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ATTENTION JUNIOR CONVENORS

DISTRICT JUNIOR SQUADS FOR 2012

SELECTION CAMP DETAILS

A Selection Camp to identify junior players for Waikato's Development, Elite and National Elite Training Squads for 2012 is scheduled as follows:

February 18th	Development / Elite / Junior National Elite Squads 9.30am – 3.00pm
Venue:	Hamilton Squash & Tennis Club
Cost:	\$35 to be paid prior to or on the day to Squash Waikato (this includes Assessments and reports provided by our Strength & Conditioning Coach)
More Info:	Lindsey Walters, Squash Development & Coaching Co-ordinator 027 554 5014 Karina Ormsby, Manager 07 839 7766 or 027 282 5166

Development Squad

- To prepare Waikato's talented juniors for possible representative honours in the future
- Players will attend 4 squad camps between April - Sept 2012
- In order to be considered for selection players must be able to carry out certain squash skills and these will be tested at the selection camp (The skills are posted on the Squash Waikato website). It is essential players show the correct V grip
- Players will be required to participate in selected tournaments
- Players likely to be 10 yrs up to 14 years of age

Elite Squad

- For players being considered to represent Waikato at the 2012 National Champs
- Players will attend 7 squad camps between April – Sept 2012
- Players will carry out skills testing and fitness testing regularly (Skills are posted on the Squash Waikato website)
- Players must be working towards and achieving technical and fitness benchmarks (fitness benchmarks as set by the Strength & Conditioning Coach)
- Players will be required to participate in selected tournaments
- Likely age 14 and above, likely grade D or above (depends on ability/skill level of player)
- Have access to an individual coach
- Adhere to any reporting requirements asked by the District Coaching Co-ordinator
- We ask for a higher level of commitment from this squad

National Elite Squad

- For players being considered to represent Waikato at the 2012 National Champs
- Players will attend 7 squad camps sessions between April-Sept 2012
- Players will carry out skills testing and fitness testing regularly (skills are posted on the Squash Waikato website)
- Players must be working towards and achieving technical and fitness benchmarks (fitness benchmarks as set by the Strength & Conditioning Coach)

- Players will be required to play in selected tournaments
- Likely grade C1 or above (depends on ability/skill level of player)
- Have access to an individual coach
- Adhere to any reporting requirements asked by the District Coaching Co-ordinator
- We ask for a higher level of commitment from this squad

The 2012 Selection Camp will include the services provided by Adrian Pooley our Strength & Conditioning Coach. Adrian's team will take all players through some key assessments during the day. This is a great opportunity.

Please pass the attached nomination form onto your juniors. Please can you also display this information on your Club notice board. All nomination forms need to be returned by **6th February 2012.**

Have a great summer,

Lindsey Walters

SportsForce Squash Development and Coaching Co-ordinator