



January 2015

**Inside this issue:**Coach & Referee **1**Courses Update **1**Club Support **2**Refereeing Corner **2**Coaches Corner **2**

Wales Squash & Racketball Ltd

WSRB have been very busy in the first half of the Season.

Various courses have been run .UKCC Level 2 course attracted 8 candidates at SWNC in November –the 2nd Weekend takes place in January



Meanwhile the Brand new England Level 1 course had taken place in David Lloyd 8/9 Nov –again we had 8 successful candidates

WSRB have also put 40 people through their Leaders Coaching award. Courses at Meads/Caerphilly /Maldwyn /Rhondda



Leisure Centres and Cardiff Met Universities attracted positive interaction and wiliness to learn from all who attended.

During September a series of 5 Referee

Workshops were undertaken .Some 80 brand new qualified referees were registered



Courses at Bethesda/Bridgend/ Newtown/Deeside/Cwmbran were enthusiastically attended with fully interactive debate



Meanwhile 14 people attended a Safe-guarding course again at SWNC in December



If you know of anyone wishing to take a WSRB Coaching / Referee or Safeguarding Course please

Contact roy.gingell@wsrb.co.uk

Telephone :-02920334910

Coaching Courses Jan -Apr 2015	Venue	Date for Day 1/2	Date for Day 3/4
ESR	North Wales	21/22nd Feb	Now all on 1 weekend
Level 1	South Wales	18/19th April	
Racketball Course	Rhiwbina	17th January	
UKCC Level 2	SWNC	28th/29th March	6th/7th June
	North Wales	7th/8th March	9th/10th May

Wales Squash & Racketball Ltd

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The National Governing Body for Squash & Racketball in Wales



Coaches Corner

Signs of Bad Movement

- Many players tend to take a succession of short steps to the ball, giving them no firm base from which to hit the ball.
- Too many steps take the player too far from the T and by the time the shot is played, good or bad, there is no time to recover the T in order to cover the next shot.
- Bad movement makes players rigid and tense with no feeling of freedom as they play, affecting RHYTHM which is fundamental to the game of squash
- Incorrect movement can take players to a certain level if they have speed and a good eye for the ball. However it will stop them short when playing against a good astute tactician who

Refereeing Tip

Early intervention in a match will stop Lots of stoppages and the repetitive Let A good no let or stroke with excellent communication from the referee will stop the many decisions we have during the match

Remember **Words /Music/Dance**

- The words that you say
- The tone in which you say it
- Your body language when addressing the players

Remember Poor Conduct on court is not tolerated and WSRB has Conduct Report Procedures to deal with such conduct

Contact roy.gingell@wsrb.co.uk Telephone :-02920334910

Does Your Club Need Support ????

- Looking to Recruit Members
- Looking for coaches
- Looking for a Squash/Racketball evening
- Looking for help visiting schools
- Looking to host events
- Looking for equipment
- Need help with your Junior or Adult section
- Need help accessing grants

WSRB can help and support clubs .

Contact your regional development officers for more information:

Andrew Hamar - South East:- andrew.hamar@wsrb.co.uk 07827876600
Hugh Griffiths - West Glamorgan:- swanseahugh@hotmail.com 07712292511
Steph Roberts - Eryri:- steffsquash@hotmail.co.uk 07922844876
Clair Miles Owen - Powys:- clairmiles@hotmail.com 07854242777
Mike Penlington - North East Wales:- mpenlington@live.com 07891691712
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Harrow

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Fun to
Fulfilment