



ROADSHOW 2014

Visiting a club near you...

The Roadshow is for club members, volunteers & administrators. You will hear about...

- Kiwi Squash (our new school programme)
- using iSquash
- Squash Fit (our new fun squash boot camps!)

... and it's your chance to ask us questions!

Whangarei SC
Wed 12 March, 7pm

Remuera Rackets
Thurs 13 March, 7pm

Hamilton S&T
Mon 24 Feb, 7pm

Geyser City SC
Tues 4 March, 7pm

Kawarua Park SC
Tues 25 Feb, 7pm

Hastings SC
Wed 5 March, 7pm

SquashGym Palmerston Nth
Wed 26 Feb, 7pm

Mitchell Park SC
Thurs 27 Feb, 7pm

Marlborough COBS
Fri 28 Feb, 7pm

Christchurch SC
Mon 3 March, 7pm

Timaru SC
Fri 28 Feb, 7pm

Sunnyvale SC
Thurs 27 Feb, 7pm

Squash City
Wed 26 Feb, 7pm



SQUASH NEW ZEALAND ROADSHOW 2014

TONIGHT'S AGENDA

Kiwi Squash

High Performance

SquashFit

iSquash

Re-branding

Club Power

General Update

Kiwi Squash

Have Fun, Play Squash



WHAT IS



National junior development programme

Small Nix: 5-8 years

- Fundamental Movement Skills
- Fun Squash Activities
- Speed and Agility

Big Nix: 9-12 years

- General movement
- Squash coordination
- Squash techniques
- Strategy



INCLUDES...

**DVD with over
60 clips**

**Resource Manual with eight
comprehensive lesson plans**

**Parent Information
Leaflet**

**School Information
Leaflet**

**Equipment
Packs for sale**

**Promotional
Posters**

**Training with
Coaching Guide**

Have Fun, Play Squash!

Small Nix | Primary Schools & Clubs Resource



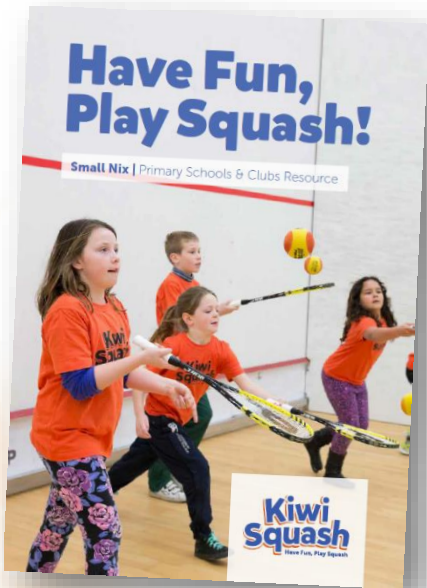
**Kiwi
Squash**
Have Fun, Play Squash

Have Fun, Play Squash!

Big Nix | Primary Schools & Clubs Resource



**Kiwi
Squash**
Have Fun, Play Squash



EACH LESSON INCLUDES...

- Learning outcome that the activity will achieve
- Information on the setup of the activity
- Details of how to run the activity
- Things to look out for (Can You See?)
- Questions you could ask participants (You Could Ask...)
- Variations to enhance learning (You Could Change It...)
- Safety recommendations
- Equipment required



1

Discovering

Dodgems

Learning Outcome: Developing dodging, swerving, evading, changing direction and moving in general space.

Setup

- Each group of four - five is in a marked square (5x5m).
- Each player has a racket/ball/quoit/frisbee to use as a steering wheel.



Activity

- Each player holds their racket/ball/quoit/frisbee in front like a steering wheel, and walks around without touching the other players (dodgems) in the square. Keep moving for one minute.
- Repeat the activity while increasing the speed. Incorporate skipping, jogging and running.
- The players should be planting one foot and quickly change direction (plant and go).

You Could Ask...

- How does your body swerve to avoid another 'dodgem'?
- Why is it important to have your head up?

You Could Change It...

- Add obstacles: include obstacles (e.g. cones) to evade.
- Create pathways: set-up a pathway of cones for the dodgems to move in and out of and around.

