



HANDBOOK 2019

SINGAPORE SQUASH TRAINING ACADEMY (SSTA) SQUASH PROGRAM BOOKLET

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Objective of this Handbook

The purpose of this handbook is to provide a reference document for all members of the SSTA Program. To achieve a shared vision, it is important that all parties involved in the SSTA Program are aware of the expectations placed on them. This booklet will be reviewed from time to time to enable any changes in the plans or policies be communicated back to those involved. This will culminate in 2 things:

1. An ability to achieve greater results at Asian Junior Individual or Teams events or equivalent events that meet or exceed set goals and expectations.
2. The provision for players a training environment which will enable them to transition to a genuinely international level of play.

If the SSTA Program achieves international success in squash it will improve the brand awareness of our sport. This in turn can attract sponsorship and government funding and provides incentives and development for our players and coaches. An increased profile is likely to increase participation and grow the sport. This then creates a greater potential pool of players for Singapore Squash's High-Performance Program. Therefore, the success of the SSTA Program is critical in achieving sustainable growth and increased brand awareness in squash.

What the SSTA program provides

- High Performance training environment with National Coaches
- Access to Senior National Squad Group Sessions (if desired levels are achieved)
- Narrow the gap of standard with top Asian countries
- Opportunity to train with players from other countries that choose SSTA as a training option

Where a player's attitude, commitment and/or performance are deemed to be unacceptable by Singapore Squash and/or the National Coaching Team, that player may be released from the SSTA Program.

Criteria for entry:

- Players can apply to enter the program or be invited upon available intake in January window.
- Decision will be final with no appeal process.

Aims & Structure of Program: Development Syllabus

World Class Squash Requirement

- Open Racket Face (Cut → Spin → Racket Head Speed)
- World Class Volley
- Efficient Movement
- Improvisation/Adaptable and Deception

Technical Abilities

- Grip and Wrist
- Preparation and Swing Length / Angle / Plane
- Body Position and Balance
- Movement Basics

Tactical Abilities

- Understanding the difference of losing a match and opponent beating you
- Understanding length, width and height
- Understanding player's own position in relation to what shots can be played
- Understanding opponent's position in relation of what shots can be played

Mental Abilities

- Understanding of Goal Setting
- Trusting the Technique
- Concentration and Mental Discipline
- Feedback and Learning

Physical Abilities

- Hand / Foot coordination
- Ladder movements
- Completing 5 km of continuous running
- Proper push-up, sit-up, plank

3 Year SSTA Squash Syllabus

	TECHNICAL	TACTICAL	PHYSICAL	MENTAL	LIFE SKILL			
YEAR 1	<u>GRIP</u> Grip & wrist	Understanding the difference between losing and being beaten	<u>DEVELOPING THE ATHLETE</u> Form and technique	Understanding Goal Setting	Eat, Drink and Sleep			
	<u>SWING</u> 3 parts of a swing		Body weight exercises					
	<u>BODY POSITION</u> Spacing, Style, Setting up		Flexibility					
YEAR 2	<u>SWING</u> Swing angles Contact angles	Shots to be played in relation to position on court	<u>CONDITIONING TARGETS</u> Individual targets set by Coaches.	Trusting The Technique	Life of An Elite/World Class Athlete			
	<u>MOVEMENT</u> Final Lunge First Movement 3 Step Movement							
	<u>VOLLEY</u> Half Volley Off straight & cross from the back			Giving Feedback and Learning from Feedback				
			Flexibility					
	YEAR 3		<u>SWING</u> Consolidation of year 2	Shots to be played in relation to opponents position on court		Basic technique of squats, bench and other basic technique and form for machine training	Focus and Concentration	Understanding Training
			<u>MOVEMENT</u> Mid Court Back Court Quick Feet					
			<u>VOLLEY</u> Changing the pace/variety Forward of the short line				Mental Discipline	

Fitness Testing Protocols

SSTA will conduct a fitness every 3-4 months to evaluate fitness of the players.

Fitness Requirements

Regular fitness testing will be conducted throughout the season and individual targets agreed and set. Where a player has had the opportunity to make the fitness gains required to maintain his/her place in the squad and has not reached set standards, they can be released from the SSTA Program.

