

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 2011

- Seven group sessions per week, each session is between 60 – 90 minutes duration
- Each player may be offered individual coaching sessions. Players will be required to approach the Academy Coaches in order to arrange suitable times.
- Players will carry out regular fitness assessments conducted by the Strength & Conditioning Coach
- Players will be offered a Strength programme and follow up sessions if required
- Players will be provided with an off season training programme
- Video analysis will be incorporated into the technical and match analysis sessions
- The programme will be conducted between 1st February 2011 and 31st January 2012
- Players will need to be members of the Hamilton Squash & Tennis Club
- 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 individual 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 and a Player Handbook

Cost for programme 2011 - **\$700.00***

Conditions & Criteria for Waikato Academy of Squash (as at 1/1/11)

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 Individual 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 be selected based on this criteria but also players personal behaviour, professional attitude and training habits will be taken into account
13. Players must attain specific fitness requirements as set by the Academy Strength & Conditioning Coach
14. Players who are competing overseas will rejoin the programme on their return to New Zealand
15. 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