Equipment



Cones



Beach Ball

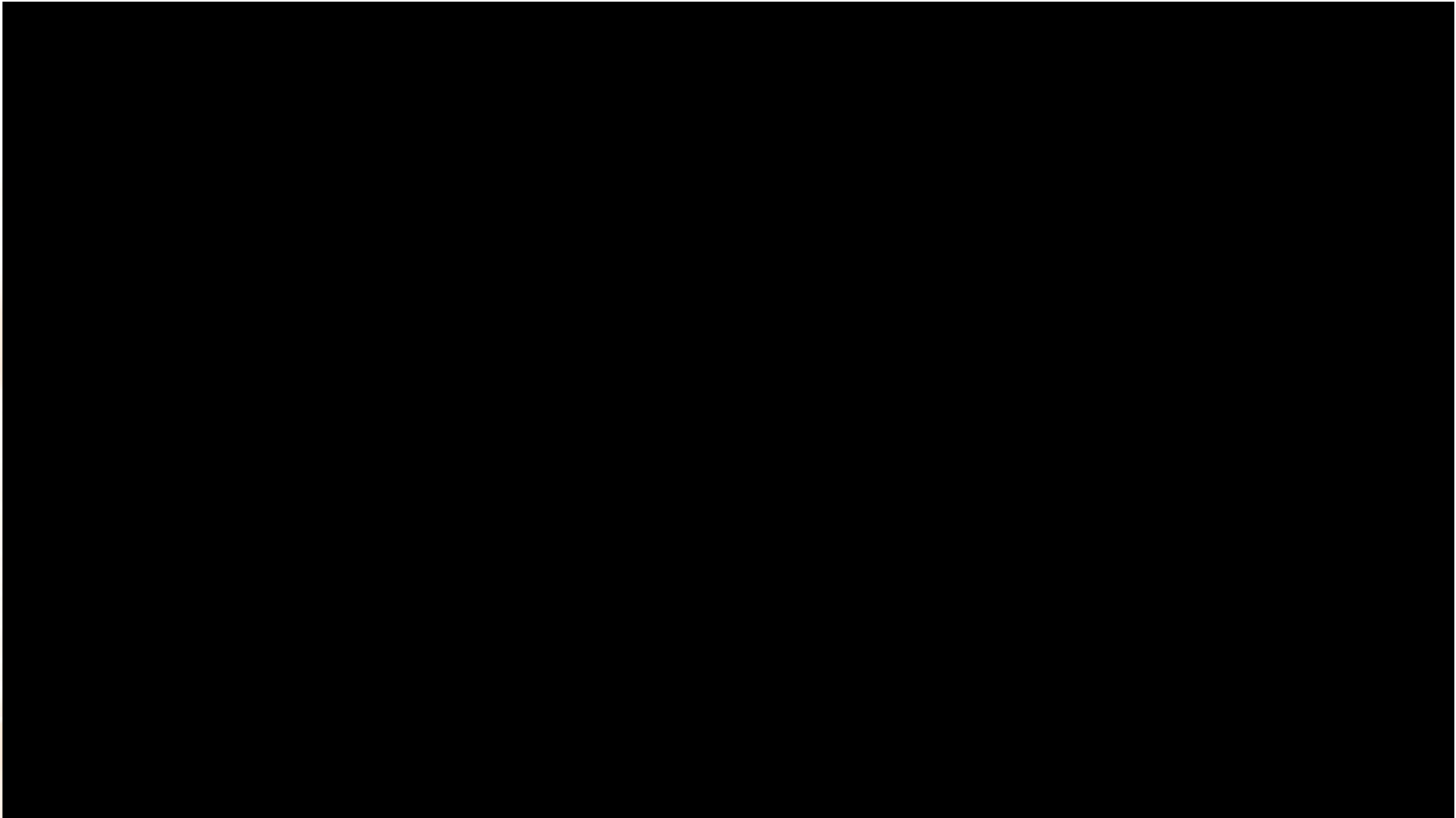


Squash Racket

Can you see? 

Head up, quick moves, safe traffic, plant & go.





Have Fun, Play Squash!

Programme Guide for
Parents & Caregivers



Have Fun, Play Squash!

School Information Leaflet



Have Fun, Play Squash!

Kiwi Squash - New Zealand's national
school squash programme



Kiwi Squash

Have Fun, Play Squash



I had fun completing the Kiwi Squash
Small Nix programme

in _____ (date)

at _____ (venue)

Nix would love to see you playing
squash again! Turn over for details
of your nearest squash club.

For more info visit: squashnz.co.nz kiwisquash.com fb.com/kiwisquash

SQUASH
NEW ZEALAND

SQUASH

NEW ZEALAND



Districts

- national promotion (RSTs, funders, public)
- Coach Facilitator training
- record-keeping
- seek sponsors & funding
- website & Facebook
- review
- continual development

- delivery and teacher support
- local promotion
- coach training
- school relationships
- record-keeping
- seek funding
- RST liaison
- club comms
- feedback to SNZ
- appropriate competition

Clubs

- school relationship
- run junior programmes
- seek funding
- feedback to SNZ
- provide coaches

HOW DOES



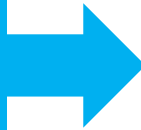
WORK?

SCHOOL HALL/
OUTSIDE/CLUB

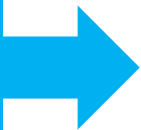
**SMALL
NIX**

(5-8yrs)

Kiwi Squash
Facilitator
trains
teachers/
club
coaches



Teachers /
club
coaches
deliver



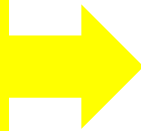
Support
from KS
Facilitator

COURTS / CLUB

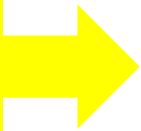
BIG NIX

(9-12yrs)