Monthly Activities to be carried include: -

- Long run
- Ghosting Sessions
- Court Sprint
- Agility Workouts
- Core Training

A generic Strength & Conditioning program will be provided to each athlete and will be designed to develop the following:

- Aerobic/Anaerobic Endurance
- Strength/Power

- Speed/Agility
- Stability/Flexibility

Meeting the minimum fitness benchmarks as outlined below:

BOYS :

- Able to hold plank core position for a minimum of 1.5 minutes
- Able to complete specific ladder speed work efficiently
- Able to complete 25 sit-ups in 1 minute
- Able to complete 20 push-ups 1 minute

GIRLS:

- Able to hold plank core position for a minimum of 1 minute
- Able to complete specific ladder work efficiently
- Able to complete 20 sit-ups in 1 minute
- Able to complete 12 push-ups in 1 minute (men's push-ups)

Below is a benchmark according to age that be used to gauge progress.

MALE							
NO	TEST	AGE					
		15	16	17	18	19	20 & >
1	Yo-yo Intermittent Test 1	17+	18+	18+	19+	20+	21+
2	15-minute court sprints	270	280	295	310	320	325
3	Push Ups	20	25	30	40	45	50
4	V-Sits	25	30	35	40	45	45+
5	Plank	1m 30s +	2m +	2m 30s +	3m +	3m 30s +	4m +

FEMALE							
NO	TEST	AGE					
		15	16	17	18	19	20 & >
1	Yo-yo Intermittent Test 1	16+	16.5+	17+	17.5+	17.5+	18+
2	15-minute court sprints	260	270	280	290	300	300
3	Push Ups (Men's)	12	15	20	25	30	35
4	V-Sits	25	30	35	40	45	45+
5	Plank	1m +	1m 30s +	2m +	2m 30s +	3m +	3m 30s +

Technical Testing Protocols:

As players develop, they will not be successful if they only have 1 or 2 strong technical areas: they will require a well-rounded set of skills. Regular testing of player technical abilities through their youth development is intended to reveal their skill levels across a spectrum of technical areas so training can be adjusted to address any deficiencies.

Competition results alone are not a reliable measure of technical ability and player development in general. For instance, in a competitive match between two junior squash players one of them may be strong enough in one specific technical area that they are able to win the match, but they may in fact be very weak in other areas.

Conversely, players who do not win matches at a junior level may be very talented in technical aspects of their game but lack an attribute such as physical strength, a quality that will come with physical maturity. Without technical assessments, some "weaker" players may be deemed "not good enough" when in fact they are simply lacking physical maturation as opposed to the skills to perform at a higher level.

Objective Testing

Technical Tests are objective tests that any coach can do with their athletes. The intention of the technical test is to gain an understanding of each player's technical ability with the variety of shots required in squash. These include forehand and backhand drives and volleys. The test can be set up for use with athletes at every developmental stage. They are:

- 1-minute Figure 8 Drives
- 1-minute Figure 8 Volleys
- 1-minute Continuous Driving into service box
- 1-minute Continuous Driving off the back wall
- 1-minute Volley behind the service box

Competition Requirements

SSTA players are required to compete in the following tournaments listed below in Singapore barring any unforeseen circumstances such as:

- Exams on that day
- Injury or sickness
- Bereavement
- Accident or events beyond control
- Permission from National Coaches in writing

The tournaments are:

- National Junior Squash Championships
- Lion City Junior Open
- Singapore Junior Open
- SG Squash Junior Circuit or SG Squash Circuit (Senior)

SSTA players must also make himself/herself available for selection for the following WSF and ASF events:

- i. World Team Championships
- ii. World Cup
- iii. Asian Team Championships
- iv. Asian Individual Championships
- v. Asia Cup
- vi. World Junior Team Championships
- vii. World Junior Individual Championships
- viii. Asian Team Championships
- ix. Asian Junior Individual Championships
- x. Commonwealth Games
- xi. Asian Games
- xii. SEA Games
- xiii. SEA Cup

However, by making oneself available for the above events, there is no guarantee that the SSTA player will be selected and be included as a member of the Singapore contingent to represent Singapore in any games and/competitions above.

Attendance Requirements

SSTA players will be required to maintain an 80% attendance according to their schedules. Any changes to the schedule shall require a written request and approval from National Coaches and Technical Director. Failure to keep to the attendance requirement 2 months in a row will result in immediate release from the Program.

