

## **Purpose of the Representative Booklet**

The purpose of this representative booklet is to provide a reference document for all members of Squash Central specifically those seeking to represent the district.

This booklet includes reference to governing policies, and outlines the expectations of all members of the Representative Programme. To achieve a shared vision, it is important that all parties involved in the Representative Programme are aware of the expectations placed on them. This enables a true “partnership” approach.

This booklet is a “living” document and will be published annually with updated policies and plans.

## **Overview of Representative Programme**

The Representative (Rep) programme unites all players and coaches working towards a common purpose.

The aim of the Rep programme is to assist talented squash players to achieve their highest level of performance. We are aligned with the Squash New Zealand End to End pathway, for more information about this please see the SNZ website.

This will be accomplished by:

- Developing comprehensive and effective training programmes.
- Providing appropriate competitive opportunities for players.
- Encouraging the early identification of talented players.

The Board/Committee of Squash Central oversees the Rep programme. The Team Managers, Rep Coaches are in charge of the programme and in conjunction with the District Coach and Administrator, are responsible for implementing it.

## **General Principals**

The Rep Programme will be guided by the following values:

- **ATTITUDE** - Sportsmanship - The most respected district in NZ for our behaviour on and off the court.
- **COMMITMENT** - Selected players and officials will follow the guiding principles and give 100% effort at training and when representing the district.
- **EXCELLENCE** - Squash Central expects high standards of ourselves and each other (on and off the court).

## Squad Structure

The purpose of the squad structure is to:

- Identify the development pathways for players through to Central and New Zealand representation.
- Provide year round plans and programmes for the players.
- Provide a base of technically, tactically, physically and mentally prepared players from which Squash Central teams can be selected.



### ***Training Squads (Seniors and Juniors)***

Squads created to help all players prepare for higher levels of competition. Enable players to improve and aim to represent Squash Central with distinction and determination. Squash Central will provide training camps and resources aiming to help move players up into the Senior and Junior One Day Rep Teams and National teams for Squash Central. This pathway then leads into Squash NZ development teams.

### ***Junior One Day Rep Team***

A team of 20 players is selected for the one day rep challenges against other regions. This includes 2 males and 2 females from each age group – under 11s through to under 19s.

Each player will play 2 games. Central Squash Junior District Coaches will be present for match support throughout the day. Rolling lunches are provided as part of the event for the players. Central District hosts the event every second year.

### **New Zealand National Age Group Champs (Individual and Team event):**

A team of 5 males and 5 females (plus non travelling reserves) are selected to represent Squash Central at the New Zealand Junior individual and team national event. To be considered for selection for National junior team, please refer to the selection criteria below:

***Senior One Day Rep Teams*** – A team of 6 men, 6 women to be selected to represent Squash Central at two One Day Rep fixtures against Squash Eastern (Newbiggin Shield) and Squash Waikato (Leevey Shield). We usually car pool to these events and lunch is provided by the host district. The events alternate between the districts each year.

***Senior Teams Nationals*** - A Team of 5 Men and 5 Women will be selected to represent Squash Central at the New Zealand Nationals Senior Teams Event.

***Masters Teams and age group Championships*** - A team of 6 men and 6 women aged from 35 - 60+ age groups will be selected for the National Individual and teams Masters.

***National Champion Of Champions Team*** - The winners of the Central district Champion of Champions competition are selected to compete at Nationals. 1 man and 1 women from each grade A - F/J compete. If the winner is unable to attend the runner up will be invited and so on.

# Representative Team Event Dates

## Juniors

12 February 2023 – Central v Eastern at Hastings Squash Club (One Day Team Event)

26 February 2023 - Central v Wellington at SquashGym, Palmerston North (One Day Team Event)

29 September – 4 October 2023 G J Gardner New Zealand National Age Champs (Individual and Team event) – Hutt City, Wellington.