Kiwi
Squash
Facilitator
trains
teachers

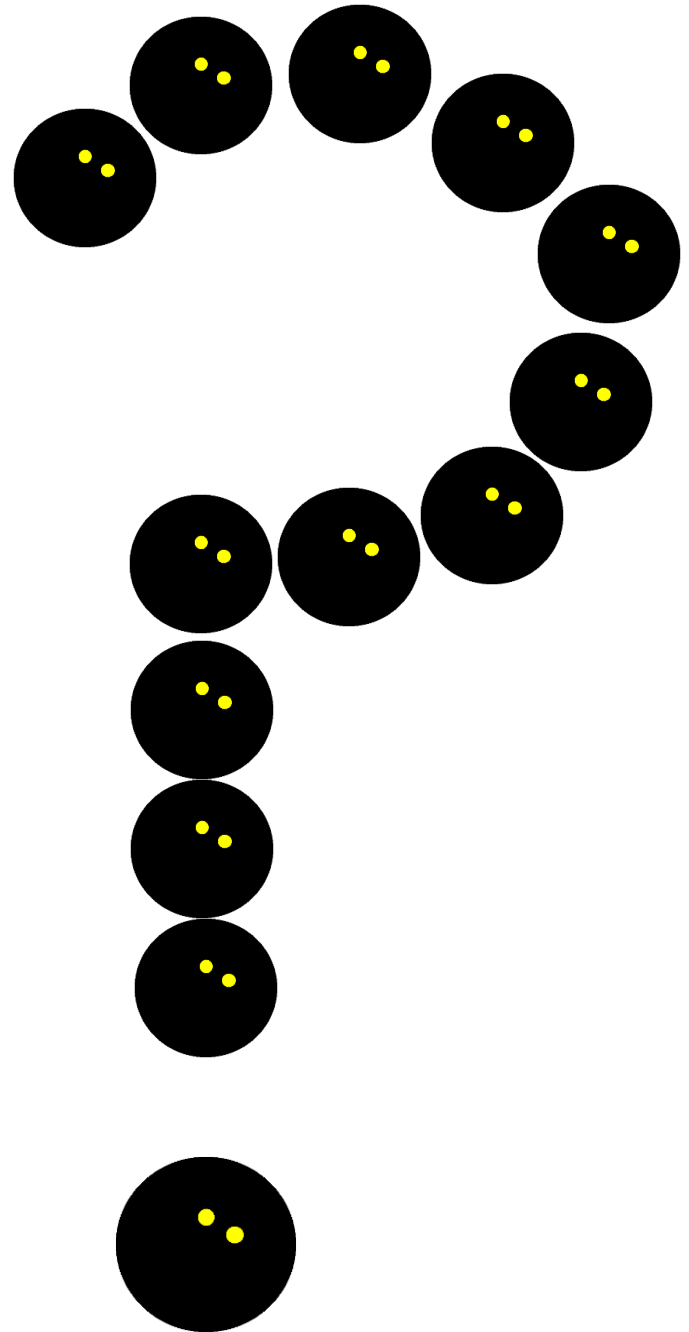


KS
Facilitator
delivers



Teacher
delivers...
eventually

What
will it
cost?





EQUIPMENT ORDER FORM

Kiwi Squash is an introductory squash programme that can be delivered in school (for 5-8 years) and in a squash club (for 9-12 years).

The following equipment is required to deliver each programme, to a class of 30. If you would like to deliver the programme to groups of 15, please half all requirements.

| SMALL NIX (5-8 years) | | | BIG NIX (9-12 years) | | |
|------------------------|------------|-----|---------------------------|------------|----|
| ITEM | Group Size | | ITEM | Group Size | |
| | 15 | 30 | | 15 | 30 |
| 25 Inch Junior Rackets | 15 | 30 | 27 Inch Full Size Rackets | 15 | 30 |
| Balloons * | 15 | 30 | Max Balls (or equivalent) | 6 | 12 |
| Beach balls | 8 | 15 | Max Progress Balls | 6 | 12 |
| Foam Balls | 20 | 40 | Reaction Balls | 3 | 5 |
| Reaction Balls | 3 | 5 | Blue Dot Balls | 15 | 30 |
| Blue Dot Balls | 6 | 12 | Single Yellow Dot Balls | 6 | 12 |
| Small Cones | 10 | 20 | Small Cones | 10 | 20 |
| Saucer Cones | 12 | 24 | Saucer Cones | 12 | 24 |
| Spot Markers | 20 | 40 | Spot Markers | 30 | 60 |
| Ball Of String | 15m | 30m | Speed Ladders | 2 | 3 |
| Marking Tape | 2 | 4 | Marking Tape | 2 | 4 |
| Large Equipment Bag | 1 | 1 | Large Equipment Bag | 1 | 1 |

* The quote below is for high quality sports balloons, but a pack of normal 'party' balloons will suffice for the activity

Address to send equipment to...

| | | |
|---------------|----------|--|
| Name | | |
| Organisation | | |
| Address | | |
| City / Town | Postcode | |
| Contact Phone | | |
| Contact Email | | |
| Order Notes | | |

| Quantity | Description | Amount | Total |
|----------|------------------------------------|--------------|-----------|
| | Small Nix Manual | \$20.00 | \$ |
| | Big Nix Manual | \$20.00 | \$ |
| | Kiwi Squash DVD | \$15.00 | \$ |
| | 25 Inch Junior Squash Rackets | \$ 17.95 | \$ |
| | 27 Inch Full Size Rackets | \$ 17.95 | \$ |
| | Sports Balloons* | \$ 3.20 | \$ |
| | Beach balls | \$ 3.43 | \$ |
| | Foam Balls | \$ 2.17 | \$ |
| | Reaction Balls | \$ 5.95 | \$ |
| | Max Balls (or equivalent) | \$ 5.17 | \$ |
| | Max Progress Balls (or equivalent) | \$ 5.17 | \$ |
| | Blue Dot Balls | \$ 5.17 | \$ |
| | Single Yellow Dot Balls | \$ 5.17 | \$ |
| | Small Cones | \$ 1.95 | \$ |
| | Saucer Cones | \$ 0.95 | \$ |
| | Spot Markers (Assorted Colours) | \$ 2.35 | \$ |
| | 30meter ball Of String | \$ 2.57 | \$ |
| | Speed Ladders | \$ 39.95 | \$ |
| | Marking Tape | \$ 3.04 | \$ |
| | Large Equipment Bag | \$ 44.95 | \$ |
| | | FREIGHT | \$ |
| | | GST (at 15%) | \$ |
| | | TOTAL | \$ |

Please return this order form to:

Kiwi Squash
Squash New Zealand
P O Box 21-781
Henderson, Waitakere 0650

Phone: 09 815 6770
Email: admin@squashnz.co.nz

Terms and Conditions:

- Goods will be delivered once payment is received.
- Freight will be calculated based on the address given. If you would like to know the freight before your goods are shipped, please contact Squash NZ for an estimate.
- Delivery will be within two (2) weeks after receipt of this order.
- Invoice will be emailed to the contact email address provided above.
- Manual and DVD Invoices will be sent from Squash NZ. All other equipment will be Invoiced from | Sports Distributors Limited.



Year 1

Small Nix Equipment
pack for 15

\$603

Coach Facilitator
(2hrs admin + train 4
teachers + attend 1st
and last sessions for
four classes)

\$360
(at \$30/hr, 12 hrs)

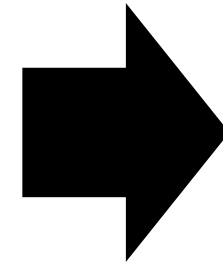
\$963

Year 2

Coach Facilitator
(2hrs admin time +
attend last session
for four classes)

\$180
(at \$30/hr, 6 hrs)

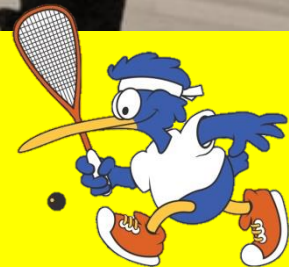
\$180



S
U
S
T
A
I
N
A
B
L
E



Your Questions...



