



Oct 2018–Dec 2018

Whats On

Oct –Dec 2018

Newport Squash Open

19/20/21 Oct

NEWPORT

Powys Junior Open

21 Oct

NEWTOWN

North East Wales Open

9/10/11 Nov

DEESIDE

South Wales Junior Open

30 Nov/1/2 Dec

SWNC

Bourse European Welsh Masters

Open

7/8/9 Dec

SWNC

David Lloyd Open

15/16 Dec

SWNC

Inside this issue:

Coaching **1**

Courses **1**

General **2**



Squash Wales



Squash Wales Coaching Courses



Squash Wales Participation Coaching Course Level 1

(in conjunction with England Squash)

Cost £200 for a 1-day course

This One-day coaching award provides your first steps into coaching and is a pre-requisite for those wishing to take the Squash Wales Club Coaching Award (Level 2)

On completion, you will be able to coach squash independently to groups of beginner players of any age

Who it's for: ideal if you're an aspiring coach with limited experience of coaching squash or a parent/leader looking to coach beginners of any age or increase squash participation

Squash Wales Club Coaching Course Level 2

(in conjunction with England Squash)

Cost £300 for a 3-day course

A three-day contact time qualification during which candidates will learn the skills required to deliver the technical and tactical requirements of squash to juniors and adults at beginner and intermediate level, through the delivery of individual and group lessons.

Candidates will learn how to analyse players needs, plans for a series of lessons and to operate as a Club Coach

Who it's for: Level 1 coaches wishing to take their tactical and technical coaching to the next level

Contact roy.gingell@squash.wales for further information/application forms

<u>Courses Oct –Dec 2018</u>	<u>Venue</u>	<u>Dates</u>	<u>Dates</u>
<u>Coaching</u>			
Squash Wales Level 1	SWNC	Sat 6th Oct 2018 9-5pm	
Squash Wales Level 2	Meads	To be confirmed	
Squash Wales Level 2	SWNC	Sat/Sun 27/28 Oct 9am	Sun 6 Jan 2019 9am
Leaders Courses		On Demand	
<u>Referee Mentoring</u>			
All Referees	SWNC	Mon 12th Nov 6-9pm	
All Referees	Bangor Uni	Wed 24th Oct 6-9pm	
<u>Coach Mentoring</u>			
All Coaches	SWNC	Fri 30th Nov 6-9pm	
All Coaches	Carmarthen	Wed 21st Nov 7-9pm	
All Coaches	Wrexham	Fri 16th Nov 6-9pm	
<u>Refereeing Courses</u>			
South Glam	SWNC	Mon 15th Oct 6-9.30pm	
North West Wales	Bangor Uni	Tue 23rd Oct 6-9pm	



Squash Wales
Sport Wales National Centre
Sophia Gardens
Cardiff
CF11 9SW
Tel 02920334910

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



50% OFF RRP on all Rackets Apparel and Accessories

Go to www.karakal.com/karakal-clubs to apply

To complete the online form, select "Squash Wales" in the Karakal Club tab. Once the application is received Karakal will email Squash Wales asking approval for your membership to be activated. Assuming approval is received, Karakal will create your online customer account, enrol you to the "Squash Wales Club" and notify you of your Membership and login credentials. Then, once you are logged in to Karakal.com, you will see prices displayed with the agreed discount applied. Specials and Deals will also be available periodically



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



An exciting new season has been boosted by the news that Welsh Wizards have been added to the premier Squash league

Visit the Welsh Wizard website

<https://www.welshwizards.com>

For more information, fixtures and to purchase your tickets

Follow @welsh_wizards on Twitter & @welsh_wizardsPSL on

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.



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



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