## Seniors

25th March Central v Eastern (Newbiggin Shield) - SquashGym, Palm Nth (One Day Team Event)

20th May Central V Waikato (Leevey Shield) - Taumarunui Squash Club (One Day Team Event)

25 - 27th Aug NZ Inter District Teams Championships - Hamilton

## Masters

13 - 17th October NZ Masters Individual and teams Nationals - Invercargill

## Champion Of Champions

27 - 29th October NZ Champion of Champions - Whangarei

## Selection Policy

The selectors will give due consideration to the objectives of the Squash Central Rep Programme. Selection will be made by the appointed Selectors and they can ask for advice from the Coaches and Manager if needed. Any casting vote needed will be made by the Squash Central President. In particular selections will be made on a combination of the following criteria:

- Abide by Squash Central and Squash New Zealand Code of Conduct during all events where you are representing the district.
- Selectors will review your grading list activity on iSquash and will be looking for a strong commitment to the game; attended regular tournaments; quality of games; quality of results; attendance of compulsory tournaments; selection of tournaments attended.
- Selectors will be present at many tournaments around the district and will also consider the conduct of the player both on and off the court.
- Commitment to training and tournaments. Juniors are required to attend 75% of training camps (All reasonable apologies will be considered at the discretion of the Team Manager).
- Fitness to play at NZ Nationals at the appropriate level for the competition.
- Sportsmanship and being a team player.
- Passed the NZ online referees exam as required by SNZ prior to National events.
- Residential Qualifications of Squash Central

A player that resides outside of the Central district can only be considered for selection if that player is:

- A professional player.
- Previously played for Squash Central and has specific board/committee approval and SNZ approval.
- A current financial member of a Squash Central Club.

## Naming of the Teams

Players selected will be advised directly via email. This will include travelling and non travelling reserves. Please ensure all contact details are correct and current on iSquash. The teams will also be published on our Facebook page and Website once all players have confirmed their availability.

## Costs Involved

\$250 Player contribution for all players selected to attend a NZ Nationals representing Squash Central.

## Uniform Costs

(All Inclusive of GST)

- Hoodies for \$85
- Shirts/singlet's \$35

Most players require a hoodie and at least 2 playing shirts. When teams are selected the Manager/Convener will request any uniform requirements and organise these for you to bring to the event. The hoodies are unisex and sizes range from XS - 5XL. The mens shirts sizes range from S - 3XL. Women have the choice of singlets or t-shirts with sizes ranging from XS - 3XL. An invoice will be sent out for the cost of purchase. If you require an individual item to replace lost or damaged gear these can be requested from Anneka Weterman 021 113 9651 [wetermana@gmail.com](mailto:wetermana@gmail.com) . Rep gear is not for sale to players that have not been selected to represent Squash Central however we have supporters gear available in the form of polo shirts and hoodies for those that want it. These are available through Anneka also.

All representative costs will be invoiced to players and are payable within 30 days unless a payment plan has been organised with the Treasurer of Squash Central via [finance@squashcentral.co.nz](mailto:finance@squashcentral.co.nz) . Overdue accounts will incur a 10% penalty each month unless a payment plan is in place prior to representation.

## Requirements & Provisions for Teams events

Squash Central will provide (subject to funding being obtained):

- Accommodation at teams events when required.
- Payment of entry fees for teams and Individual National Championships.
- Travel to and from the event for National Events.
- All training/mentoring assistance from Rep Squad coaches.
- Lunch at the one day rep tournaments.

**TRY IT. PLAY IT. LOVE IT.**

## Selection tournaments

**Juniors** - Required to attend **both the North Island Age Champs and Central Junior Central Open**. Other tournaments noted are recommended significant events. We are lucky to host the North Island Age Champs within our region this year as such it is a compulsory tournament for 2023.

- 14 – 16 April 2023 AON New Zealand Junior Open - Remuera
- 16 – 17 June 2023 Central Open – Dannevirke
- 2-3 July 2023 South Island Junior Age Champs - Invercargill
- **7 - 9th July North Island Junior Age Champs - Whanganui**
- **29 – 30 July 2023 Junior Central Open – Ohakune**

**Seniors** - Required to play the Central Open and one of the following.

- 5 - 7th May Whanganui Open
- 9 - 11th June SquashGym Open
- **16 - 18th June Central Open - Dannevirke**
- 23 - 25th June Hawera Open

**Masters** - Required to play:

- **Central Masters 11 - 13th Aug - Inglewood**
- **Central Open 16 - 18th June - Dannevirke.**

**Champion of Champions** - Required to play Central Champion of Champions - 8th - 10th September in Ohakune

## Other important information:

A code of conduct contract must be signed and returned by players and if under 18 years old their parents/caregivers (for one day and National events).