HIGH PERFORMANCE UPDATE

2013

- World Junior Girls – 8th
- World Senior Men – 15th
- Trans Tasman Masters – 2nd



- Talent Development Centres going strong – a fourth TDC added in the North
- National Transitional Academy

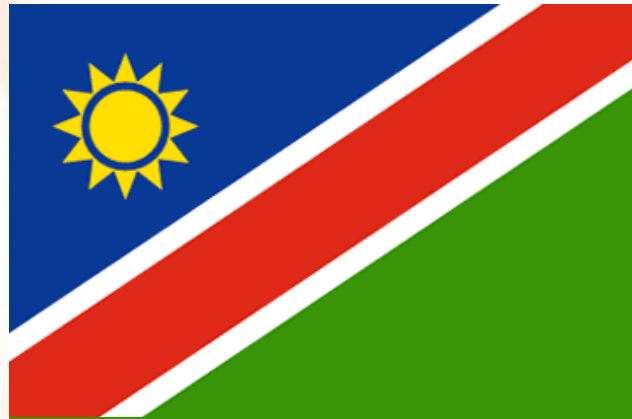


World
Number

5



WORLD EVENTS 2014



World Junior Boys
Namibia
10-24 August



Commonwealth
Games
Glasgow
July-August



World Senior
Women
Canada
December



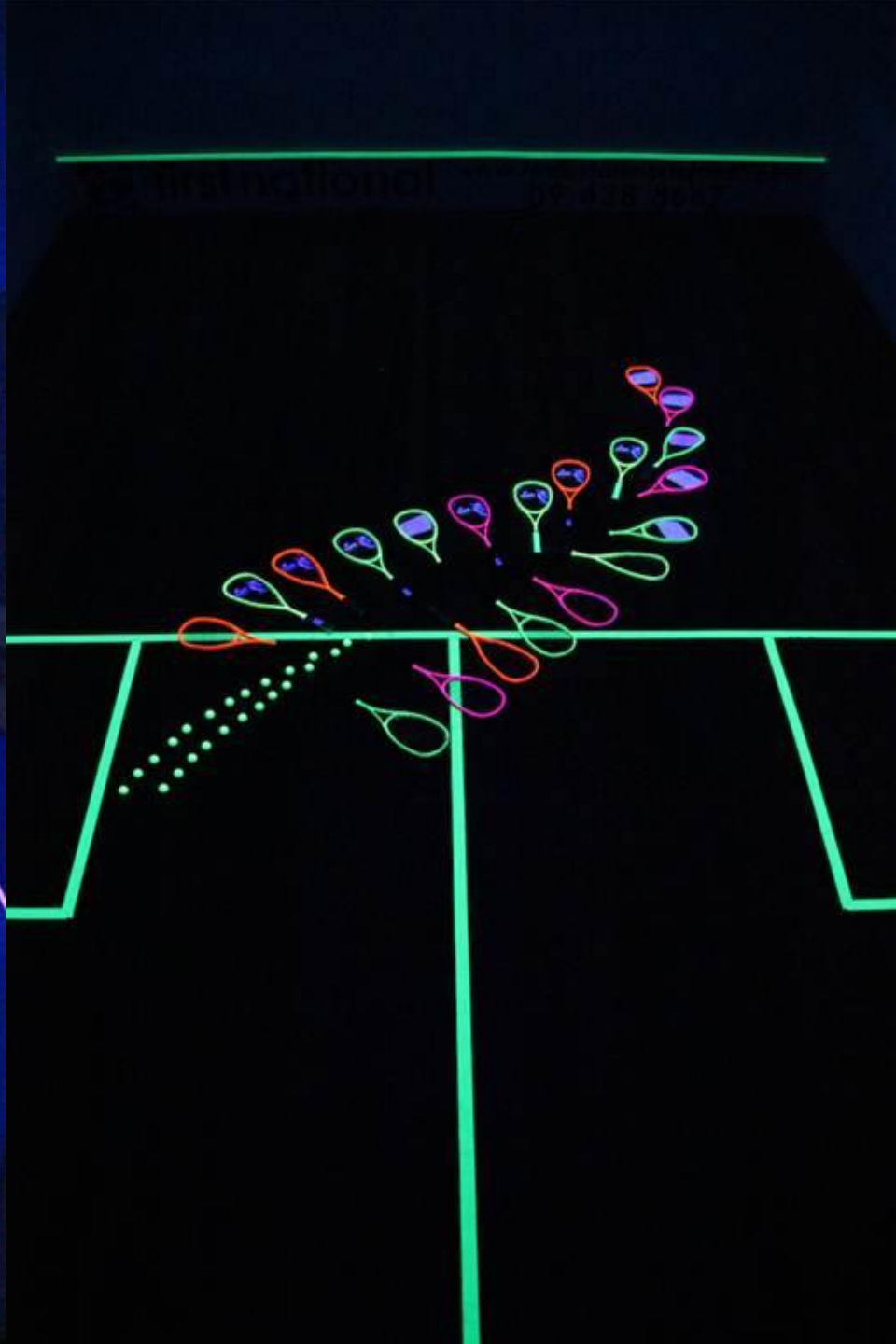
GLASGOW 2014
XX COMMONWEALTH GAMES



What should
Squash NZ do?

What could/should
clubs do?









