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More Clubs Begin to Embrace On-Line Court Booking

In a sign of the changing times, more Auckland clubs are now installing on-line court booking systems. Thanks to funding support from Squash NZ and Squash Auckland, Belmont Park, Manurewa and Henderson Squash Clubs are all in the process of installing Squash NZ's on-line court booking system. This will bring the total number of squash clubs in the Auckland district with on-line court booking systems to 11 (41%).

Feedback from members of clubs that offer on-line booking has been overwhelmingly positive, suggesting that members like the convenience and certainty of being able to book a court from any location and be able to turn up at their allotted time and not have to wait around until a court becomes available. These factors are particularly important for today's busy member (and prospective member) struggling with the demands of work and family, they no longer have free time to waste hanging around waiting to get on court.

Generation Recreation: From Multigenerational to Intergenerational Programming.

How inclusive are your club's facilities? How well do you cater for new and existing members of different generations? Today the new catch phrase for community based recreation facilities and programmes is - "multigenerational". Successful, sustainable facilities and programmes are those that are able to provide a **range** of activities that meet and integrate the needs of participants of all generations.

This article (see link below) from Recreation Management magazine takes a close look at how communities in the U.S. are incorporating intergenerational programming into the development of sports and recreation activities and the positive impact this approach can have on participation levels for community members of all age groups.

http://recmanagement.com/feature_print.php?fid=201002fe03

Auckland Interclub and Super champs Team Entries Show Strong Growth in 2011

After years of consecutive declines, Auckland interclub and super champs team entries have shown strong growth in 2011. This year total entries for interclub were up 7% (up 4% in 2010). Increases were experienced across all seasonal competitions.

- Senior Autumn up 7%
- Senior Winter up 12%
- Senior Spring up 8%

Super champ's entries also experienced strong growth, with team entries up 17% this year compared with 2010.

The Future of Fitness

In 2009 Les Mills International commissioned a report to look at the future of the fitness industry. As a result of research done, a White paper was produced that highlighted key trends predicted to take place in the health and fitness industry. Despite its fitness industry focus the findings in this report have significant implications for Squash Clubs as well.

http://www.lesmills.com/files/globalcentral/docs/Future%20of%20Fitness%20White%20Paper_Nielsen%20&%20Les%20Mills_final_Jan%202010.pdf

SQUASH IN SCHOOLS

Auckland Girls Grammar School Introduce Squash into School Curriculum

In a first for the school, Auckland Girls Grammar introduced squash into their school curriculum this year. During August and September, 12 year 13 students participated in 8 squash coaching sessions at the Auckland Squash Centre to prepare them for assessment in [NCEA Unit standard A.S. 90742](#) (Demonstrate Performance in a Physical Activity).

Feedback from the supervising teacher and students was overwhelmingly positive. This is despite some initial nervousness from the teacher in charge who wasn't sure how the girls would respond to learning squash, having never offered it at the school before.

They needn't have worried. The sessions proved so popular with the girls that the school is intending to run the same programme again next year for a new group of students.

Papatoetoe High School Students Participate in a Get Started Coaching Course

Squash Auckland in conjunction with Papatoetoe High School ran a "Get Started" coaches course for 8 female student leaders. The course was held at the Alan Brewster Centre, Papatoetoe and was facilitated by Mark Waldin. This was a first for the school and one in which they would like to continue next year as they try and grow squash in the school.

Feedback from the teacher in charge highlighted how much the girls enjoyed the course:

"The girls really enjoyed themselves. They found it very informative and I was impressed with the content covered in such a short amount of time".

*Alex Smith
Teacher in Charge
Papatoetoe High School*

Squash Auckland is planning to offer more schools an opportunity to have student leaders undertake a squash coaching programme in 2012.



Kiwisport Squash Programme Proves a Hit in Counties Manukau Schools

Thanks to kiwisport funding received from Counties Manukau Sport, Squash Auckland has been able to deliver 5 kiwisport squash programmes to schools in the region during term 3. To date 1,184 primary and intermediate aged students have participated in 169 squash coaching sessions.