When representing Central Squash players must wear appropriate attire/uniform. If you do not have a uniform, items can be purchased (see above). In addition to the Squash Central uniform, clean, tidy and neat black shorts or a skort is to be worn. Appropriate footwear (including socks) is also to be worn.

Safety glasses must be worn at all New Zealand and Squash Central Junior and doubles Squash events. We recommend players wear their glasses at all tournaments to ensure they are used to wearing them at events.

At New Zealand National Junior Age Champs players may use their individual coaches for the individual event, however for the team events Squash Central will provide the District Junior Coaches. We respectfully ask that you do not expect individual coaches to assist throughout the team events.

## Squash Central support for players in Squash NZ Teams

Financial support for players who make New Zealand teams is available. Applications are to be made to the Squash Central Committee in writing. As a matter of professionalism and courtesy players are expected to make the application themselves.

Assistance available:

NZ Senior Team - \$500

NZ Masters Team - \$250

NZ Junior Team - \$350

NZ Age Group/NZ Schools Team: \$150

## Team Mangers, Coaches and Selectors

### Juniors

Manager/Convenor Virginia Laws

[ginnynick@inspire.net.nz](mailto:ginnynick@inspire.net.nz) or 021 0294 7073

Junior Coaches - Matt Laurenson and Tamsyn Leevey

Junior Selectors - Virginia Laws and Matt Laurenson

### Seniors

Manager/Convenor Melville Holmes

[madrholmes@xtra.co.nz](mailto:madrholmes@xtra.co.nz) or 027 443 4366

Senior Coaches - TBC

Senior Selectors - Melville Holmes and Tamsyn Leevey

### Masters

Manager/Convenor Joy Koolen

[j.vincent@slingshot.co.nz](mailto:j.vincent@slingshot.co.nz) or 027 344 1666

Masters Selectors - Joy Koolen

### Champion of Champions

Manager Pauline Chapman

[admin@squashcentral.co.nz](mailto:admin@squashcentral.co.nz) or 021 0224 9003

## Players Charter

The purpose of the player's charter is to put in place a standard of professionalism that players will be expected to achieve if they wish to represent Squash Central.

### Expectations of Players

In addition to the Code of Conduct form please note:

- Rep Coaches and Manager are to be advised of any injury immediately.
- Appropriate behaviour is expected when part of a squad or team at any venue.
- Squash Central may submit teams for Sports Awards and request you make yourself available to any award events.

- Please be respectful and responsible when communicating through social media.

Player's on and off the court behaviour should be in keeping with the knowledge that as part of a Squash Central Squad they are representing their district. This means:

- YES – Players may question dubious decisions in the correct way.
- YES – Following Drug Free Sport NZ policies.
- YES – Follow the players code of conduct.
- NO – Rackets being thrown – on or off the court.
- NO – Verbal abuse to referees, opponents or officials.
- NO – Alcohol before or during major goals/targets/events.
- NO - Initiations of new players.

All players are, through their performance and behaviour a reflection of the quality of the Squash Central Representative Programme. As such, players must train with a level of commitment that is in keeping with their own, and Squash Central's stated goals. Players need to have balance in their lives, so they are successful not only in squash, but also at work or school and in their personal lives.

Players are reminded they are representing the Central District in a competitive environment and they must ensure they look after their bodies with sufficient rest/sleep and good nutrition.

### **Drugs, Alcohol, Smoking (vaping) & Substance Abuse**

Under no circumstances is the consumption or taking of any drugs, alcohol, smoking, vaping or any substance abuse permitted (regardless of type, amount or method taken), at any stage while in accommodation quarters, attendance, participating, travelling to and from training/tournament (in Squash Central provided accommodation or travel arrangements).

