

ENGLAND SQUASH HIGH PERFORMANCE AWARD



POSTGRADUATE DIPLOMA IN PERSONAL AND PROFESSIONAL DEVELOPMENT

Behind every champion there is a great coach. A squash player is nothing without the wise words of their mentor to carry them through elation, heartache, victory and defeat. They celebrate with them when they win and console them when they lose. An elite squash coach is more than a trainer, they are a teacher, a mentor and a friend.



Think you're up to the challenge? We've teamed up with a university to deliver a world-leading high performance award and help develop a new crop of elite coaches.

WHAT WILL I GAIN?

As well as learning advanced training methods, you will gain a sound knowledge of research philosophies within a performance setting. Your communication and decision-making skills will also be enhanced and you will be shown techniques to help maximise a player's development and potential.

In addition, on successful completion of the course, you'll gain a postgraduate diploma in personal and professional development from a university.

WHAT DOES THE HIGH PERFORMANCE AWARD ENTAIL?

You will attend ten full days to learn the very best in elite level coaching and study advanced coaching skills - what it takes to be a winner; the science behind squash coaching, including performance analysis, physiology, strength and conditioning and psychology; advanced squash coaching practice; and developing talent in squash.

Throughout the course, various concepts and ideas will be critically examined, always within the applied context of your own coaching philosophy and practice.

COURSE DATES:

22nd & 23rd May 2017

University (TBC)

3rd & 4th July 2017

National Squash Centre, Manchester

2nd & 3rd October 2017

National Squash Centre, Manchester

4th & 5th December 2017

National Squash Centre, Manchester

26th & 27th March 2018

National Squash Centre, Manchester

November 2018

Graduation



The course is designed to challenge your thinking and move your coaching in new directions. It will give you new ideas that can be applied to your coaching practice whilst fully supporting you through the journey.

Paul Carter, England Squash Coaching Consultant and High Performance Award graduate.





HOW WILL I BE ASSESSED?

The final assessment will consist of:

1. **Submission of your assessment portfolio** - there will be an assessment following each module that will make up your assessment portfolio comprising of written work, video content, preparations and applied coaching and assessment through the mentoring programme content.
2. **Viva** - an interview in which candidates will be interviewed and assessed on.



It was a very challenging award that made me question the way in which I coach on a daily basis. It gave me more skills and allowed me to get the best out of the players I work with.

Phil Rushworth, High Performance Award graduate



HOW MUCH DOES IT COST?

The course costs £2,000 for coaches based in England and £2,500 for those based abroad. All candidates are responsible for their own travel/accommodation.

COURSE MODULES

| Module | Advanced Coaching Skills |
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| Description | The module provides a challenging introduction to general issues in research enquiry and a sound knowledge of general research philosophies and theoretical perspectives encountered within a high performance coaching setting. |
| Module | Science of Squash Coaching |
| Description | The module explores scientific disciplines (biomechanics, performance analysis, physiology, strength and conditioning and psychology) underpinning high performance squash, and enables critical application of scientific principles within a high performance squash coaching context. |
| Module | Advanced Squash Coaching Practice |
| Description | This module focuses on the development of coach self-awareness and the management and leadership of individuals. Personal reflection and individual preferences for communication, decision making and learning are explored within a high performance squash coaching context. |
| Module | Developing Talent in Squash |
| Description | The module examines the role of the coach in creating an environment that motivates, engenders challenge and enjoyment and maximises opportunities for player development and achievement. |

HOW DO I SIGN UP?

To apply, simply forward your CV and a covering letter explaining your ambitions and reasons for applying before Friday 28th April 2017. All applications should be endorsed by a squash national governing body, Aspire Head Coach or national coaching team member. Please email applications to Kevin Stewart at kevin.stewart@englandsquash.com. In some instances, an informal interview may be required as a prerequisite.