

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

What you'll learn

You'll learn several skills and techniques from how to organise and build rapport with players to basic techniques, tactics and ideas to deliver fun and engaging sessions to a variety of players. You'll discover how to support, enhance and develop players, and attract new ones. The course is made up of the following topics:

- Junior squash and how to deliver squash within a primary and secondary school environment.
- Coaching different participants within a club or leisure centre setting.
- An introduction to racket ball and how to organise informal play sessions.
- Creating and nurturing effective squash and racket ball communities.

Pre-course registration requirements

- You must be at least 16 years of age
- You will need to have a reasonable knowledge and understanding of the game
- Have an up-to-date Squash Wales Disclosure & Barring Service (DBS) enhanced check (free)
- Have an up-to-date safeguarding certificate.(free)

Cost & funding support

- The course costs £200 and includes one year's Squash Wales coaching membership (which includes Public Liability Insurance).
- You will need to have an up-to-date Disclosure & Barring Service (DBS) Enhanced Disclosure free through Squash Wales and valid for 3 years
- You must attend a safeguarding course - either face to face or online through Squash Wales and valid for 3 years

There may be some financial assistance available in your area - check out our funding opportunities with our development officers in your area.

WSRB 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 Wales**: - starssquash@gmail.com 07796177197

Steph Roberts - **Eryri**:- steffsquash@hotmail.co.uk 07922844876

Jayne Kirk –**Powys** :- jayne.kirk@btconnect.com 07817487537

Peter Crook -**West Wales**:- petercrook23@hotmail.com

For information on any Coaching Courses, DBS and forthcoming Safeguarding Courses contact:

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