

The Waikato Academy of Squash will deliver an intensive and comprehensive squash training programme. The Academy is a partnership between the player, coach & Squash Waikato.

FULL TIME (ELITE)

The Academy Programme 2010

- Seven group sessions per week, each session is between 60 – 90 minutes duration
- Each player may be offered individual coaching sessions
- Video analysis will be incorporated into the technical and match analysis sessions
- The programme will be conducted between 1st February 2010 and 31st January 2011
- The programme is flexible to allow players to work on individual requirements
- Players will be asked to provide a competition calendar with a Performance Plan
- Players where necessary will be provided with sessions with the sports psychologist and sports nutritionist
- Players will have regular meetings with the Academy Coaches in order to discuss their Performance Plan and a full written report will be provided at the end of the year
- Players will receive a Waikato Academy t shirt

Cost for programme 2010 - **\$600.00***

Conditions & Criteria for Waikato Academy of Squash (as at 1/1/10)

1. Commitment to squash as No 1 sport
2. Commit to a minimum of five squad sessions per week
3. Players will participate in at least one unsupervised practice session per week
4. Players will participate in at least one unsupervised physical training session per week
5. Players will be asked to complete Performance Plans, training logs and other relevant paperwork by the Academy Coaches
6. Be available for all Waikato Representative Teams
7. Participate in local, regional and national tournament circuit as agreed with the Academy Coaches
8. Players attitude and commitment to training and competition needs to be self driven and positive
9. Players must be ranked in the top twenty in NZ or satisfy the coaches that he or she is progressing and will achieve that in the near future
10. Junior players in the Full time programme must be ranked in the top two in the Waikato age group or that he or she has the potential to achieve this in the near future
11. Players will be selected by the District Junior Selectors and Academy coaches
12. Players will selected based on this criteria but also players personal behaviour, professional attitude and training habits and standard of fitness will be taken into account
13. Players who are competing overseas will rejoin the programme on their return to New Zealand
14. The Academy Coaches have the right to remove a player from the programme if he or she is not fulfilling the criteria or Waikato's Code of Conduct.

Signed player _____ Date _____

*Cost is non refundable