

## Spotlight

### Whanganui Squash Club

Thursday afternoon at the Whanganui Squash Club has seen 8 brand new juniors learning and laughing on the squash court.

Run on a different night to their existing junior coaching, Squash Stars supported the club's goal of revamping the junior programme at their club. The hope is that these Squash Star juniors will feed into the club's next level of junior coaching as they have built their basic skills and confidence over the 6 week programme.

We can't wait to see what is next in store for the juniors at Whanganui Squash Club



## Update

With more clubs wrapping up their first term of Squash Stars, it is exciting to hear what some clubs are planning to do next.

Plans of school holiday programmes, running the programme again in Term 4 and parents wanting to take the Rally Walls into their children's schools are all exciting ideas for keeping our Squash Stars junior involved and giving more juniors the opportunity to be involved.

## Q&A

**The kids we have at our club are loving the Squash Stars sessions, but I am really struggling with having my child in the group. What can I do to help us both have a better time at Squash Stars?**

This is such a common question! At the bottom of this section is a great article published by Sport NZ as part of their Balance is Better resources, but here are the key points raised in the article that are relative to our squash environment:

- At practice you are 'coach' (or whatever the other children call you) not "Mum" or "Dad"
- Set clear expectations with your child so they know that in the sessions they have to share your attention with the others in the group.
- Try not to talk about squash too much on the way home or at home unless it is driven by the child - if you do talk about it, try and talk about what they enjoyed.

Balance is Better Article - **5 Tips for the Parent Coach**

<https://balanceisbetter.org.nz/coaching-your-own-child-5-tips-for-the-parent-coach/>

## Tips and tricks

Sometimes we have groups that are mixed ability and of a range of ages, but due to court availability or number of activators, we can't split them into separate groups. While this poses several challenges, here is a way that you can use this group dynamic to your advantage:

- Pairing up higher and lower level children together and set a challenge for them to achieve as a 'team' - the higher ones then use their skills and knowledge to help the lower ones which in turn reinforces their learning. The lower ones also often learn faster when they are in a team with a higher/ older buddy.

## Stay in touch!

If you have any questions you want answered about anything Squash Stars, or have successes you want to share, please contact Emma at [emma@squashnz.co.nz](mailto:emma@squashnz.co.nz).