



Scottish Squash

National Junior Performance Programme

The Junior Excellence Programme is a two tiered programme consisting of the Heriot-Watt University Squash Academy and the National Talent Squad. The Programme has a mission to facilitate the development of Scotland's most promising junior players into seniors capable of winning medals for Scotland at a senior level.

Annually the Representative Competitions supported by Scottish Squash with no contributions required from players will be:

Age Group	Competition	Team Structure
U/13	Home Internationals	5 boys / 3 girls
U/15	Home Internationals	5 boys / 3 girls
U/15	European Team Championships	3 boys / 2 girls
U/17	European Team Championships	3 boys / 2 girls
U/19	European Team Championships	3 boys / 2 girls
U/18	Test Matches Vs Wales	5 boys / 3 girls (TBC)
U/20	Test Matches Vs Wales	5 boys / 3 girls (TBC)

Please note that the numbers indicated under Team Structure include reserves. Not all reserves will necessarily travel and only teams which are likely to be competitive will be sanctioned to compete.

Only players who are members of the National Junior Excellence Programme will be funded to represent Scotland. Players outwith the programme are eligible to be selected if they satisfy selection criteria but must fund their own participation.

The Heriot-Watt University Squash Academy

The Heriot-Watt University Squash Academy has been Scottish Squash's elite junior development programme since 1999. In that time it has assisted Scotland's best and brightest young players to develop in the sport. The Academy has produced many players who have been ranked within the top eight in Europe as juniors and, more importantly, has played a vital role in developing no fewer than eight players to represent Scotland in Senior National Teams - including the 2006 Commonwealth Games.

The programme benefits from the expertise of our National Coach, Roger Flynn, Academy Head Coach, Louise Frank, and National Squad Coaches, Gerry Towler and Mark Beaumont. In addition a number of National Senior Squad players are involved in training and coaching at various squads.

The programme features a modern, systematic and holistic approach, analysing the specific needs of the player and co-ordinating a comprehensive development programme.

The Academy Annual Programme incorporates:

1. Free access to the National Squash Centre at Heriot-Watt University during squads
2. Coaching from appropriately qualified and experienced Academy Staff
3. Individual, personalised support and assistance with the planning and evaluation of a programme incorporating life skills, tactical, technical, psychological and physical development
4. Supervision, coaching and evaluation from Squash Academy Coaches at stipulated national and international tournaments
5. Part funding of stipulated international tournaments
6. Travel costs when representing Scotland at Home Internationals, Test Series, European Championships and World Championships (as appropriate)
7. Attendance at two, two-day residential squad sessions and seven one-day squad sessions conducted at the National Training and Competition Centre, Heriot-Watt University, Edinburgh

8. The opportunity to be selected for two European Squash Federation Junior Tournaments (player contribution of £175)
9. A subsidised Sports Science and Sports Medicine Support Programme, which is tailored to the player's stage of development.

Academy selection may entitle selected players to access support from the Regional Area Institute of Sport Network however this will be decided on a case by case basis.

To qualify for selection into the Academy programme players must:

1. Be eligible to play for Scotland (refer Scottish Squash eligibility criteria)
2. Be ranked in the top two players of their respective year (i.e. a 13 year old player is ranked against players who are 13 or younger) except in exceptional circumstances
3. Demonstrate to the Selection Committee the psychological, physical and technical characteristics necessary to be successful at an international level
4. Be prepared to make a commitment to a holistic system of player development, with openness of communication between all players, coaches and parents
5. Be prepared to make a commitment to fulfil the annual competition and training programme of the Squash Academy including specified international tournaments and representative events.

There is an annual fee of £300 for the Academy and annual membership commences in May. It is a requirement of the programme that all members be individual members of Scottish Squash.

The National Talent Squad

The Talent Squad follows the same philosophies as the Academy and is led by the same group of coaches. The programme is designed to assist aspiring players who are in contention to represent Scotland. Squad sizes and breakdowns will be publicised once all applications have been received and decided upon.

National Talent Squad players will receive the following benefits:

1. Squash specific coaching from appropriately qualified and experienced staff
2. Appropriately detailed physical testing and reporting throughout the season
3. Eleven one-day squads - nine at Heriot-Watt University and two at venues across Scotland
4. A minimum of one Sports Nutrition educational workshop
5. A minimum of one Sports Psychology educational workshop
6. Supervision, coaching and evaluation at representative events
7. Travel costs when representing Scotland at Home Internationals, European Championships and World Championships (only members of the Junior Excellence Programme will have their costs paid when representing Scotland)
8. U17/19 members have the opportunity to be selected to attend one European Squash Federation event (player contribution of £200) and the opportunity to be selected to attend an International Test Series.

To qualify for selection into the Talent Squad players must:

1. Be eligible to play for Scotland
2. Be ranked in the top four players of their respective year (i.e. a 13 year old player is ranked against players who are 13 or younger) except in exceptional circumstances
3. Demonstrate to the Selection Committee the psychological, physical and technical characteristics necessary to represent Scotland successfully within the next two seasons
4. Be prepared to make a commitment to openness of communication between all players, coaches and parents
5. Be prepared to make a commitment to fulfil the annual competition and training programme of the Talent Squad including specified tournaments and representative events.

There is an annual fee of £200 plus for the Talent Squad with membership commencing in May. It is a requirement of the programme that all players be individual members of Scottish Squash.