



## Putting TEAM in Squash - Squash Manitoba Junior Provincial Team

- Squash is viewed by most as an “individual” sport. What is unique about Manitoba is that our junior provincial team trains and travels together. Because Manitoba has only one “major” city it allows us to bring the top juniors together under one roof in a team environment (out of city athletes drive in).
- Athletes continue training at their own clubs with their own coaches.
- Try-outs are held every September which include a timed run, beep test and match play
- There are 2 teams - Based on LTAD  
Competitive Team (older generally 12 & up) & Futures Team (generally over 8)
- Works directly alongside with Canada Winter Games Program

### Squash Manitoba Provides

#### Competitive Team (up to 12 athletes)

- Provincial Head Coach & Provincial Assistant Coach
- Group bi-monthly training camps - coaches & court rental
- All travelling expenses for coaches and manager to out of province tournaments.
- Weekly Strength & Conditioning Program (as a group)
- Subsidized athlete travel to out of province tournaments (\$300 each)  
Platinum 4 tournaments, Gold 4 tournaments, Silver 4 tournaments or Bronze 4 tournaments
- Log Books
- Team uniforms

#### Futures Team (up to 14 athletes)

- Provincial Head Coach, Provincial Assistant Coach & Assistant Coaches
- Eight group monthly training camps - coaches & court rental (2 athletes are invited up to the “competitive” team to their group practices, based on match play)
- All travelling expenses for coaches and manager to out of province tournaments.
- Subsidized athlete travel to 1 or 2 out of province tournaments (\$300 each)
- Team t-shirts

#### To be selected to the Junior Provincial Squash Team(s)

- Compete in team trials and meet criteria
- Must be an individual member of Squash Manitoba (\$20.00 fee).
- Must be a member of a recognized club.
- Must name a personal coach and have the coach sign the contract.
- Must sign the Squash Manitoba Junior Team Program Contract (very detailed).
- Must fill out Medical Information & Bio Forms
- Must pay team the fee as per level awarded
- Must work required bingos (parents or pay fee)
- Team members must take online club official course

#### Key to success

- Clubs that are open to all team athletes
- Coaches that work well together
- Athletes & Parents buying into the “team concept”
- Provincial Team enhances (adds) to existing club programs
- Policies & procedures in place
- Detailed Athlete Contract

#### Budget

##### *Expenses*

Travel & Training	\$25,000
Coaching	\$15,000

##### *Revenue*

Coaching Grant	\$15,000
Team Fees	\$10,000

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