



Inside This

Issue

Editorial	1
Coach Assessment Day	1
Article Link: PAR Scoring	2
Article Link: Squash Cross Training	2
Coaching Tip: Cross Court Training Exercise	2
SNZ Coaches Conference	2
Coaches Profile: Paul Cornish	3
Useful Websites: Canadian Journal For Women in Sport	3
Useful Websites: The squash Coach Software from Bellinger Sports	3
Article: What's the Buzz With Energy Drinks?	4
Coaching Tip: Time to Power Up	4

On Court

The Squash Auckland Coaches Newsletter

Editorial: With Steve Hodges, Development Manager

Welcome to the first edition of "On Court" for 2010. This year promises to be an exciting year for coaching in the region. In the upcoming months SNZ will be releasing the first modules in the new national coaching curriculum. In March Dave Clarke (National Coaching Director) and Anthony Ricketts (National Coach) will be running the inaugural SNZ Coach Development weekend at Squash Gym, Palmerston North. This will be a great opportunity for coaches to learn more about the new coaching syllabus and how it will help them in their coach development. See page 2 for details on how you can register to attend what promises to be an exciting and

informative weekend.

This month we profile Paul Cornish (2009 SNZ Junior Coach of the year). Paul provides some interesting incites into his coaching career to date and some of the work he is doing with juniors at Devonport Squash Club and across the North Harbour region.

With all the discussion recently about PAR scoring I thought it was timely to provide a neutral perspective on the pros and cons of this controversial system. Check out page 2 for the link to an article from Ian McKenzie the editor of Squash Player Magazine for his views on the introduction of the

proposed new scoring system.

Over the past decade their has been huge growth in the manufacture and consumption of energy drinks. Promoted by the suppliers as a way to improve athletic performance, serious questions still remain about the real effects these products have on an athletes overall health and wellbeing. The article on page 4 - What's the Buzz with Energy Drinks—provides some useful incites into the real effects of energy drinks on athletic performance.

Yours in coaching.

Steve Hodges

Coach Assessment Day

Date: Sunday 21st February, 2010

Location: Panmure Squash Club

Time: Every hour from 9am—5pm

Book your place by contacting Steve Hodges, Development Manager, Squash Auckland.

DDI: (09) 623 7856, Mob: 021 484 713

Email: development@squashauckland.org.nz

Ever thought about offering squash to other sporting codes as a cross training exercise for their athletes?

Australian Rugby coach Robbie Deans has. He is looking at enlisting the help of 2 time world squash champion David Palmer to work with the Wallabies.

<http://tvnz.co.nz/rugby-news/deans-secret-weapon-squash-all-blacks-2671499>

**PAR Scoring:
Who Benefits?**

Over the past months there has been much discussion among coaches, players and club administrators about the proposed changes to the points scoring system.

This editorial written by Ian McKenzie, editor of Squash Player magazine looks at the arguments for and against the new PAR scoring system.

Check it out at:

http://www.squashplayer.co.uk/Features/score/SP%20Article_%20Scoring_Changes.pdf

Cross Court Training Session

What does it work? X-court drive, boast, straight drive, x-drop, movement, dis-	
Level: Intermediate.	Duration: Flexible but up to 90 minutes.
Number of players: 2-5	Physical Intensity: Medium
Goals and guidelines	
<ul style="list-style-type: none"> • This is a fun, competitive ¾ court style session. • One of the back corners is not used for the drill, and the “spare” players can stand here (as in 3/4 court), and swap in at the end of the next rally. • It progresses through from a closed drill working on cross court length and width, to a more open one, which will challenge decision making and disguise skills too. 	
Description	
<p>1. 2 players at any one time, player A boast, B cross-court drive, then A straight drive, B now boasts and so on. You can score this, with the winning player scoring a point and staying on.</p> <p>When finished, progress to the next game.</p> <p>2. With this progression, after the boast, you have an option of x-drop or cross-court drive. Rally then continues as above with a drive and a boast. Again this can be made into a game by scoring.</p> <p>3. As 2 but after any straight drive, you have the option of another straight drive.</p> <p>4. Repeat 1-3 on the other side.</p> <p>Points to work on</p> <ul style="list-style-type: none"> - Working back to the T after each shot. - Getting appropriate width. - Pushing forward whenever possible – can you volley the cross-court? 	

Squash NZ Coaching Conference 2010

Sat 13th March 10.00am—5.00pm

Sun 14th March 9.00am—3.00pm

Squash Gym, Palmerston North

Cost: FREE

Facilitators: Dave Clarke (National Coaching Director) & Anthony Ricketts (National Coach)

To register email SNZ Programme Coordinator Kate von Biel on kate@squashnz.co.nz or phone Squash NZ on (09) 815 0970



COACH PROFILE: PAUL CORNISH



What is your current coaching role?

Junior Coordinator at Devonport Squash Club

What's your squash playing and coaching background?

Played casually at school and university. Became more involved in squash in the mid 90's as part of a revival mission for the Devonport Squash Club.

