



England Squash & Racketball West Midlands Regional Newsletter



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The time has arrived; May is the time for the West Midlands to showcase the wealth of squash talent in the region and be victorious in the forthcoming Regional Championships. As the host region, the West Midlands Squad, led by Regional Coach Darren Lewis, will be looking for success across the Under 11 category all the way through to Under 19s. Big things are expected from the West Midlands stars including England Under 11 player Mark Richmond. A notable absentee will be England Under 17 international Chloe Pearson, who will be away on international duty. However, set to deputise is the highly talented Joanna Lord, for whom positive performances are expected, along with the rest of the squad. All players have now been sent their Championship Invites, and have been selected based on both their performances and commitment at the Regional Academies and other competitions throughout the year. Each player's progress is closely monitored by Darren Lewis, who remains in regular contact with club coaches throughout. On behalf of myself and Darren, our thanks go out to all players and parents who have attended the Regional Academy squads throughout this year but did not make the final squad. Both Darren & I discussed at length who should be included and why, and apologies to those that have missed out. We are fortunate to have a wealth of exceptional talent here in the West Midlands and it was by no means an easy task selecting the squad.

Just as an aside, many of you have enquired about the status of the Regional Manager vacancy in the West Midlands. The previous newsletter introduced our new Regional Manager. However, it is unfortunate that Jenine Hadley will not be taking up her role as West Midlands Regional Manager. There will hopefully be an announcement by the time the next newsletter comes around in relation to this vacancy. To see a list of players that have made the West Midlands Regional Championship squad, please turn to page to page 3.

Hope you all had a great weekend!

Natalie Wilcox—Regional Administrator



Activate Your Membership!

1. Log on to www.englandsquashandracketball.com
2. Click 'Activate on the right hand side of the page
3. Fill in your details
4. Congratulations! Your membership has been activated, and you will receive access to some fantastic exclusive offers as well as receive quarterly the Squash Player Magazine.



England Celebrate European Junior Double!

Top seeds Nathan Lake and Emily Whitlock ensured an English double at the European Junior (U19) Individual Squash Championships after straight games wins in the finals of the European Squash Federation event in Kriens, Switzerland.

After the first all-English men's semi-final line-up in the tournament's 22-year history, it was Lake and James Earles who emerged to contest the final after Earles, a 3/4 seed from Hull, shocked second seed Declan James in a close-fought 81-minute last four battle.

And 18-year-old Lake, who was runner-up to Declan James in the recent English Junior U19 Championship final, took full advantage of Earles's less-than-ideal preparation for the final by beating the 18-year-old Yorkshireman 11-6, 11-8, 11-7 to clinch the title.

Emily Whitlock reached the women's final without dropping a game - and continued to demonstrate her authority over the field by defeating Tesni Evans, the second seed from Wales, 11-6, 11-8, 13-11.

The triumph is the latest success for the 17-year-old from Colwyn Bay who in January became England's first winner of a British Junior Open trophy for almost a decade when she won the U17 title - then followed this success last month by winning the English Junior U19 Championship crown.

Lake and Whitlock will now lead their country's bid in the mixed European Junior Team Championship, where defending champions England are seeded to win the title for the 25th time in the event's 28-year history.

Squash Success at Shrewsbury!

A junior coaching initial 6 week course drew to a close recently, with a first class competition and exhibition matches with some of the clubs top players. Saturday the 8th April is a day that many of these juniors will remember after Shrewsbury School Squash Club held their final coaching date before the Easter break. To showcase the squash talent on offer at the club, they were delighted to receive exhibition games with Juliet O'Neil, Shirley Barre, Richard Buffery and coach Steve Jenks. After they dazzled the juniors with some on court skills each took to a court and were challenged by one of the 23 juniors who have been coached over the past 6 weeks. The morning and whole course was a great success and finished with a short presentation for the competition winners and most improved player of the week awards. Congratulations to all coaches and players who took part in the coaching course. It was clearly a great success, and we hope for more clubs to follow suit and run similar successful programmes. Congratulations to all the players below for making it onto the club's elusive Hall of Fame!