6 week
boot camps

Twice a week

At your club

Fitness & Skills





BENEFITS

Everything
done for you

Online
payments

Few equipment
requirements

Club
fundraiser

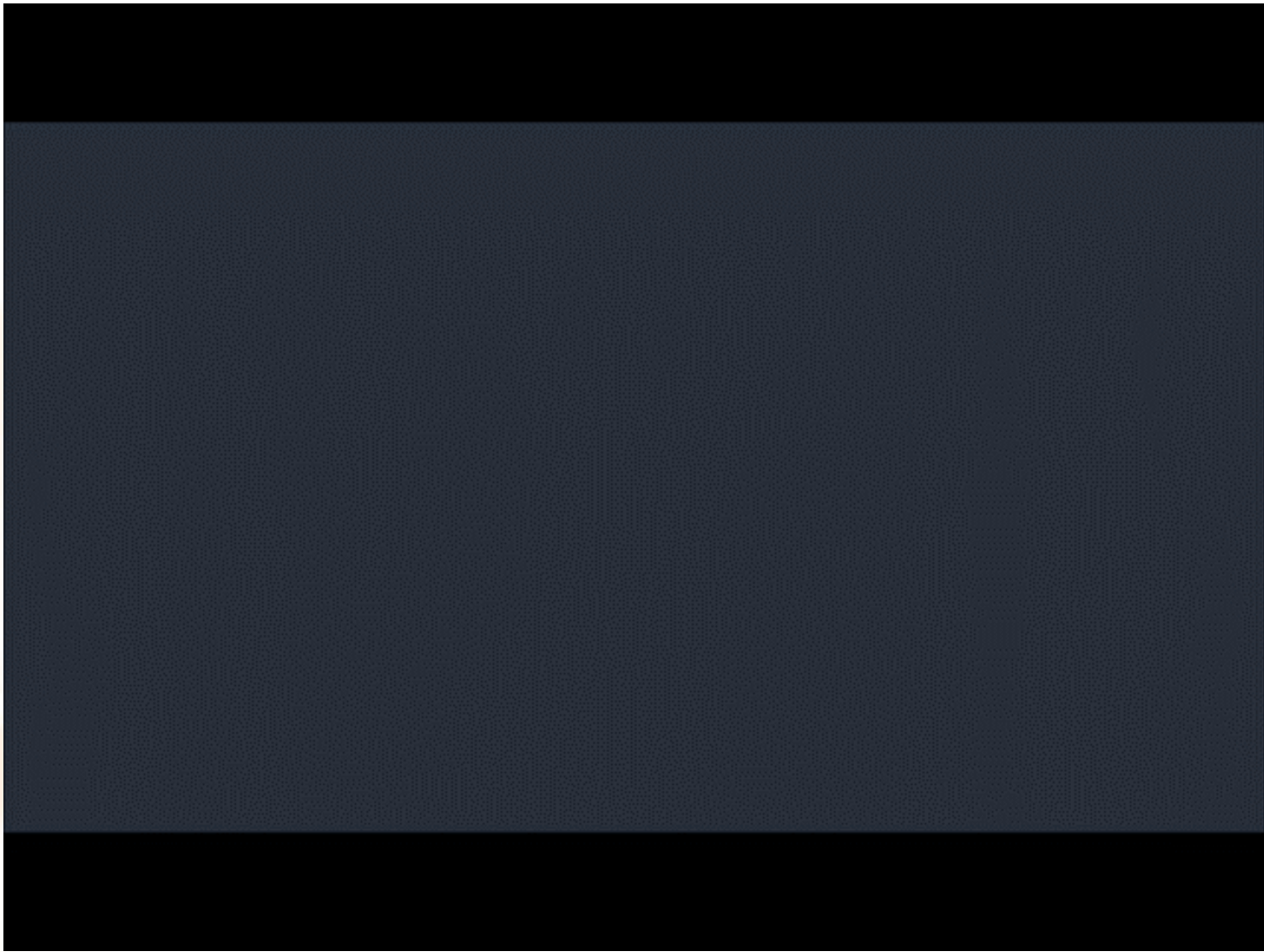
Tailored for
your club

Non club
members into
the club

Professionally
developed

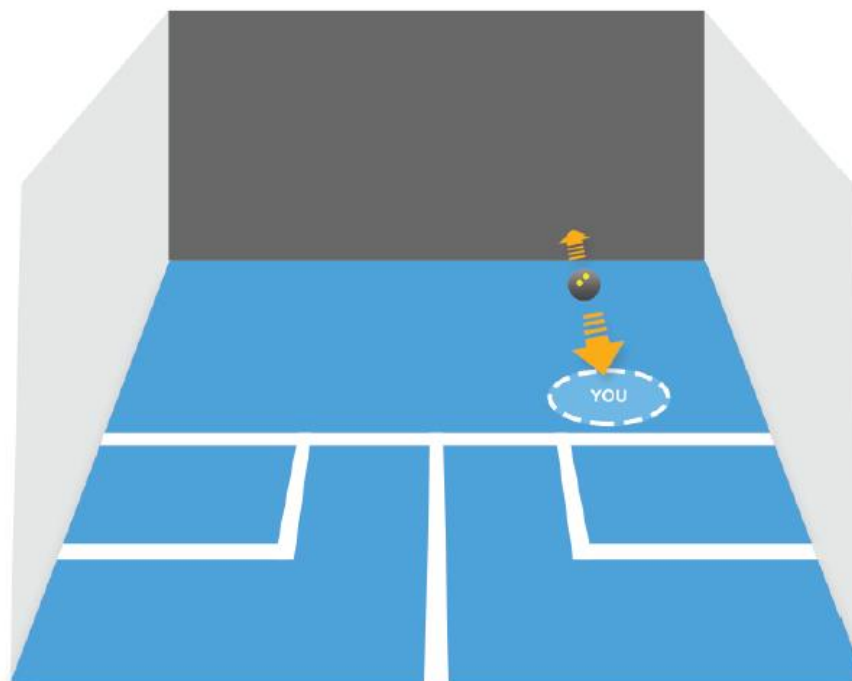
Promotional
material

Fun and
engaging



Each activity has
video & skill
cards
(laminated) to
be laid out on
the circuit

Focusing on accuracy, stand in front of the short line and hit straight shots to yourself. Test yourself with getting faster – get your racket up early and use a short backswing. Ensure to hit the ball in front of your leading foot.



Club registers interest via squashfit.org/bootcamps

SquashFit sets up club's online registration page

Club promotes bootcamps to members and community

SquashFit contacts club when registration quota reached

SquashFit custom designs bootcamp for club

SquashFit sends training materials to club

Payment to club on Bootcamp Day 1



PROCESS



SQUASHFIT PRICING STRUCTURE

GET FIT, PLAY SQUASH

| Pricing Options | A | B | C |
|----------------------------------|--------|-------|---------|
| Cost per player | \$90 | \$120 | \$150 |
| Cost per session | \$7.50 | \$10 | \$12.50 |
| Club rebate (per participant) | \$50 | \$70 | \$100 |



Rebate every registration



CLUB REBATES

| # of participants | 8 | 10 | 12 |
|--------------------------|-------|---------|---------|
| Pricing option A (\$90) | \$400 | \$500 | \$600 |
| Pricing option B (\$120) | \$560 | \$700 | \$840 |
| Pricing option C (\$150) | \$800 | \$1,000 | \$1,200 |

Fantastic fundraiser for your club!