Should Squash Central staff or team management become aware of a potential breach, an investigation will take place with the potential of dismissal from the Representative squad.

### **Mobile Phones & Other Electronic Devices**

The use of mobile phones and other electronic devices are accepted in many situations and will not be reasonably curtailed. However, the use of devices in changing rooms or during team talks is not acceptable.

**For Juniors** - Use of devices after the "lights out" curfew (normally 10pm) is not allowed. If there is repetitive breaches a device may be collected by team managers and returned the next morning.

The viewing and downloading of objectionable material is also prohibited in any form, manner or medium. Such actions may also result in the dismissal from the team and/or confiscation of the material or device used.

### **Concerns**

Players are expected to communicate any issues arising from the Squash Central programme to the Central team Manager in the first instance, or the Central Squash Committee if resolution has not occurred.

### **Teams Events**

Players will be expected to:

- Provide support for each other.
- Be aware of team time together.
- Attend daily briefings/debriefing if asked.
- Be organised and efficient with practice & preparation.
- Wear the team uniform where appropriate.
- Stay with their team for the duration of the event.

- Pay a player contribution towards costs and uniform where required.
- Adhere to any conditions set by their team management.
- Obey any curfew or team rules as set by the team managers.
- Advise of any change in contact details
- Be responsive in a timely manner to all correspondence received from Squash Central Coaches or Managers

### **Expectations of Parents: (For Juniors)**

Parents play a very important role in the development of players. Communication between Coaches, Managers and Parents is crucial to ensure a consistent message is portrayed to players. Parents are encouraged to acknowledge and understand the commitment required of our Representative players. The Parents charter below outlines what is expected.

#### **Representative Team Parents Charter**

- To provide encouragement and support to their children.
- To provide important information to the Squash Central Coaches and Managers (i.e Medical, Dietary etc).
- To assist with timely communication with the Squash Central Coaches and Managers.
- To provide their children with tangible help with their diet on a daily basis based around the players individual nutritional requirements.
- To help their child with good habits like adequate sleep, or warming up before matches.
- To assist with maintaining a balanced lifestyle. For example, juggling squash, schoolwork and social time so that they do not impact on each other detrimentally.
- To encourage good discipline and behaviour on court.
- To direct any concerns or issues to Squash Central Coaches & Managers immediately.
- To help their child become the best that they can be.

### **Expectations of Coaches**

Central Representative Coaches will:

Follow the Central Coaches Code of Conduct.

- Support players plans, monitor and evaluate training programmes.
- Provide on-court coaching at a level appropriate for each player.
- Recognise that while competition results are important to the Rep Programme, they will not be sought at the expense of the health and well-being of coaches or players.
- Reflect on their coaching performance in order to learn more about their own strengths and weaknesses.
- Contribute to the long-term development of Central Squash by recognising and respecting other coaches and working together.
- Acknowledge that constructive feedback will contribute to the development and improvement of the Rep Programme.
- Acknowledge that destructive criticism of other coaches is detrimental not only to the coaches concerned, but to the whole environment of squash in Central.
- Agree to be police vetted as required.



## Further information and documents

While Squash Central have made every attempt to make the Representative booklet as detailed as possible it should be read in conjunction with the following policies. As a member of Central and Squash NZ the Squash NZ Member protection policy and child safe guarding policy are in effect also. These can be found on both the SNZ and Central websites.

### Member Protection Policy

[https://www.squashnz.co.nz/content/About\\_Us/Our\\_Policies\\_and\\_Recommendations/Member%20Protection%20Policy%20June%202022.pdf](https://www.squashnz.co.nz/content/About_Us/Our_Policies_and_Recommendations/Member%20Protection%20Policy%20June%202022.pdf)

### Child Safeguarding Policy

[https://www.squashnz.co.nz/content/About\\_Us/Our\\_Policies\\_and\\_Recommendations/Child%20Safeguarding%20Policy\\_07.pdf](https://www.squashnz.co.nz/content/About_Us/Our_Policies_and_Recommendations/Child%20Safeguarding%20Policy_07.pdf)