Event	Weekly Competition			
	Group 1		Group 2	
Date	Winner	Runner Up	Winner	Runner Up
19/03/11	Stuart Duff	Oliver Lee	Lewis Rivett	Freddie Duff
26/03/11	Stuart Duff		Billy Rivett	
02/04/11	Stuart Duff	Tom Turner	Becky Wright & Patrick Brittleton	Neve Jones & Freddie Duff
09/04/11	Stuart Duff	James Sharp	Patrick Brittleton	Danny Jones



Take your place on Team England



England Squash & Racketball are delighted to announce the launch of the golden ticket competition, offering one lucky ESR member the chance to become part of Team England, the official elite squad.

The winner will become a member of the 2011/2012 Team England Squad which includes:

- A training session with the squad and England coaches
- A signed England kit and racket
- A place on 'official team photo'
- Their profile on Team England section of the ESR website
- VIP tickets to a tournament



Nick Matthew, world number one and men's team captain says, "This competition is a great opportunity and will allow the lucky winner chance to join the inner circle of the England squash team, and see how some of the world's top players train and live on a daily basis."

Laura Massaro, British national champion and Commonwealth silver medallist also can't wait to welcome along the newest recruit. "This is a fantastic opportunity to meet and greet some of the players from Team England. It's a one off chance to watch how we train on a day to day basis and have a picture taken with us as a team and with your favourite player."

To be in with a chance of winning this once in a lifetime prize activate or join today!

10 runners up will also receive a signed racket and bag and of course all activated members will receive a wealth of membership benefits, including 20% off a Squash TV discount, up to 50% off theme parks such as Alton Towers, Squash Player Magazine, 50% off total squash subscriptions and 10% off purchases at sportsdiscout.com

To activate your membership visit www.englandsquashandracketball.com click the activate button and follow the onscreen instructions. If you're not already a member it's easy to get involved. ESR offers an online pay and play membership for adults and juniors through the website.

Priced at just £10 for adults and £5 for juniors (U19), pay and play members receive all the benefits of club members through the online member portal. To join today visit http://www.englandsquashandracketball.com/membership_types and your membership will be automatically activated.

Tremendous Team West Midlands

Team West Midlands would like to congratulate each player selected to represent their region. This is a fantastic achievement to be amongst the best players in both the region and the nation, and we wish you every success at the competition. Do Team West Midlands proud!

Under 11s	Nathan Mead	Kieran Mullis	Kiera Marshall	Lucy Green	
Under 13s	Mark Richmond Libby Corke	Cameron Wilson Paige Key	Jack Dukes Anna Young	Daniel Cochrane Olivia Gow	
Under 15s	Harley Flood Jack Cooper	Harriett Hill Alice Harvey	Thomas Griffiths Faye Deakin	Ellie Atkinson Josh Owen	Sam Shah
Under 17s	Jack McElvenny Alicia Mead	Brian Harvey Lucy Pallett	Harry Heathcock Elizabeth Parkes	Matt Jones	Jo Lord
Under 19s	Oliver Mapp	Oliver Palmer	Grace Talbot	Roxy Kershavarz	

Make the most of the funding opportunities available to you by visiting your local County Sports Partnership's website. Details of all CSPs and their contact details can be found on page 6. There is a wealth of both financial and technical support available, so don't miss out! Below is a brief summary of only a handful of the bursaries on courses on offer. Please ensure you develop a full awareness of the extent of help on offer by contacting your local CSP or their website directly.

Mars Refuel Drink Fund

How much? £5000

What for? Successful applicants can receive up to £5000 in support of anything from travel costs to and equipment to improving club houses and training grounds.

How to apply: <http://www.marsrefuel.com/refuel-fund/>

CSW Coach Bursary Scheme

How much? £200

What for? Receive money towards National Governing Body Coaching Qualifications.

How to apply: <http://www.cswsport.org.uk/CoachBursaryScheme>

ToolKit Small Grants Scheme

How much? £500

What for? Open to any voluntary or community organisation, statutory body or educational establishment in Worcestershire designed to compliment existing work for those with a desire to increase participation in sport or physical activity.

