



Sept-Dec 2016

Whats On

Sept-Dec 2016

Welsh Junior Open

SWNC

9/10/11/ Sept

North Wales Senior Open

Deeside

11/12/13/ November

Welsh Junior Closed

SWNC

2/3/4 Dec

Welsh Masters Open

SWNC

9/10/11 Dec

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## Wales Squash & Racketball Ltd

### WSRB –Annual Presentation Awards 2016

At the recent 2016 Annual Dinner in Cardiff the following Coaches and volunteers were presented with awards in recognition of the commitment and many hours spent on and off the court during the past season.

WSRB Coach of the Year – David Evans



WSRB Young Coaches of the Year – Nia Davies, Tej Saran, Alfie Wheeler, Emily Powell

WSRB Volunteers of the Year Rachel Smith, Jayne Kirk, Byron Lloyd Lewis, Jim Tunley (Mark Davies collecting)



<u>Courses Sept-Dec 2016</u>	<u>Venue</u>	<u>Dates</u>	<u>Dates</u>
<b><u>Coaching</u></b>			
WSRB/ESR Level 1	Meads	Sat/Sun 24/25 Sept 2016	
WSRB/ESR Level 1	SWNC	Sat/Sun 29/30 Oct 2016	
WSRB/ESR Level 1	Deeside	Sat/Sun 26/27 Nov 2016	
UKCC Level 2	Meads	Sat/Sun 25/26 June 2016	Sat/Sun 3/4 Sept 2016
UKCC Level 2	SWNC	Sat/Sun 1/2 Oct 2016	Sat/Sun 17/18 Dec 2016
Leaders Courses		On Demand	
<b><u>Referee Mentoring</u></b>			
All Referees	SWNC	Mon 28th Nov 6-9pm	
Tournament Referees	SWNC	Tues 29th Nov 6-9pm	
<b><u>Coach Mentoring</u></b>			
All Coaches	SWNC	Thurs 8 Sept 6-9pm	
All Coaches	Carmarthen L	Mon 3 Oct 6-9pm	
All Coaches	Wrexham		
<b><u>Refereeing Courses</u></b>			
South Glamorgan	SWNC	Mon 19th Sept 6-9pm	
North West Wales	Bangor	Wed 21st Sept 6-9pm	

See website or contact : [roy.gingell@wsrb.co.uk](mailto:roy.gingell@wsrb.co.uk) for further information on any of the above courses

## WSRB Player Pathway 2016-2017

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:-

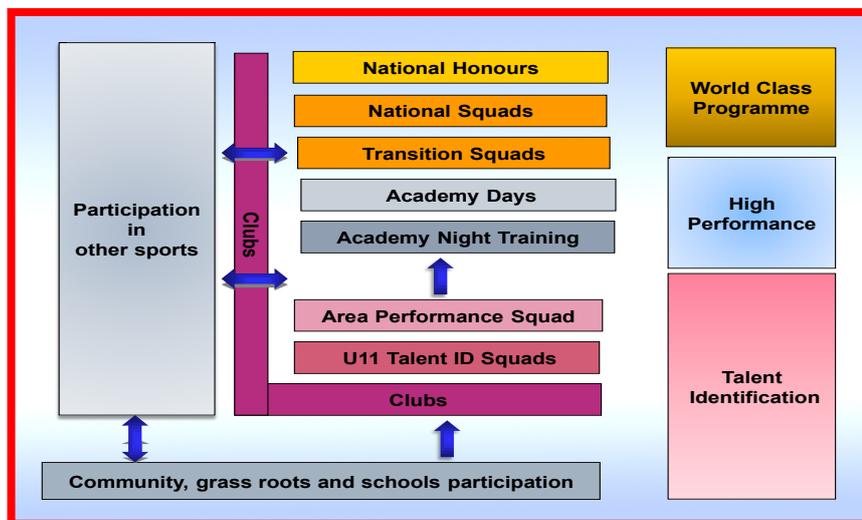
### **Wales Squash & Racketball Ltd**

Sport Wales National Centre  
Sophia Gardens  
Cardiff  
CF11 9SW  
Phone: 03003003121  
E-mail: roy.gingell@wsrb.co.uk

Elite Cymru  
National Squads (invitation only)  
Academy Squads  
Academy Training Night  
Transition programme  
Area Performance Squads  
Talent ID Squad  
Strength and Conditioning Support

Individual Talent Support programme  
Player/Parent meeting  
Funding support - European & British  
Events  
Individual 1-2-1 Sessions  
Training regime diary focus  
Access to strength & condition programme.

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



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 [mike.workman@wsrb.co.uk](mailto:mike.workman@wsrb.co.uk) for information



**Fun to Fulfilment**



WSRB can help and support clubs .

Contact your regional development officers for more information:

- Mike Workman - South East:- [mike.workman@wsrb.co.uk](mailto:mike.workman@wsrb.co.uk) 07971052567
- Andrew Evans—North East :- [starssquash@gmail.com](mailto:starssquash@gmail.com) 07796177197
- Steph Roberts - Eryri:- [steffsquash@hotmail.co.uk](mailto:steffsquash@hotmail.co.uk) 07922844876
- Clair Miles Owen - Powys:- [clairmiles@hotmail.com](mailto:clairmiles@hotmail.com) 07854242777
- Jayne Kirk –Schools Powys :- [jayne.kirk@btconnect.com](mailto:jayne.kirk@btconnect.com) 07817487537
- Peter Crook –South West- [petercrook23@hotmail.com](mailto:petercrook23@hotmail.com) 07809236762