TESTIMONIALS



"The SquashFit Kit is a great tool for anyone keen to improve their Squash game. The drills are very squash focused and are similar to those used by Squash Professionals (such as myself) around the World"

Cameron Pilley

Professional Squash Player - World Ranking #13



"SquashFit is simply the best online Squash training program I have seen. These are the same drills I do on a weekly basis as part of my training routine. Recommend to any one interested in improving their squash!"

Martin Knight

Professional Squash Player - World Ranking #48



TESTIMONIALS

"I found the squash fit training great. As I have not been playing squash long, it was a good way to get fit and learn some of the basics at the same time. I really enjoyed the format, it allows you to push yourself to the limit to get more and more out of each session. Most importantly it was a lot of fun. The sessions were a great way to meet more people at my local club and a good way to start my day"



James

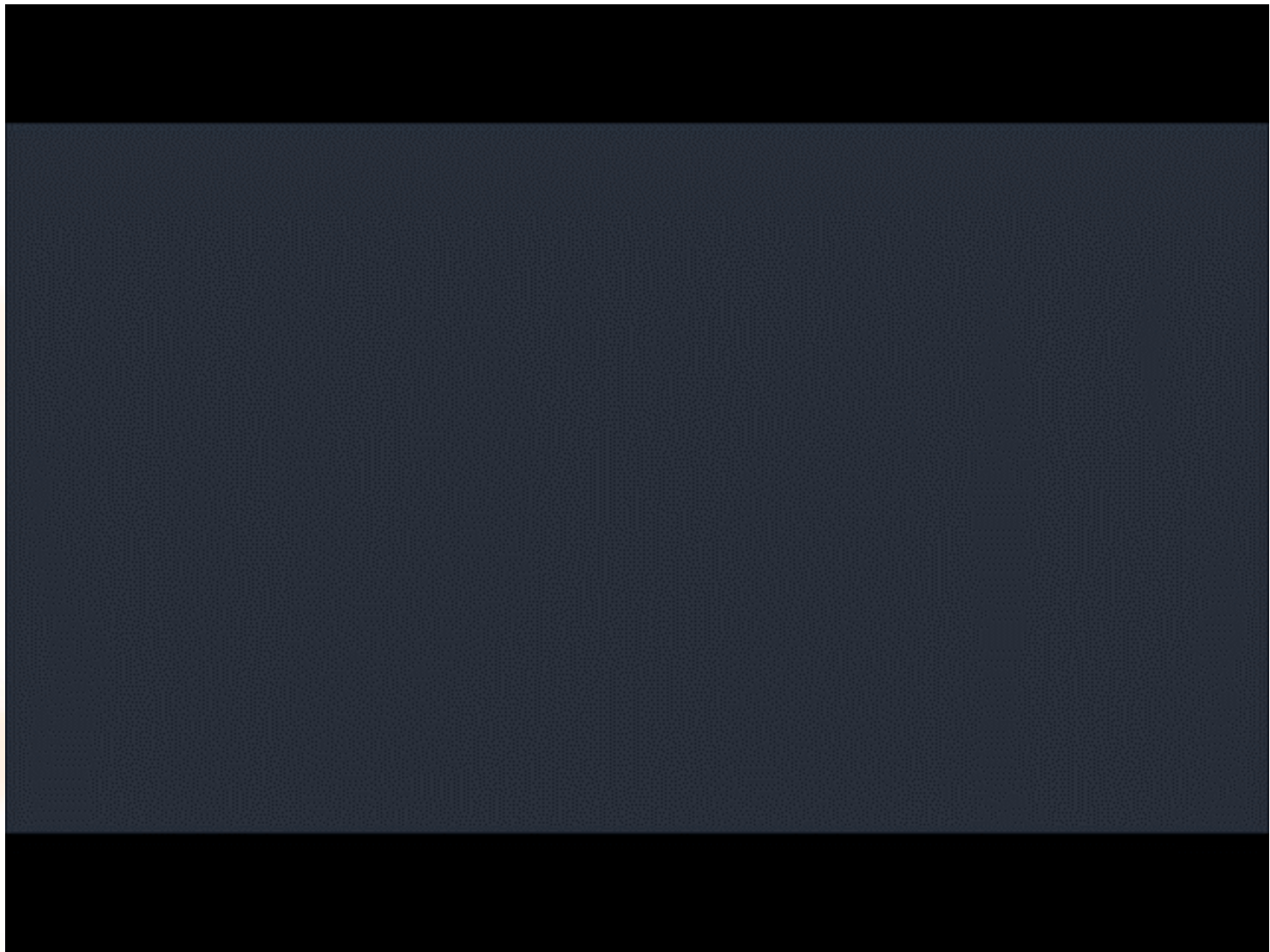
D2



"We used SquashFit as the fitness component of our team training programme. In the face of increasing pressure for available courts, we were able to get 8+ guys on 2 courts and run really comprehensive sessions. 3 months on and enthusiasm & participation is high!! SquashFit is a great tool to improve your game"

Simon

(B2) Auckland, New Zealand



Combined Grading List

Secondary School Grading List

Other GL changes

- Inactivity and loss of grading points
- F grade / J Grade parallel
- Size and number of J grades
- entry point of B2