How to apply: Click on the image —————>



Cash 4 Clubs

How much? Up to £1000

What for? Any club registered with England Squash & Racketball looking for financial assistance with coaching, equipment, facilities or renovation.

How to apply: www.cash-4-clubs.com

ClubMark Benefits Package

How much? £100

What for? Any club that achieves accreditation or reaccreditation within 12 months of declaring that you are working towards that goal.

How to apply: Click on the image and follow the instructions —————>



Why not book your place on these fantastic courses? Book NOW to avoid disappointment!

Coventry, Solihull & Warwickshire Sport are running some fantastic courses throughout May. These courses are sure to offer invaluable advice and experience that could help contribute to making your club and individual coaching improve.

For more information and details of how to book, please click the CSW logo —————>

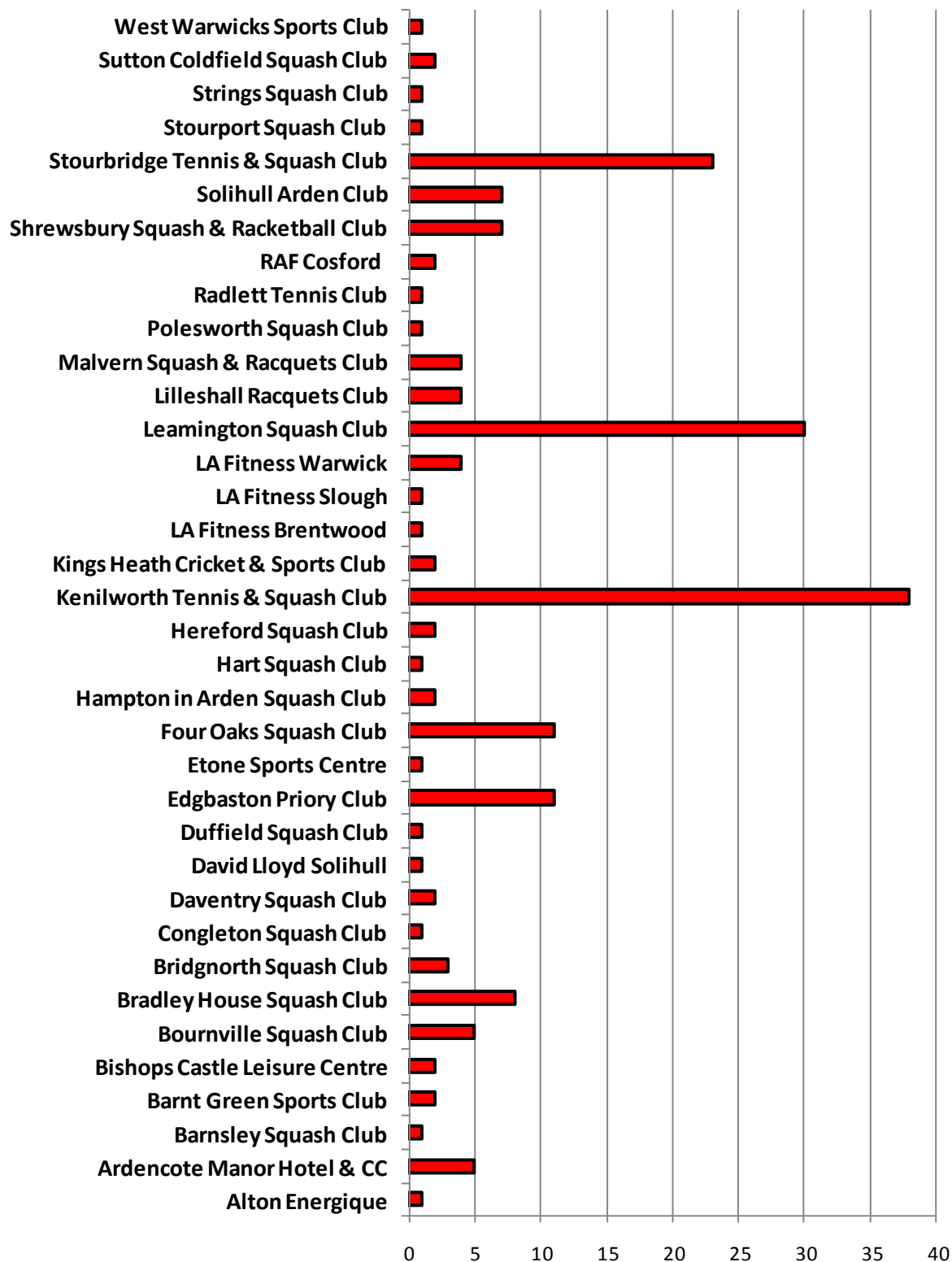


Course Title	Date & Time	Venue
Funding for your Club	Wed 4 May 2011 6.30 - 9.30pm	Leamington Town Hall
First Aid	Wed 4 May & 11 May 6.30 - 9.45pm (Attendance on both dates required)	North Warks Borough Council Atherstone
Intro to Fundamental of Movement	Mon 9 May 2011 6.30 - 9.30pm	Queen Elizabeth School, Atherstone
A Club for All	Mon 16 May 2011 6.30 - 9.30pm	Moat House LC, Coventry
Equity in your Coaching	Thurs 19 May 2011 6.30 - 9.30pm	The Studio, Central Library, Solihull
Safeguarding & Protecting Children	Wednesday, 25 May 6.30 - 9.30 pm	Pingles Athletics Stadium, Nuneaton

Clubs—Activate Your Memberships!

Calling all clubs! Do not be left behind with England Squash & Racketball's national drive to gain more activated memberships. The below Activation Graph shows the current level of activated memberships your club holds. This graph will be published in the newsletter on a monthly basis, so activate those memberships now and do not be left behind!

A graph to show the number of activated members for West Midlands Squash Clubs





**England
Squash &
Racketball**

West Midlands Regional Office

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Regional Administrator