More programmes are planned for term 4. Starting in October we will be running a 4 week programme with Takanini School followed by another 4 week programme at the Gardens school in Manurewa. Due to its popularity more kiwisport squash programmes are already scheduled for Counties Manukau Schools in term 1, 2012.

SQUASH IN SCHOOLS



Counties Manukau School Students Get a Taste of Squash

Term3 saw the introduction of Squash Auckland's kiwisport squash programme into schools in to the Counties Manukau area. Five programmes were run at schools across the region. Participating schools included; Redhill Primary (Papakura), Reremoana School (Manurewa), Papatoetoe East Primary, Connifer Grove (Takanini) and Rosehill Intermediate (Papakura). In total 181 individual coaching sessions were delivered to 1,266 primary and intermediate age students.

Feedback from the programme has been overwhelmingly positive. When asked if the children attending a programme enjoyed the sessions and had fun, 100% of respondents said yes.

Comments received from the teachers in charge of sports at participating schools highlight the positive effect the programme had on their students.

"Thanks for the wonderful exposure. I see squash as a lifelong sport, and I know some students will take it up"

"The squash programme was extremely well received by our students and staff. The children were all engaged and eager to have each session. All of our children with special needs were included in the programme and they developed stronger hand eye co-ordination, moving into space concepts, hitting to a target, etc The children were exposed to a sport that they would not ordinarily be able to access and showed that given the right instruction they could play and gained a level of success. Students were reflective about the sessions they had and many learnt more about themselves and their ability to communicate with others alongside the physical skills being developed".

TERM 3 JETS ROUND-UP



Term 3 Winners are clockwise from top left:

Josh Hobbs (Henderson) - Central Graduates.
Northern Zone Boys - Belmont Park,
Jien Lim (North Shore) - Northern Graduates.
Central Boys - Remuera,
Northern Girls - Belmont Park.

AROUND THE CLUBS

Kumeu Squash Club

Over the last few months Squash Auckland has been working closely with the Kumeu Squash Club to support the introduction of new and existing participation programmes as a way to increase membership and club activity. Three of these programmes – Women in Squash, coach development and Junior Club nights – have resulted in a positive turnaround for the club.

The Women in Squash programme saw 11 women enroll. Over half of the participants were not members of the club or were trying squash for the first time. At the conclusion of the programme, 4 women joined the club as members. In addition the women have agreed to meet on the last Friday of each month for their own club night.

Junior club night participation has almost doubled. Over the past 6 weeks Squash Auckland has funded Mark Waldin to assist the club's junior coaches with running junior club night. As a result numbers have swelled from an average of 14 kids to a high of 26 on one evening.

The number of qualified coaches in the club has now risen to 7 as a result of funding provided to the club from Squash Auckland.



Belmont Park has been actively involved in a number of participation programmes over the last few months. During this time they have been running, Women in Squash programmes, Discovery Squash programmes, Girls on Court programmes and are participating in regular school-club partnership programmes with local schools.

All of this community activity is now starting to pay dividends as a number of the people participating in a programme have joined the club as members, and in some cases have gone to participate in senior or junior interclub competitions.

An additional positive spinoff from all this new participant activity has been the number of family members also purchasing a membership. In a number of cases parents of children and children of parents who participated in one of the above programmes have gone on to join the club as a member.

TePapapa Squash Club Women in Squash Programme

TePapapa Squash Club's first Women in Squash programmes have been a resounding success. Nearly 20 women enrolled in two programmes run over 2 hours every Wednesday for 6 weeks.

Of the women who participated in the programme 56% were new to squash (never played before) and 94% were not members of a squash club prior to enrolling on a programme.

Results post the programme have also been positive. To date 7 (39%) women have signed up for club membership. In addition one of the women has taken on the role of "Ladies Squash Club Captain". The club has also introduced regular ladies only club nights where new and existing members will be encouraged to get involved in regular squash related activities, including games and coaching.

Royal Oak Leads the Way with Women in Squash Programme Participation

Royal Oak Racquets Club continues to enjoy strong support for its Women in Squash programme. To date the club has run 15 6 week programmes catering for 83 women, of which 32 (39%) have joined the club as members.

