



September 2015

Whats On

Sept - Dec 2015

Welsh Junior Open
11th -13th Sept SWNC

Welsh Masters Open
4th-6th Dec SWNC

Welsh Junior Closed
11th-13th Dec SWNC

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Wales Squash & Racketball Ltd Free Mentoring Sessions for all WSRB Registered Coaches

WSRB are running a series of Free Coaching Mentoring Sessions during the coming season

Coaches currently deployed in our coaching programme and all other Registered Coaches are invited to attend. There will be sessions in North Mid and South Wales

The sessions will be taken by High Performance Coaches Greg Tippings and Andrew Evans The First is titled:-

Racket Preparation

Session will include talking points and learning techniques on the following

- Setting racket early
- Decision making on what shot to play
- Perception and adjusting swing
- Early preparation allowing you to hit the ball earlier with more options
- Adapting to the modern game
- Creating Opportunities

West Wales Session

Thursday 27th August 6-9pm Llanelli SRC

South and East Wales Session

Monday 28th September 6-9pm SWNC

WSRB Women's Coaches Session

Monday 2nd November 6-9pm SWNC

North Wales Session

Sunday 4th October 11-2pm Brymbo Wrexham

Mid Wales Session

Sunday 20th September 2-5pm Llanfyllin

To book your place on any of the above sessions please contact

roy.gingell@wrsb.co.uk Tel:02920334910



<u>Courses Sept - Dec 2015</u>	<u>Venue</u>	<u>Dates</u>	<u>Dates</u>
Coaching			
WSRB/ESR Level 1	SWNC	Sat/Sun 3rd/4th October	
WSRB/ESR Level 1	North Wales	TBC	
UKCC Level 2	SWNC	Sat/Sun 31st Oct/1st Nov	16th/17th Jan 2016
UKCC Level 2	North Wales	TBC	TBC
First Aid Course	Deeside	Tues 8th Sept 6-10pm	
Referee Course	Swansea	Sun 1st Nov 10am -1pm	
Referee Course	SWNC	Tues 29th Sept 6.30-10pm	
Mentoring			
	Llanelli	Thursday 27th August	
	SWNC	Monday 28th Sept	
	SWNC	Monday 2nd Nov	
	North Wales	Sunday 4th October	
	Mid Wales	Sunday 20th Sept	

Wales Squash & Racketball Ltd

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**The National Governing Body
for Squash & Racketball in
Wales**



2 successful Safeguarding and Protecting Children workshops have been run during the summer months with some 25 Coaches and Volunteers attaining the certification.

Courses at Meads Leisure Centre and SWNC involved a 3hr workshop with all participants sharing their experiences and getting valuable insight on safeguarding good practices.



A recent First Aid Course held on an evening at SWNC attracted 15 learners who learned the basics about First Aid.

Note:

Each qualification lasts for a **3 Year Period only**
Has your First Aid and or Safeguarding certificate expired ???
You are then required to renew in order to maintain your Registered Coach Qualification.

For details on forthcoming workshops
Contact roy.gingell@wsrb.co.uk Telephone :-02920334910

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



Set up a twitter account for your club and we will promote your activities.
Contact andrew.hamar@wsrb.co.uk for information



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
- Peter Crook -Pembrokeshire:- petercrook23@hotmail.com 07809236762

