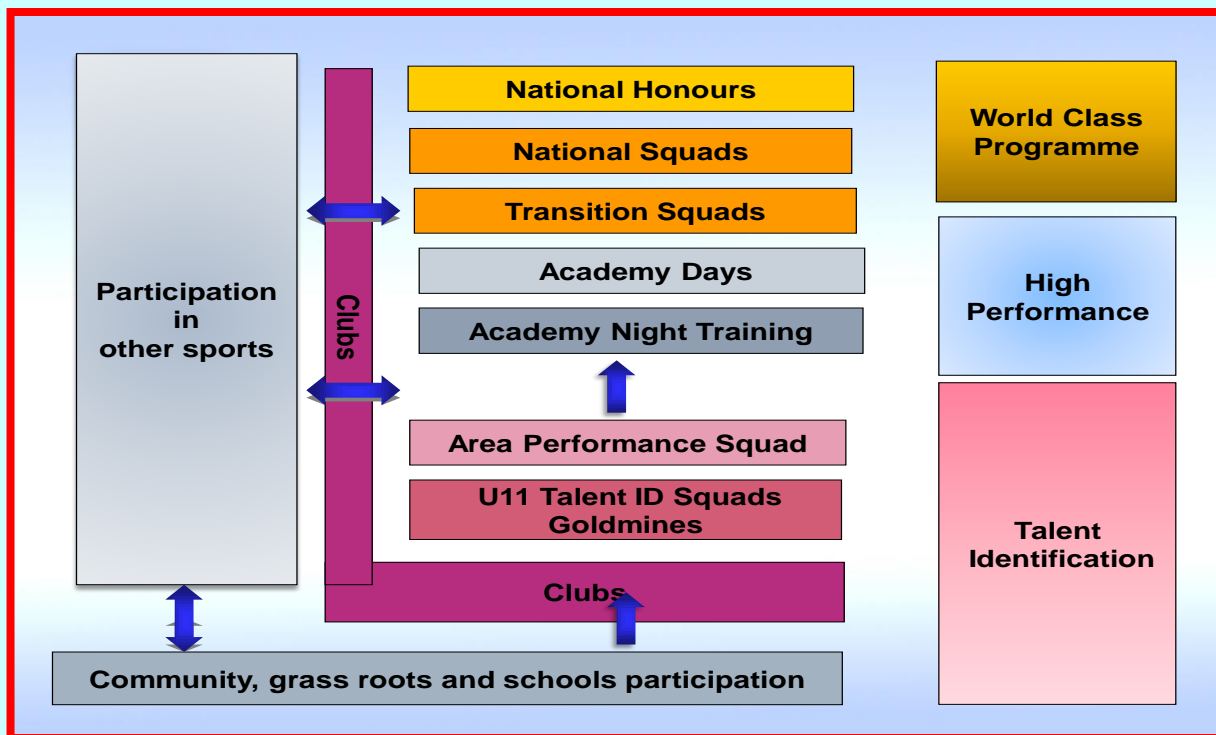




## WSRB Player Pathway

The player pathway is predominantly funded by Wales Squash and Racketball in order that juniors from all regions in Wales receive specialised coaching on a regular basis both regionally and nationally:-

- **Elite Cymru** – World class coaching and competition programme for Welsh players with world rankings.
- **Talent Support programme** - A panel of 4 High Performance Coaches select junior players U13/U15/U17/U19 with potential ,WSRB management ratify. The players selected could receive the following support :
  1. **Player/parent meeting** – player profiled , agree goals and KPIs , monitored monthly.
  2. **Funding support** for British and European tournaments.
  3. **Individual 1-2-1** coaching from the HPC's, monitored monthly with KPIs.
  4. **European & British Tournament Support** – HPC's will be funded to attend, coach and provide instant feedback to all Welsh players competing at the cutting edge of competition in selected European Super Series and English Silver tournaments. A list of European events and Silver events will be communicated by the age group HPC.
  5. **Training diary focus – monthly monitoring.**
  6. **Regular access to strength & condition programme.**
- **National Squads (Invitation only) – U17/19 & U15** National Squads - 4 squads of 2 Days (48hrs coaching). **U13** National squads - 2 squads of 2 days and 6 x 1 day regional squads. Times Sat 12-6 & Sun 9-3pm.
- **Academy Squads** – regionalised Academy coaching for 24hrs for players aged U11 to U19
- **Academy Training Night** – up to 42 weeks of regional training night sessions offered to academy players( Player Contribution required)
- **Transition programme** – players will be invited to Snr coaching Academy and attend selected BPSA tournaments with coaching provided by the Senior Player High Performance Coach at the event
- **Area Performance Squads** – School term weekly localised coaching (Player contribution required).
- **Talent ID Squad/Gold Mines** – 11 and under mixed talent ID coaching programme with boys and girls receiving over 30hrs of coaching culminating in a Fun Series regional days and U11/U13 Challenge weekend.
- **Strength and Conditioning Coach** – Access to Strength & Conditioning Coach - in concert with the WSRB HPCs.
- Performance Analysis & fitness testing -In partnership with Cardiff Met University.



## COMPETITION – WSRB Domestic Competition Programme

- WSRB Plan to deliver a comprehensive junior and adult tournament programme in Wales (see - [www.wsrb.co.uk](http://www.wsrb.co.uk) Competition/Calendar) placing the results on the WSRB web site and linking the results to the national ranking system in the 3 regions of Wales.
- WSRB will administer a comprehensive South Wales and County League structure for all levels of playing ability male and female ensuring, all results are entered onto the WSRB web site weekly. (See [www.wsrb.co.uk](http://www.wsrb.co.uk) Leagues/League Fixtures).
- Development Events will held regionally , delivered by WSRB RDOs.

