

***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.***

## **PART TIME (BACK UP)**

### **The Academy Programme 2011**

- Four group sessions per week, each session is between 60 – 90 minutes duration
- 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
- The programme will be conducted between 1<sup>st</sup> February 2011 and 31<sup>st</sup> 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 group 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 is provided at the end of the year
- Players will receive a Waikato Academy t shirt and a Player Handbook

Cost for programme 2011 - **\$350.00\***

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

1. Commit to a minimum of three squad sessions per week
2. Players will participate in at least one unsupervised practice session per week
3. Players will participate in at least one unsupervised physical training session per week
4. Players will be asked to complete Individual Performance Plans, training logs and other relevant paperwork by the Academy Coaches
5. Be available for all Waikato Representative Teams
6. Participate in local, regional and national tournament circuit as agreed with the Academy Coaches
7. Players attitude and commitment to training and competition needs to be self driven and positive
8. Junior players in the Back up programme must be ranked within the top four in Waikato age group
9. Players will be selected by the District Junior Selectors and Academy coaches
10. Players will be selected based on this criteria but also players personal behaviour, professional attitude and training habits will be taken into account
11. Players must attain specific fitness requirements as set by the Academy Strength & Conditioning Coach
12. 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 \_\_\_\_\_ Signed parent \_\_\_\_\_

Date \_\_\_\_\_

(If under 18 years of age)

\*Cost is non refundable