

Spotlight

Browns Bay Squash Club

Over the last 8 weeks, 20 juniors have been involved in the Squash Stars programme which ran in addition to their already existing Friday junior coaching.

The club plan on continuing into Term 4, running 3x 45min sessions to keep momentum going while also offering something for all levels of juniors.

On the last week, parents got involved as well in the hope of having parents and children joining the club together.

The future is looking bright for Browns Bay with growing junior numbers and a bunch of great club members involved in supporting the juniors.



Update

It is great to see and hear the awesome ways in which clubs are wrapping up their first term of Squash Stars. Please try and complete a SMILE meter in your club and share it with us – this feedback helps us to continue to improve the programme.

Over the next week we will be sending out a short survey to the participants (their parents) to get feedback on the programme – we look forward to sharing the results with you.

Q&A

I have enjoyed helping out with my club's Squash Stars programme, how do I learn more about coaching squash?

There are a few ways in which you can learn more about coaching squash in New Zealand, including:

- Attending coaching workshops run by your district or Squash New Zealand.
- Connecting with other coaches in your area – observing them coach and talking to them about coaching
- Completing online modules.

If you are interested in an online module, after completing the Squash Stars module (online or face to face Activator workshop) we would encourage you to complete the Foundation Coach Modules in SquashSmart (<https://www.squashsmart.co.nz>).

SquashSmart has some great information for coaches wanting to coach at all levels from Foundation to Performance as well as working with teams. They are free to complete, you can work through them in your own time and come back to them whenever you want.

Tips and tricks

Often we have kids in the group that just want to 'play' squash yet are not quite at a level to be able to play a game. To support them here, try modifying the rules of the game so they start to learn the rules and tactics associated with playing, but are not necessarily playing what we know as a game of squash. Some suggestions include:

- Play catch squash.
- Mark new lines on the court (painters tape is great for this) to bring the serving area forward.
- Allow the ball to bounce as many times as they like.

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.