Natalie Wilcox

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lie.wilcox@englandsquashandracketball.com

Website

www.englandsquashandracketball.com

Visit our website for news on coaching courses and other relevant squash and racketball information, both in your Region and Nationally!!!
www.englandsquashandracketball.com

[Click Here](#)

County Associations

Shropshire Squash and Racketball

Website -

www.shropshiresquashandracketball.org

Warwickshire Squash Racquets Association

Website - www.warwickshiresquash.org

Worcestershire Squash and Racketball Association

Website - www.wsraonline.co.uk

County Sport Partnerships

Sport Across Staffordshire and Stoke on Trent (SASSOT)

Website - www.sportacrossstaffordshire.co.uk

Shropshire (Energize)

Website -

www.shropshiretelfordwrekinsportspartnership.org.uk

Sports Partnerships Herefordshire and Worcestershire

Website - www.morethansport.com

Coventry, Solihull and Warwickshire

Website - www.cswsport.org.uk

The Black Country

Website - www.blackcountryconsortium.co.uk

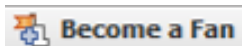
Birmingham Sport

Website - www.birmingham-sport.org.uk

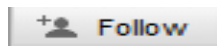
We hope you have enjoyed reading the West Midlands Regional Newsletter and would gladly welcome any feedback you may have.

Additionally if you have a story or an event that you need promoting in next months newsletter, feel free to send them to natalie.wilcox@englandsquashandracketball.com before the 22nd of each month

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birmingham.gov.uk/trainingforsport



Racketball Coaching Course

Date: 21st & 22nd May 2011

Venue: Coventry & North Warwickshire Cricket Club, Coventry

Address: Binley Road, Coventry, CV3 1HB



2 Day Racketball Coaching Qualification (for non-qualified Squash coaches)

A 2 day course to enable candidates to learn the 'How to Coach' and 'What to Coach' skills required to coach Racketball to beginners of all ages. The course teaches candidates how to target the development and coaching of Racketball to different participation groups. At the end of the course candidates should be able to:

- Understand the benefits of promoting and coaching Racketball
- Deliver Racketball to beginners of all ages
- Target the development and coaching of Racketball to different participation groups
- Use the ESR Racketball Cards as a planning, coaching and developmental tool
- Explain the How to Coaching Skills of Building Rapport, Safe Practice, Instruction, Demonstration and Feedback
- Create a positive learning environment
- Adapt practices to cater for differentiation and different participation groups
- Use the coaching principles of What, Why, When & How
- Coach the technical and tactical principles of the grip, drive, volley, service, service return, boast, drop and lob
- Critically evaluate players and coaching practice
- Understand the rules of Racketball and to referee and mark a competitive game
- To organise Racketball leagues and competitions

Course Pre-requisites – 16 years of age, be working towards an ESR Coach Licence and to be recommended to attend the course

Course Fee - £160 plus £35 Coach Membership

1 Day Racketball Coaching Qualification (for qualified Squash coaches)

A 7 hour course for qualified squash coaches wishing to extend their knowledge of the game of Racketball. The course will provide progressive ways to teach players the technical and tactical components of the game of Racketball, how to structure group and individual lessons, to diagnose and correct faults and innovative ways to organise Racketball matches and competitions.

At the end of the course candidates should be able to: -

- Understand the benefits of promoting and coaching Racketball
- Prepare, deliver and review Racketball coaching sessions to individuals and groups of all ages and abilities
- Effectively use the Golden Rules of Coaching when delivering Racketball sessions
- Coach the technical and tactical principles of the grip, drive, volley, service and service return, boast, drop and lob
- Use appropriate developmental progressions to incrementally develop players
- Create a safe, fun and positive coaching environment for different population groups
- To deliver innovative Racketball coaching sessions and competitions

Course Pre-requisites – 16 years of age and an existing squash coach

Course Fee - £90 plus £35 ESR Coach Membership (if lapsed)

To apply, please send your completed application form and cheque to:

Louise Pickford

England Squash & Racketball

National Squash Centre

SportCity Manchester M11 3FF

Racketball Coach Award

Candidate Application Form and Profile

Candidates applying for the Racketball Coach Award should complete this form and return to England Squash & Racketball Coaching Department, The National Squash Centre, Rowsley Street, Manchester, M11 3FF (including appropriate payment – cheques payable ‘England Squash & Racketball’). Please complete all sections in BLOCK CAPITALS.
 (*Mandatory information).

Essential Candidate Registration Details

First Name*		<i>Known As</i>	
Surname*			
Gender*	Male / Female	Date of Birth*	
Full Postal Address*			
Postcode*		Contact Telephone No.*	

Ethnicity*

I would describe my ethnic origin as:

Asian British Bangladeshi	Indian	Other white	
Asian British Indian	Mixed White and Asian	Pakistani	
Asian British Pakistani	Mixed White and Black African	Prefer not to say	
Bangladeshi	Mixed White and Black Caribbean	White British	
Black African	Other	White European	
Black British	Other Asian	White Irish	
Black Caribbean	Other Black	White Non European	
Chinese	Other Mixed Background		

Disability*

Do you consider yourself to have a disability?	Yes / No/ Prefer not to say *
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If Yes, what is the nature of your disability?

Hearing	Multiple	Mobility	Other
Learning	Visual	Physical	Prefer not to say

Course Details

Racketball Coach Award			
Course Date*		Course Fee	£80.00
Course Venue*		ES&R Coaching Membership Fee	£35.00

E-mail Address	
Mobile Telephone No.	
Club /College/ HE Institute/ Sports Centre*	
Current squash coaching qualification	
Summary of other relevant awards held	
Current experiences related to coaching	
Why do you want to be a Racketball Coach?	
What do you think is the role of a Racketball Coach?	
State a positive learning experience you have had. What made it positive?	
What Racketball coaching activities do you aim to do in the future?	

Declaration*

I have and enclose a copy of my ENGLAND SQUASH & RACKETBALL Criminal Records Bureau (CRB) Disclosure?			Yes / No
Signature		Date	