School visits mini squash taster sessions

6th July We were part of the Year 6 Transition event which took place at Milford Haven Leisure Centre, 200 children were given the opportunity to take part in Mini squash using the rebound walls a fantastic event children learning new skills, the walls were in use for 6 hours photos on WSRB Twitter, big thank you to coaches Elena Crook – Tomos Edmonds – Chris Barker - Alfie Wheeler and to the GCSE Girls from Milford Haven Comp for all their hard work on the day and to the staff at Milford Haven leisure centre for an excellent run event.

Safe Guarding Course 11th July Meads

A safe guarding of children course will be run by WSRB on Saturday 11th July at Milford Haven Leisure centre from 12.00 till 15.00 FREE, a requirement of all coaches as part of their Level 1-2 coaching course & Referees working with children and please remember we do have a Junior side within our leagues, further info Pete Crook

11 and under Fun series Event SWNC

On the 18th – 19th July at the Sport Wales National Centre Cardiff, W.S.RB. will be running an 11 and under Fun series event.
On the Saturday there will be a mixed team event. From 12 till 18.00
On the Sunday an individual event by standard. From 11 till 3
The cost is £5 per day and will include a T-shirt there will be trophies-medals and certificates given out on the Sunday at the closing ceremony.
Accommodation is also available at the centre.
For further information contact event organiser lynne.davies@wsrb.co.uk or Pete Crook

Summer Camp Teifi Squash Club 13-14-15 August

Teifi Squash Club will be holding a summer camp this August Full details will be on WSRB Web, or contact Aled James or Nia Davies, from the club direct, details at the end of newsletter under coaching clubs.
WSRB Presentation dinner

The WSRB Presentation dinner will be held on the 14th August at the Copthorne Hotel Cardiff for further details. And tickets contact lynne.davies@wsrb.co.uk
We will have a table from Pembrokeshire at the event.

Coaching

4th 5th July we ran our 3rd level 1 coaching course at Meads squash club, Milford Haven Leisure Centre, the course had an attendance of 11 candidates from Pembrokeshire, Carmarthenshire and Caeridigon, fantastic news looking forward, with 3 of the clubs setting up new junior sections, great for the sustainability of our sport.
Tutor Peter Bridgeman – Assistant Tutor Pete Crook

Congratulations to Nia Davies Teifi completing her Level 2

UK Coaching summit

The UK Coaching summit was recently held over 2 days in the Vale Hotel Cardiff, the summit attracted 250 coaches from all over the UK and SWRB had a presence including Pembrokeshire RDO Pete Crook, Mike Workman, Andrew Haymar and Clair Miles-Owen, the 2 days were packed with workshops and guest speakers from around the UK. It was a fantastic opportunity to hear success stories, learn new skills and find out how other governing bodies work.
Young Sporting Champions Award

MLC Juniors have received the Dragon LNG Young sporting champion’s award, they were nominated for the award for being a full junior side playing within an adult league. Well done boys Proud of you all.

Home international O45 Aberdeen

Congratulations to both Nick Dyer and James Walters on a stunning team performance at the home internationals in Aberdeen this year, both players turned out for the Welsh over 45’s and Nick received the honour of captaining the side which came second place, England winning.

Players Pathway

We now have a full player pathway for any player wishing to progress their squash within the County 2 divisions in the Pembrokeshire league as well as teams playing in South Wales division 1 & 2 and this year Premier squash being played out of MLC Meads. The premier side will comprise of Nick Dyer, James Walters, Will Beauford, Jonny Leigh, John Mammot Good luck Boys from all Pembrokeshire Squash players.
We have held a number of successful Racketball sessions at clubs around the county if you would like one run at your club get in touch Pete Crook details at end of letter.

**Club Charter**

**Meads squash club & Teifi squash club**

Have both been awarded the Bronze charter, The charter awards play an important role in recognising good practice at the clubs, to achieve the awards you have to be running good polices and procedures for both Adults and Juniors these include coach insurance, DBS and safe guarding of children and young adult policies, the awards are all achievable and you can seek help in achieving the required standard for your club from RDO Pete Crook.

**Llanishen-tourers V Pembrokeshire**

June saw Llanishen squash club Cardiff bring 14 players to Meads squash club for a friendly match, we turned player out from Meads, Neyland, Haverfordwest Fishgaurd, Cardigan and I am pleased to report with 14 fantastic matches played we triumphed 10-4. We are hoping to play a pre-season match away against David Lloyd any interest contact Pete Crook
Clubs with coaching available – contact details – coaching times

MLC – Milford Haven Leisure Centre
Contact Pete Crook 07890 236762 petercrook23@hotmail.com
https://www.facebook.com/MilfordHavenSquashClub
https://twitter.com/MeadsSquashclub

4 League teams
Squash based fitness session Saturday 10.00-11.00
Coaching Adults + Advanced Juniors Wednesday 18.00-19.30
Juniors Friday pay & play 17.00-18.00
Saturday coaching beginner 11 & under 12.00-1300
Intermediate 13.15-14.15
Advanced 14.30-16.00

Team, Pairs or individual coaching by appointment

Teifi-Newcastle Emlyn Leisure Centre
Contact Aled James 07970 819042 aled.james@live.co.uk
Nia Davies 07875 776929
https://www.facebook.com/teifisquashclub
https://twitter.com/teifisquashclub

2 League teams
Coaching Juniors Monday age 8-11 17.40-1820
11-13 18.20-19.00
13+ 19.00-19-40
Thursday 13+ 18.20-19.00

Summer Camp planned for 13-14-15th August poster and times will be on WSRB web

st clare’s Squash Club- st clare’s leisure centre 01994 231253
Contact Val Evans
Coaching Juniors Thursday 16.20-17.00

Summary
Pembrokeshire is certainly heading in the right direction which can only be good news for the future of our great sport. Any comments or for further information contact Pete Crook 07890 236762 petercrook23@hotmail.com