



Jan 2019–May 2019

Whats OnJan –May 2019

Welsh Junior Closed

18/19/20 Jan

Bangor

Welsh Masters Closed

8/9/10 Feb

Rhiwbina

Welsh National Championship

15/16/17 March

SWNC

Masters Home Internationals

26/27 April

SWNC/Cardiff

PSA Rhiwbina Welsh Open

7/8/9/10/11 May

Rhiwbina

Inside this issue:Rules **1**Courses **1**General **2**

Squash Wales



Rule Changes Jan 2019



A motion to amend some of the Rules were approved at the WSF AGM in Cairo which will come into effect on 1st January 2019.

The new Rules can be found on the WSF website at: <http://www.worldsquash.org/ws/rules-of-squash-2>

For ease of reference, the changes approved were as follows:

- Time period allowed for the Warm up in Rule 4 .1: changed to 4 minutes with half time to be called at 2 minutes.
- Rule 8.11 amended to read: “Freedom to strike the ball to any part of the front wall” (leaving out the word entire).
- Rule 8.1.4 amended to read: “the freedom to strike the ball to any part of the front wall” (leaving out the word entire).
- A new rule added 8.9.3: “Where there has been no actual contact and the swing has been held by the striker for fear of hitting the opponent, the provisions of 8.6 apply.”

<u>Courses Jan–May 2019</u>	<u>Venue</u>	<u>Dates</u>	<u>Dates</u>
<u>Coaching</u>			
Squash Wales Level 1	SWNC	Sat Mar 23rd 9-5pm	
Squash Wales Level 1	Wrexham	Sat 16th Feb 9-5pm	
Squash Wales Level 2	SWNC	Sat/Sun 5/6th Jan 9am	Sun 24th Mar 9am
Leaders Courses		On Demand	
<u>Referee Mentoring</u>			
All Referees	SWNC	TBC	
All Referees	Bangor Uni	Wed 6th Feb 6-9.30pm	
<u>Coach Mentoring</u>			
All Coaches	SWNC	March 2019	
All Coaches	Carmarthen	March 2019	
All Coaches	Wrexham	March 2019	
<u>Refereeing Courses</u>			
South Glam	SWNC	Mon 14th Jan 6-9.30 pm	
North West Wales	Bangor Uni	Tues 5th Feb 6-9.30pm	



Junior Membership Benefits

Squash
Wales
Sport Wales
National
Centre
Sophia
Gardens

- Junior membership card/tag
- School visits to promote and support junior sections
- Personal injury insurance
- Communication to the club from regional development officer, including details of upcoming development events, talent ID squads, coaching courses etc.
- Support with junior club community chest applications - **£1500**
- Opportunity to participate in junior development events at a reduced cost (**£5** instead of £10).
- Reduced entry fee for Squash Wales Junior tournaments
- Squash skills awards & Certificates

The National Governing Body for Squash in Wales



SQW Women & Girls Programme

Free Coach Education for Women and Girls

#Squash4girls

Squash Wales have secured funding to run a National women & girls programme. There will be several exhibition matches featuring Tesni Evans world no12. Keep an eye out for more information ,including dates, times, and venues. Also to attend coach education courses for free

For more information contact sarah.clode@squash.wales



Home Games in 2019

Tuesday 5th Feb

Tuesday 2nd April

Visit the Welsh Wizard website

<https://www.welshwizards.com> to purchase your tickets

Follow @welsh_wizards on Twitter & @welsh_wizardsPSL on Instagram for news and updates

If Your Club would like to host a fun and active Racketball Taster evening .Contact one of our Regional Development Officers below:



Squash Wales can help and support clubs .

Contact your regional development officers

for more

information:

Sarah Clode - **South East**:- sarah.clode@squash.wales 07827876600

Andrew Evans—**North East** :- starssquash@gmail.com 07796177197

Steph Roberts - **Eryri**:- steffsquash@hotmail.co.uk 07922844876

Jayne Kirk –**Powys** :- jayne.kirk@btconnect.com 07817487537

Peter Crook –**South West**:- petercrook23@hotmail.com 07809236762



PRIFYSGOL
BANGOR
UNIVERSITY



Tiny Tumblers



BOURSE
TRUSTS | PENSIONS | LIFE



MERCHASYLLUM

PROFESSIONAL SCREEN PRINTING STUDIO