### Privacy Policy

<https://www.centalsquash.co.nz/media/attachments/2022/12/21/privacy-policy.pdf>

### Coaches Code of Conduct



## PLAYER'S CODE OF CONDUCT (Must be signed and returned to team manager prior to representation.)

I, \_\_\_\_\_, as a participant on the Squash Central Representative team, will always conduct myself at all events\* in a manner to the following standard:

I agree to:

- Abide by and comply with the Squash Central Player Code of Conduct form.
- Have read and understood the Players Charter.
- Play to win but always "play fair".
- Observe and play within the laws of the game as well as respecting opponents, teammates, referees, officials and spectators.
- Represent Squash Central with pride and dignity.
- At all times, conduct myself in a manner to reflect the standard of behaviour expected by the staff of Squash Central.
- Display self-control in all situations and will not use foul or abusive language at any time before, during or after a game or training session.
- Play because I enjoy Squash, not to please someone else.
- Train and play to the best of my ability, have a positive attitude, and encourage others to do the same.
- Support fellow team members during events.
- Stay with the team at all times.
- Respect the rights, dignity and worth of all people involved in the game, regardless of ethnic origin, colour, race, nationality, religion, sex, sexual orientation or disability.
- Not tease, bully or fight with players from my own team or other teams.
- Look after themselves with sufficient rest/sleep and good nutrition.
- Be on time and prepared for games and training sessions.
- Not steal or take items that do not belong to me.
- Will not take in the consumption of any alcohol or drugs.
- Will use my phone or electronic device in a respective manner – as outlined in the charter.
- Pay for the cost of replacement or repair of any item broken if guilty and responsible for breaking such item in a reckless, unreasonable or uncontrollable manner.
- Comply with the uniform requirements, and ensure my uniform is clean, neat and tidy when representing Squash Central.
- I will be respectful with any images I post on social media and ensure I have permission to post any pictures of third parties.
- Understand that no initiations of any sort are to be carried out in any instance as per ruling from New Zealand Squash.

National Team Specific:

- Complete the NZ Squash Online Referees Exam
- Respect any rules or curfews set by team managers or coaches.
- Attend daily briefings and debriefings when asked.

(\*EVENTS – description includes tournaments where players are representing the region; not limited to - one day rep challenges; National team and individual events; Champion of Champions and Superchamps teams.)

**PENALTIES:** I understand that failure to abide by this Code of Conduct may exclude me from participating in all current and future Squash Central run programmes and teams. In serious breaches players may be asked to leave the event at their own cost. Or if the player is a junior the parent will be asked to collect the player.

Signed by: \_\_\_\_\_(Player)      Date: \_\_\_\_\_

## PARENT / CAREGIVER: (For Junior Players only)

Parent/Guardian Consent: I give permission for \_\_\_\_\_ to represent Squash Central at events as defined above and participate in all relevant activities.

This includes:

- Being transported by a fully licensed driver in a road legal vehicle (where applicable).
- Permission to be taken to medical treatment if required and I acknowledge that I will cover any associated costs.
- Permission for any photographs taken to be used by Squash Central for promotional purposes.
- Payment of any fees relating to my child attending this event.
- Take part in swimming if it is part of this activity.
- Advise the Team Manager if your child is leaving the event for whatever reason.
- Advise the Team Manager immediately of any injuries.
- Advise the Team Manager confidentially of any medical issues we may need to know about (eg: dietary, allergies).

I agree to inform my child that they are responsible for their own behaviour and if required I will collect them at once at my own cost.

- I confirm I have read and understood the Player's Code of Conduct.
- As the parent/caregiver of the above named player, I agree to support the Staff of Squash Central, in enforcing this Code of Conduct.
- I confirm I have read the Junior Representatives Information, in particular the expectations of the parents and agree to support Squash Central Staff and my child/ren at all events.

Signed by: (Parent / Caregiver): \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency contact details for parents:

Name: \_\_\_\_\_ Cellphone \_\_\_\_\_ Relationship \_\_\_\_\_

Alternative emergency contact:

Name: \_\_\_\_\_ Cellphone \_\_\_\_\_ Relationship \_\_\_\_\_