Squad Termination and Re-inclusion

If it is considered that a player is not putting in the required effort to reach and/or maintain the standards stated for the SSTA, they will be informed that they are no longer supported by SSTA and Singapore Squash. There are three areas of consideration;

- A. Squash-specific skill development:
 - i. Where a player is not adapting their game in a consistent way to show they are learning the skills required, the National Coaching Team may, after a discussion with that player and informing related parties, and time being given to show better progress, release the player from the SSTA Program.
- B. Fitness
 - i. Where a player has had the opportunities to make the fitness gains required and has not reached the standards as set, they can/will be released from the SSTA Program. Missing 3 Saturday sessions without valid reason can result in being released from the SSTA Program.
- C. Attitude/Behavior
 1. If a player demonstrates through their behavior that they do not value being a member of the SSTA program, then they will be asked to leave that squad.
 2. Attitudes/behaviors considered unacceptable include:
 - a) Not doing the required squash and fitness work between quarterly reviews
 - b) Not attending the required amount of training sessions
 - c) Missing required competition without valid reason
 - d) Not contributing to the positive physical work required at a squad
 - e) Not being available for selection for the major events (refer Competition Requirements)
 - f) Not communicating with the Coach in a positive way
 - g) Inability to be a team player when required

A player may be re-included in the SSTA program if they are able to show the National Coaching Team through tournaments entered and the level of squash played that they are ready to rejoin in addition to meeting the National Coaching Team to discuss the standards of behavior/attitude expected to maintain their position in the Program.

Fees for 2019*

The SSTA program is heavily subsidized through SportSG and SSRA's own funds to ensure that the best possible training and player development can happen. The fee structure for 2019 are as follows:

- **SSTA Primary School Program- 3 times a week training** **\$400.00 per month**
Our billing will be quarterly with an option to pay the full year which will come with a discount.
- **SSTA Training Program- 4 to 5 times a week training** **\$300.00 per month**
Our billing will be quarterly with an option to pay the full year which will come with a discount.

*Subject to review yearly.

Players' "Code of Conduct"

OBJECTIVES:

The objective of the players' code of conduct is to state plainly the way in which players are expected to conduct themselves.

GENERAL

This Code of Conduct is to be followed on all occasions and in all places where the player can be seen to be a representative of SSTA and includes:

1. The venue of play which means; the courts, surrounds and clubhouse of the place where the player is about to compete, or is competing in, or has competed in;
2. Where the place of competition is out of Singapore: this includes the period from departure to the return to Singapore and applies equally to any accommodation provided during that period; and
3. All national squad-training camps, training sessions (group and individual), and events the player is involved in.

PLAYERS' OBLIGATIONS

At all times to:-

- a. Behave in a way that reflects positively on the Game, SSTA, the team and its management at all times.
- b. Refrain from making any comment to the media relating to the representative team or the event without the permission of the Coach/Technical Director or Team Manager and in particular any public announcement or media comment that might bring the game into disrepute.
- c. Comply with all directions from the Coach/Technical Director or Team Manager.
- d. Comply with dress requirements of the Coach/Technical Director or Team Manager.
- e. Agree that the representative uniform is for personal use and no part is to be given away to or worn by any other person who is not entitled to wear it as a selected representative of SSTA.
- f. To enter a discussion with the Coach/Technical Director about entering a tournament before the closing date and abiding by the decision of the Coach/Technical Director.
- g. To complete all training plans given by the Coach to the best of your ability.
- h. To inform the Coach about holidays, exams etc. as soon as dates are available and return to training dates.

DURING COMPETITION:

To maintain at all times a high standard of sportsmanship and fair play. This will include:

- a. Always playing to the best of their ability and where appropriate to play as part of a team;
- b. Abiding by the Rules of the Game, it's Regulations and the Conditions of Play specified by the Controlling Body;
- c. Respecting any ruling given by the Referee. Players may question dubious decisions in the correct way;
- d. Not purchasing or consuming tobacco products at any point;
- e. Not purchasing or consuming alcohol
- f. Not taking any performance-enhancing drug and, in particular, to strictly comply with any regulations adopted by Singapore Squash in regard thereto;
- g. Presenting for competition in an acceptable physical and mental condition and standard of appearance;
- h. Maintain towards opponents an attitude of respect and politeness.
- i. Respect the tournament officials, volunteers, members and staff of any venue at which the event is being or has been played.
- j. Respect the coaches, managers and any other appointed officials of Singapore Squash.