**Tournament
module
improvements**

**Online booking
improvements**

**Coaching
Database**

Pay 2 Play



RE-BRANDING

Unified brand

Time for a
change

NZ flavour

Dynamic



CURRENT NATIONAL AND DISTRICT BRANDING TREE



Squash
Midlands



SQUASH
NEW ZEALAND

NEW NATIONAL AND DISTRICT BRANDING TREE





**TRY IT.
PLAY IT.
LOVE IT.**

**SQUASH
NEW ZEALAND**



**TRY IT.
PLAY IT.
LOVE IT.**

**SQUASH
NEW ZEALAND**



**TRY IT.
PLAY IT.
LOVE IT.**

**SQUASH
NEW ZEALAND**



SWITCH CLUBPOWER

- Working with golf, tennis, football & cricket
- Sustainable source of ongoing funding to clubs
- highly competitive energy pricing to homes & businesses
- Easy – change power to Switch ClubPower – you get cheaper energy, club gets rebates
- Anyone can join: members, friends, family, workplace



SUPPORT
YOUR CLUB



In essence, it is a sponsorship programme which reward clubs and their members for moving their electricity accounts to switch utilities

**Should squash pursue this?
Will you support it?**

GENERAL UPDATE

2nd Shot

Stakeholder Survey

**National
Events**

**Professional
Events**

**Coach
Development**

Referee Development

Final Few Things...



Oceania
SQUASH



Donate it to Oceania Squash!



- campaign to boost squash development in Oceania
- collect used squash rackets and equipment & send to communities in Oceania



Example:

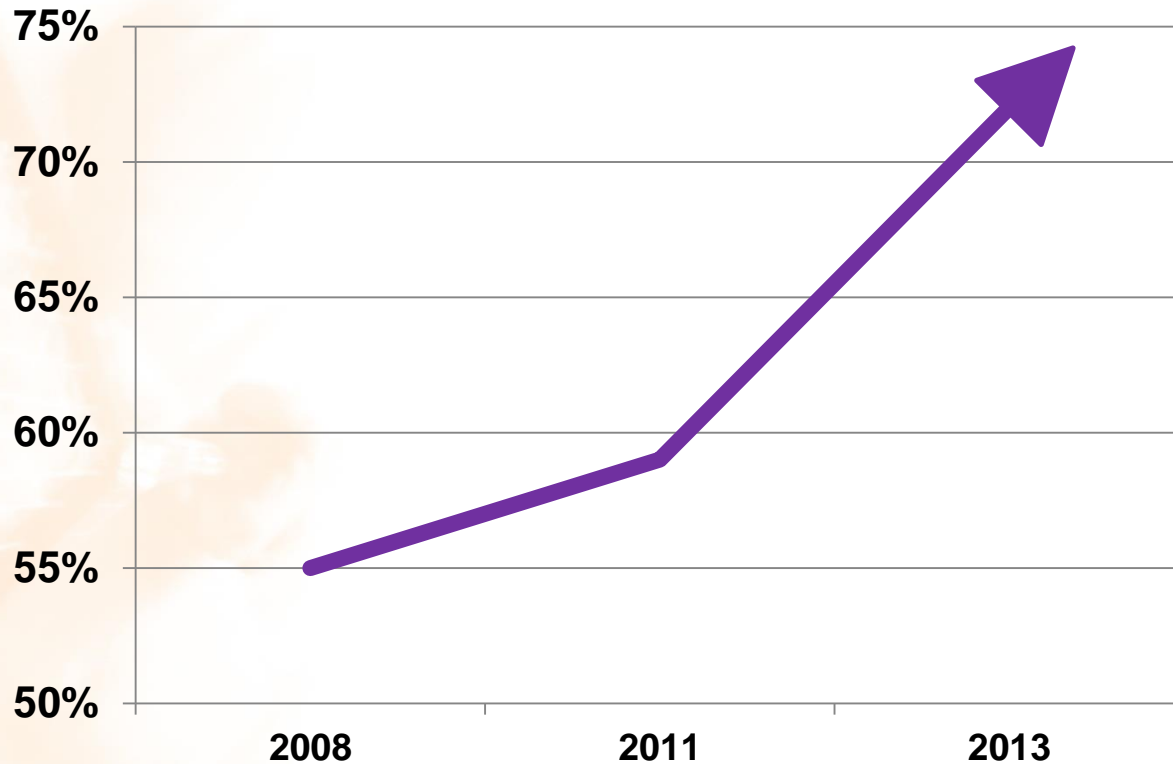
Coach Development programme planned for 2014 → racket and equipment donations equipment will remove cost barriers



STAKEHOLDER SURVEY



STAKEHOLDER SURVEY



2008: 55%

2011: 59%

2013: 72%



STAKEHOLDER SURVEY

Highlights

- Significant improvement
- Implemented many suggestions from 2011
- Communication: website, newsletter, social media
- Staff
- iSquash
- High Performance programme

Improvements

- Funding
- Club support (especially small clubs)
- National campaigns
- Still want better communications
- iSquash!
- Modernisation

NATIONAL EVENTS



Overall Increase in participation from 2012 - 2013

NATIONAL EVENTS

Focus for 2014...

Champion of
Champions

Superchamps
(30 May)

U23
Champs

Event
Rotation

Event
Allocation

2015 Trans-Tasman
Junior Test Series



PROFESSIONAL EVENTS

PSA Events

- Burnside, Christchurch
- Palmerston North
- Squash City Invercargill

WSA
Events

Closed-
satellite PSA
Events





COACH DEVELOPMENT

2013

Mod 1:
Get Started

Mod 2:
Small Nix 5-8yrs

Mod 2a:
Small Nix 5-8yrs

Mod 3:
Big Nix 9-12yrs

Mod 3a:
Big Nix 9-12yrs

Module 5: School &
Tertiary: Primary &
Intermediate

Mod 8:
Women

Mod 14: HP
Development

Ext 1a: Getting
Started (online)

Ext 1b: Safety
Concepts
(online)

