to the World Champs in 2011. **You go girl.**

**Zac Millar, Johnny Barnett, Scotty Galloway and Paris Dalrymple Mortleman** – Were all named in the 2010 NZ Development Squad. **Awesome Folks**

### Player Support

Our players have done very well to be where they are at the moment and have a very tough training and playing schedule on and off court and especially find it tough financially to do what they do. So if anyone knows of anyone who may be able to assist our players with sponsorship or jobs that they can do as a group to earn money to help finance their heavy tournament schedule could they please email me or call on the numbers below. Any support would be greatly appreciated.

We will have a group of players attend the Milo Junior International Tournaments in Malaysia this year including young Scott Galloway who has also targeted the Sydney Junior Open and the Scottish and British Junior Open under 13's in December and January with a minimum goal of a top four finish in the latter to events. **Good luck young man.**

## **Schools Squash**

This has been a great success for us over the past 2 years and huge thanks must go out to The Community Trust of Wellington and the Pelorus Trust for their support in funding the programmes over those two years. We have been able to get schools into squash clubs and provide the kids with a great squash experience and loads on fun resulting in kids and in some cases parents as well joining clubs. Squash Wellington provided the equipment and coaches and we are very thankful to the clubs made their courts available to us to use and help make this programme a success. Clubs we have been involved with so far have been Fraser Park, Mitchell Park, Upper Hutt, Island Bay, Mana, Collegians, Thorndon, Kapiti, Waikanae, Otaki and Tawa. Masterton are looking to set up in the next round of schools as is Marlborough and Nelson who have done some already. Here's looking to another successful round of schools squash.

## **Coaches Meets**

I will be looking to run coaches workshops this year starting in April and looking to run a workshop a month in clubs throughout wellington. I will be looking to spread these around so look for a workshop near you. All are welcome to come to any workshop provided and there will be no cost to attend. A full schedule will come out in March with venues, dates and times.

## **National Coaches Conference**

A national coaches conference is being held in Palmerston North on the weekend of the 13<sup>th</sup> and 14<sup>th</sup> of March. Everyone is invited to attend at your own expense and lucky we live close if anyone is wanting to attend. The dates are Saturday the 13<sup>th</sup> of March and Sunday the 14<sup>th</sup> of March. Saturday will be a high performance workshop from 10am to 5pm and Sunday will be general coaching from 9am to 3pm. For those who are interested in attending please register with Kate Von Biel on the following email [kate@squashnz.co.nz](mailto:kate@squashnz.co.nz) you do not have to attend both days if you don't want to.

## **Available Coaches for 2010**

If you are available for coaching during the day or evenings we may require some schools coaches this year as well as some clubs may be need of club and junior coaching. If this seems like you then please contact me on the numbers below.

## **Events for the Year**

Senior Nationals	Venue still yet to be confirmed	20 <sup>th</sup> to 24 <sup>th</sup> August
Junior Nationals	Christchurch	30 <sup>th</sup> Sept to 6 <sup>th</sup> October
Wellington Open		4 <sup>th</sup> to 6 <sup>th</sup> June
Wellington Ladies		2 <sup>nd</sup> to 4 <sup>th</sup> July
Wellington Junior Age Groups		23 <sup>rd</sup> to 25 <sup>th</sup> July
Wellington Junior Open		27 <sup>th</sup> to 29 <sup>th</sup> August

**All other district and national events can be viewed on the Wellington website.**

I look forward to seeing you all around the traps and sharing the knowledge and please if anyone is wanting any coaching information or resources please feel free to email me on the numbers below.

Regards

Nick Mita

Coach Development Manager

Home: 04 232 7175 Mobile: 021 526 224

Email: [coachdm@squashwellington.org.nz](mailto:coachdm@squashwellington.org.nz)