The demand from women wanting to participate in the programme has been so strong that from October the club is planning to run 2 consecutive programmes on the same night.



Junior Player Profile: Michael Shelton Agar (Remuera)

A young player making big strides is Remuera junior Michael Shelton Agar.

Michael is an excellent example of what can be achieved in a short space of time when you are prepared to put the hard work in to achieve your goals. In the past 12 months, since Sept 2010, Michael has played 99 competitive matches and seen his grade go from F (731 pts) to a high this year of D1 (1,876pts) +1,145 pts.

COACHING AND OFFICIATING UPDATE

Squash Auckland to Introduce New Coach Mentoring Programme in 2012

As part of Squash Auckland's commitment to the long term development of our coaches we will be introducing a coach mentor programme starting in 2012. In September Mark Waldin, Manu Yam, Tony Dye and I attended a GACU coach mentoring training seminar at the Auckland Badminton Centre. The programme was designed to provide prospective mentors with the necessary tools and skills to support new and existing coaches in their roles.

Over the coming months myself and the 3 mentor coaches will be working closely with regional GACU Coach Manager – Jeff Mitchell - to formulate a coach mentoring plan to be rolled out ready for implementation in early 2012.

In the meantime prospective mentee coaches will be identified and approached to seek their support for inclusion in the programme. Upon agreement a coach mentor will be assigned to the mentee. Between them – and with the support of Squash Auckland – a personal development plan will be prepared for the mentee to assist them in identifying key areas they wish to develop over the duration of the programme.

This is an exciting initiative and one in which we believe will add significant value to the retention and professional development of coaches in the Auckland region.

Why Talent is Overrated

According to a number of authors the notion of talent is a myth. Today an increasing number of researchers, psychologists and coaches are debunking the notion of talent. If this is true, and talent is in fact a myth, how then do sports people such as Tiger Woods, Michael Jordan, and Roger Federer (all "Talented" athletes) get to be so good at their respective sports? The answer, according to author Geoff Colvin, is all about choice.

In his article "Why Talent is Overrated" http://money.cnn.com/2008/10/21/magazines/fortune/talent_colvin.fortune/index.htm Fortune Magazine editor at large – Geoff Colvin outlines what he believes are the key attributes for success. You can read more on this topic in Geoff Colvin's book:

Talent Is Overrated: What Really Separates World-Class Performers From Everybody Else.

This book is available from Fishpond.co.nz.

Squash Auckland Coach Development Day Confirmed

This year's coach development day is scheduled to take place at the Howick Squash Club, Medowlands Drive, Howick on Saturday Nov 12th from 9am – 3pm.

The theme of the conference is: How to Produce Better Players: A Practical Approach.

Entry is FREE. Lunch will be provided. All players and coaches are welcome to attend the day.

This promises to be an exciting day with a range of presenters and topics, including Dave Clark (National Coaching Director) who will be introducing some new concepts from the upcoming "Big Nix" coaching module and Paul Hornsby, the new National coach who will introduce himself and talk about his goals and aspirations for player and coach development nationally.

Schedule:

9.00am: Register/Tea and Coffee

9.30am—10.30am: Paul Hornsby. SNZ National Coach

Presentation: Coaching background, coaching philosophy and goals for SNZ High Performance players and coaches.

10.30am—11.30am: Dave Clarke. SNZ National Coaching Director

Presentation: Training structures for 9-12 year olds: What to do and in what order.

11.30am—12.30pm: Joanne Williams. Squash Waikato. Coach/Manager NZ Junior Women's Team 2011

Presentation: Improving shot making through effective movement.

12.00pm—12.30pm: Lunch

12.30pm—1.30pm: Andy Rogers, Director GACU (Greater Auckland Coaching Unit)

Presentation: Introducing Basic tactics in wall games

1.30pm—3.00pm: Kevin Sheehy. Senior Lecturer, AUT School of Sport and Recreation

Presentation: Children and Competition: Physiological and Psychological processes that underpin sports learning in young squash players