Ext 2:
How to Coach

Ext 3: Managing
the Mind

Ext 8: Nutrition &
Hydration

Ext 9: Injury
Management

Ext 10:
Conditioning

2014

Mod 4:
Club Youth

Ext 4: Athletic
Development

NUMBER-CRUNCHING

55

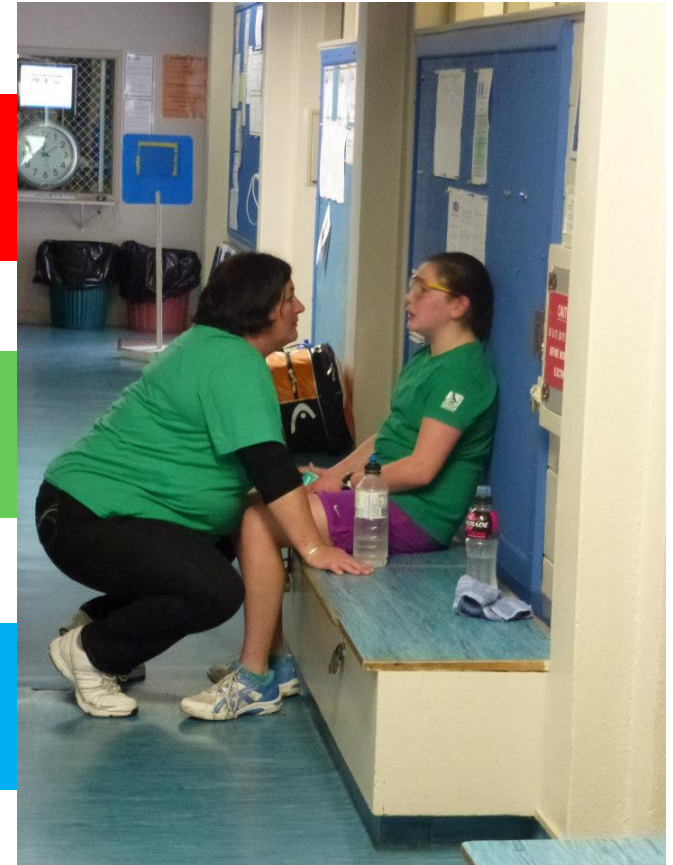
Trained Facilitators

2095

Module completions

862

Coaches registered



REFEREE DEVELOPMENT & SUPPORT

Running a Refereeing/Rules Night at Your Club

INTRODUCTION

This document is intended as a guide to help Clubs run refereeing/rules nights. Squash New Zealand recommends using qualified referees (District, or preferably National) to facilitate rules nights; as these people are best qualified to answer questions. If this is not possible, ensure that the person facilitating the session has a sound working knowledge of the rules. Of course, clubs are welcome to use other resources they might have available; this is merely a guidance document.

WHY RUN A RULES NIGHT?

Beginner players often lack confidence in their refereeing skills, and experienced players can grow rusty/forgetful with their interpretations. Bringing a group of players together to discuss tricky situations, the disciplinary tools available to referees, and share knowledge can rapidly improve the quality of refereeing in your club, as well as the confidence of referees.

PROCESS

1. Use a video or DVD to showcase some examples of the rules of squash, including obstruction situations (lets, no lets and strokes). Squash New Zealand recommends 'Decisions 2001' produced by Squash Australia (you can buy a copy here: <http://www.squashnz.co.nz/play-squash/referees/rules-of-squash.cfm>). It is quite old so the scoring is out of date, but otherwise it provides a good overview of the rules and let scenarios.

You may not need to show all of the video/DVD. Depending on your audience, select the most applicable sections. For example, a group of beginners will need to learn how to score. A group of players in for a 'refresher' can probably skip straight to obstruction rules.

2. Facilitate a practical demonstration between two players. If possible, find two players of average ability (good enough to be able to create situations of obstruction, but not so good as to intimidate the group) to play a few rallies/routines with the aim of creating a diverse range of let situations. Ask participants to take turns at refereeing.
3. Hold a Q & A discussion on the demonstration, and any other refereeing issues the group would like to raise. This should be an opportunity for players to ask questions, or exchange helpful refereeing hints.
4. Hold a specific discussion on the disciplinary measures available to referees. Many people aren't confident referees because of the criticism they receive from players while refereeing. If players are aware of the various conduct warning/stroke/game/match sanctions that are available to them, they should be able to control the game confidently, and without fear of abuse.
5. To wrap the session up, allow the group to sit the Club Referee test. This 100 question exam is a good test of basic knowledge of the rules and, if they pass, the players will be officially qualified Club Referees! The Club Referee test is available here: <http://www.squashnz.co.nz/play-squash/referees/becoming-a-referee.cfm>.
6. Try to keep the session short and fun!

MORE RESOURCES

Players wanting additional resources could:

- Peruse the 'Practice Resources' on the Squash New Zealand Refereeing page (<http://www.squashnz.co.nz/play-squash/referees/becoming-a-referee.cfm>).
- Check Youtube for refereeing clips (warning: these are often for more advanced referees).



WORLD SQUASH
FEDERATION

SQUASH OFFICIATING INTRODUCTORY EXAMINATION

Relating to The World Squash Singles Rules effective 1st May 2001

This examination is for qualification as a Club Referee

| | | | |
|-------------------|------|--------|--------------------------|
| Candidate's Name | | | |
| District and Club | | | Player grading list code |
| Telephone Numbers | Home | Mobile | Email |



Notes:

1. Questions relate to the Point-a-Rally scoring system (PARS) unless stated otherwise.
2. Each correct answer scores one mark.
3. This examination is for Club Referee qualification, and requires a mark of 90% or more.
4. This examination alone meets the requirements for Club Referee qualification.
5. This examination must be sent to the National Director of Referees for marking (see addresses at the end of this examination paper).
6. Candidates and Districts will be notified of results by email – please ensure an email address is included on this paper.
7. Candidates may post hard copy or email soft copy to the National Director for marking.
8. Candidates may attempt this examination as many times as is necessary.

March 2012

Page 1 of 7



HOW TO BE A GOOD REF...



FINAL FEW THINGS...

2020 SQUASH BACK THE BID

Bounce Back





Question Time



Tecnifibre

Try before you buy with the
latest Demo from the PRO-SHOP

 Tecnifibre



Contact us!



09 815 0970



facebook.com/squashNZ



www.twitter.com/squashnz



www.squashnz.co.nz