I continue to play interclub, which is a bit daunting as juniors fly past me on the grading list.

I undertook the level 1 coaching qualification in 2005. During this time I also started the junior coaching programme at Devonport Squash Club.

When did you start coaching?

In 2005.

Why did you decide to get involved in coaching?

Ironically because my partner found my squash involvement very selfish, so together with the club champion we commenced coaching his three daughters, one of my daughters and another student.

This small group grew rapidly to the point where I decided to quit my day job to devote more time to squash coaching and other personal interests.

How would you describe your coaching experience to date?

After the initial launch of the club's junior coaching programme, extensive work began on providing more structure to the coaching. The Squash NZ Junior Skills Awards programme was introduced and a junior J grade players interclub competition was launched involving clubs on the North Shore.

What do you enjoy most about coaching?

One aspect I really enjoy is seeing junior coaches develop their skills. In particular it's been exciting to see two teams of club coaches supervising our last two school holiday squash programmes.

What advice would you give to up and coming coaches?

Challenge yourself to do things differently. Don't just stick with a tried and true formula. This applies particularly to juniors who thrive on variety. Check out the website www.totalsquash.com for some new ideas you can use to spice up your coaching sessions.

Utilise courses provided by Squash Auckland and discuss with other coaches what coaching techniques work best.

Adapt to the needs of the students and ensure you provide a good balance between fun and competition in your coaching sessions.

Work hard to try and grow the sport.

Since taking up coaching in 2005 Paul has achieved the following recognition for his efforts:

Squash Auckland Coach of the Year 2005 and 2006

Squash NZ Junior Coach of the Year 2009

Paul continues to devote significant time to promoting squash at Devonport and across the region.

Useful Websites

The Canadian Journal for Women in Coaching—**Online** provides an excellent resource for current and aspiring female squash coaches. Each month the journal publishes an article about issues facing female coaches.

Check it out at:

<http://www.coach.ca/WOMEN/e/journal/index.htm>

Useful Websites

The Squash Coach from Bellinger Sports is a free squash coaching software package designed by British squash coach Mark Bellinger.

You can register to download a free copy from the website link below.

<http://www.bellingersports.com/index.php>

What's the Buzz with Energy Drinks?

Energy drinks claim to boost alertness, shorten reaction time, improve concentration, memory, and performance in endurance and anaerobic exercise. Athletes are turning to energy drinks in the hopes of boosting their energy and quenching their thirst. Energy drinks promise to "pep you up". Sadly, the wake-up buzz from energy drinks is short lived and may be followed by a prolonged period of crash and burn. There is no replacement for good old fashioned sleep, recovery, and putting in your time at the gym.

CAN ENERGY DRINKS HYDRATE YOUR BODY?

Energy drinks should not be confused with sport drinks which are designed to rehydrate the body during exercise. In fact, energy drinks can impair hydration. The American Council of Sports Medicine (ACSM) states "[energy] drinks are a very poor choice to consume when exercising in the heat or probably when exercising in general." Because they pack twice the amount of sugar as sport drinks, fluid absorption in the body is impaired, delaying hydration. While energy drinks may taste refreshing, they should not be consumed before, during, or after exercise when you need to replace sweat loss.

More Bad News:

Consuming beverages high in sugar and caffeine such as energy drinks, before or during exercise, may have a laxative effect in some people.

WHAT'S IN THE ENERGY DRINKS?

Energy drinks contain caffeine, sugar, taurine, and glucuronolactone - a combination that is claimed to improve performance. Energy drinks also may contain very small amounts of Echinacea, l-carnitine, vitamin C, ginkgo biloba, ginseng, ciwujia,

hydroxycitrate, and St, John's Wort. There is little evidence that ingredients other than the sugar and caffeine have any positive effects on performance. Many energy drinks also contain very high doses of B vitamins, which are likely to be excreted in the urine.

WILL ENERGY DRINKS LEAD TO A POSITIVE DOPING TEST?

Energy drinks may be tainted with prohibited substances,

Some energy drinks contain many raw herbs that have not been tested for purity or contamination and could lead to a positive doping test.

ARE ENERGY DRINKS REALLY BAD FOR ME?

ACSM states that "[energy drinks] have the potential for adverse and dangerous effects if taken in excessive quantities or consumed while on medication." These effects include electrolyte disturbances, heart irregularities, nausea, and vomiting. To avoid any harmful effects:

Do not exceed the recommended serving indicated on the bottle, Do not mix an energy drink with alcohol

Reproduced from the Coaching Association of Canada Website, June 2009

Time to Power Up ... It's time to power up. The key to hitting harder is efficient use of the wrist. Keep the grip on your racquet as thin as possible to give your wrist the flexibility it needs in hard shots.

Keep your elbow in and snap your wrist when the ball is rising. If you start striking the ball on the rise rather than the peak of the bounce, you will snap your wrist faster.

Remember to tighten your grip at the point of impact and not sooner.