

# Squash Coach Cymru

*Dedicated to Coaches and Courses*

*March 2012*

Visit us at: [www.squashwales.co.uk](http://www.squashwales.co.uk)

Contact us at: [coaching.squashwales@live.co.uk](mailto:coaching.squashwales@live.co.uk)

## Full House at First UKCC Level 1 of 2012

Saturday 4<sup>th</sup> February saw the Sport Wales National Centre invaded by aspiring squash coaches as Squash Wales delivered its first UKCC Level 1 course of the year. The course was a sell out with twelve promising coaches attending, keen to learn and get involved to help develop their local club.



Squash Wales Coach Education Tutor's Peter Bridgeman and Gareth Hughes Jones delivered the first day of the course and were impressed by the Learner's motivation. The Learners now have to complete their portfolio tasks before returning on the 31<sup>st</sup> March to be assessed.

Following the course, Squash Wales will look to deploy the newly qualified coaches into clubs including David Lloyds, Caerphilly and Caerleon.

## Squash Wales Appoints Coach Education Officer

Squash Wales welcomes its new Coach Education Officer Ryan Chard to the team. Ryan will be in charge of all Coach Education matters as well as the administration of Memberships. You can contact him at:



[coaching.squashwales@live.co.uk](mailto:coaching.squashwales@live.co.uk)  
[membership.squashwales@live.co.uk](mailto:membership.squashwales@live.co.uk)  
02929 334 910

## Upcoming UKCC Courses

UKCC Level 1	Day 1: Feb 26 <sup>th</sup> Day 2: March 18 <sup>th</sup>	Wrexham
UKCC Level 1	Day 1: March 18 <sup>th</sup> Day 2: April 22 <sup>nd</sup>	Bangor
UKCC Level 1	Day 1: April 1 <sup>st</sup> Day 2: April 29 <sup>th</sup>	Swansea
UKCC Level 2	Weekend 1: April 7/8 <sup>th</sup> Weekend 2: June 16/17 <sup>th</sup>	Cardiff

To book onto a course, please contact our Coach Education Officer – Ryan Chard on 02920 334 910 or [coaching.squashwales@live.co.uk](mailto:coaching.squashwales@live.co.uk)

**Fun** to  
Fulfilment



## Squash Wales Coach Wins Award

Congratulations to Rhys Westcott who was recently nominated and won the Carmathenshire Young Sports Volunteer of the Year. Rhys is one of the youngest players to become certified at UKCC Level 1 and is now pursuing his UKCC Level 2 coaching award. Having previously been awarded the Squash Wales Young Volunteer of the Year award in 2011, Rhys has continued his good work helping Chris Rees in the delivery of coaching sessions and Llanelli Squash Club.



Rhys Westcott delivers coaching

**Coach Development Support**  
Squash Wales are keen to provide support for coaches seeking further development. If you are interested in any workshops please contact us at [coaching.squashwales@live.co.uk](mailto:coaching.squashwales@live.co.uk)  
Why not take a look at some courses at [www.sportscoachuk.co.uk](http://www.sportscoachuk.co.uk)

## Recent Courses a Great Success

Recent courses in the Vale, Swansea, Rhayader and Wrexham have increased the number of qualified squash coaches throughout Wales. The Rhayader course saw Clair Miles-Owen become a certified UKCC Level 1 coach and she is now one of our two new Racketball Development Officers. Congratulations to Margaret Meadowcroft, Jim Tunley and Hannah Davies who, following the Wrexham course are now qualified UKCC level 2 coaches.



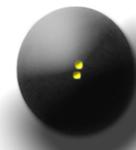
Learners at the UKCC Level 1 course in the Vale/SWNC strike a pose

## The Future of Racketball

February saw the introduction of Racketball to Wales, with two new Racketball Development Officers (Damian Burgess and Clair Miles-Owen). Working with Squash and Racketball England throughout the summer, we will be training our course tutors to deliver Racketball Coaching Courses and looking to deliver Leaders and Level 1 courses from September 2012. If you are interested in attending a Racketball Coaching Course later in the year, please contact our Coach Education Officer at [coaching.squashwales@live.co.uk](mailto:coaching.squashwales@live.co.uk)

## Safeguarding and Protecting Children Update

UKCC have introduced a new 'refresher course' for Safeguarding and Protection course. Following on from SG&PC 1, the SG&PC 2 course will give you the opportunity to reflect, learn and share your experiences. Coaches are invited to attend the course free of charge through Squash Wales. The course will fall in line with Squash Wales' Safeguarding and Protecting Children Policy. Keep an eye on our coaching page at [www.squashwales.co.uk](http://www.squashwales.co.uk) for more information on the course and for upcoming dates.



*Coach*

Each newsletter one of our Coach Education Tutors gives you a tip to help you with your coaching. This month Gareth Hughes Jones says...

"My tip to new coaches is;

To watch as many different coaches as possible. Doing this will enable you to pick up some new ideas, or enable you to combine some of yours and improve them. If you can't get out to different clubs, use the Internet, it's a great tool."

"My delivery tip is;

Treat each squash player as an individual, some like the tougher approach, others like the nicer soft approach. Find what your players prefer and go with it. However, you will always need to be upbeat. If you are miserable, your session will be too!"