EXPECTATIONS OF PLAYERS:

Players are expected to:

- Be available for selection for international competition
- Adhere to the training programme established by the SSTA and Singapore Squash's coaching team
- Participate in designated tournaments as described in selection policies
- Maintain pre-determined levels of fitness as described in this booklet

- Advise the Coach of any injury as soon as the injury occurs
- Abide by the Player's Code of Conduct
- Adhere to Singapore Squash's policy of Drug Testing

Players are, through their performance and behavior, a reflection of the quality of the SSTA and Singapore Squash's High-Performance Program. As such, players must train with a level of commitment that is in keeping with their own and Singapore Squash's stated goals. Players will need to ensure that their off-court activities will contribute to the attainment of their squash goals.

Expectations of Parents

Parents play a very important role in the development of players and therefore are a part of the High-Performance Program. Communication between coaches, administrators and parents is crucial to ensure a consistent message is portrayed to players. It is important parents understand the commitment required of High-Performance athletes.

ROLE OF THE PARENTS

1. To provide encouragement and support to their children
2. To provide them with tangible help with their diet on a daily basis, based on players' individual nutritional requirements and completion of training plans given to the children.
3. To ensure prompt timekeeping for all squash-related matters.
4. To assist with communication with the SSTA/Singapore Squash Office.
5. To assist with maintaining a balanced lifestyle. For example, juggling squash, schoolwork and social time so that they do not impact on each other detrimentally.
6. To encourage good discipline and behavior on court (critical).
7. To direct any worries, problems or issues through the Coach immediately.
8. To be aware that members of SSTA not only represent their clubs and district but also their country – Singapore.
9. To help their child become self-responsible.

PARENTS ATTENDING OVERSEAS EVENTS

Singapore Squash welcomes the support of all parents at any overseas events. However, it is of critical importance that clear expectations are outlined and understood from the outset in the event when Singapore Squash send a team. These are put in place to avoid unnecessary conflict or upsets during the event.

TRAVEL TO AND FROM THE EVENT VENUE

The teams will:

- Meet at a designated venue;
- Check in for flights together;
- Be seated on all flights together
- Make connecting transfers together

Parents may book the same flights, but this must be done independently.

ACCOMMODATION

The Team will:

- Check into hotels together;
- Stay in the assigned rooms throughout the event

Parents are welcome to book the same hotels, but this must be done independently and cannot share with their child.

TEAM MEETINGS

Regular team meetings will be held during the event. Times and locations will be set by the coach/manager.

Parents are NOT invited to team meetings.

COACHING

The coach/manager is responsible for ALL coaching during the training and competition. If two players are playing simultaneously, the coach may assign another team member to offer coaching support. In the event if 2 Singaporean players are playing each other, both players are to be left alone without any coaching from anyone.

Parents are NOT able to coach players during matches.

BREAKFAST

The Team will have a daily routine of meeting for breakfast at a time agreed and set by the coach/manager.

Parents are NOT invited to join the team for breakfast.

MEAL TIMES

The Team will arrange to eat together whenever possible throughout the event.

Parents may be invited to join The Team for lunch or dinner occasionally as decided by the coach/manager. In this instance, parents will be responsible for the cost of their own meals.

GENERAL EXAMPLES OF MISCONDUCT (AN INDICATIVE BUT NOT FINITE LIST)

- Bringing the game into disrepute
 - Theft
 - Assault
 - Verbal abuse
 - Bad language
 - Abuse of equipment;
 - Throwing a racquet
 - Breaking a racquet
 - Abusive use of equipment other than within the intentions of the game
 - Drinking under age
 - Discourtesy as a guest of a billet
 - Ill-mannered behavior
 - Inappropriate dress
 - Entering and then failing to appear at a tournament
 - Breach of player agreements
 - Failure to give of one's best
 - Failure to follow the reasonable instructions of a manger, coach or referee
-

SSTA PROGRAM 2019

I hereby confirm that I have read and understood the SSTA Squash Program Handbook. I will abide by the Code of Conduct as stated in this Handbook.

_____ (Athlete)

Name :

I/C No: :

Date: :

I, the parent of the above child, confirm that I have read and understood the SSTA Squash Program Handbook and will ensure that my child abides by the Code of Conduct.

I also fully understand the role of the parent as stated in the Handbook.

_____ (Parent, if Athlete is below 18 years)

Name :

I/C No : :

Date : :