

INTRODUCING...SEMINAR LEADS



CHRIS ROBERTSON
ESR National Coach



DAVID CAMPION
Assistant National Coach



FIONA GEAVES
High Performance



PAUL CARTER
Elite Coach Development

CHRIS ROBERTSON

Chris, a former World Junior Champion and World#2, joined ESR from Squash Wales where he has been National Coach for sixteen years. Chris has enjoyed significant success with Wales, overseeing both junior and senior players and helping Wales to achieve medals at senior level on the World and European stages, as well as European medal success at under 15, 17 and 19 age groups. Chris provides day-to-day leadership of ESR's senior programme, whilst maintaining a strong influence and responsibility for England's emerging and junior players.

DAVID CAMPION

David was a World Junior finalist in 1990 and subsequently played professionally, enjoying some early success. Injury pre-empted David to begin coaching to supplement his income. David initially coached in Bradford, Yorkshire prior to moving to Queens Club, Halifax as head coach developing the Juniors, running National League, Super League and working with some Northern based professionals. David became North East regional coach assisting on Junior & Senior National Squads before his appointment as ESR High Performance Coach in May 2000. David now fulfills an enhanced role within ESR – as Assistant National Coach and has greater responsibility, operating across the Performance Programme, in addition to leading the England Academy.

FIONA GEAVES

Fiona is a former British Champion, World#5, two-time Commonwealth Medallist; and twice a British Open and World Open semi-finalist, who spent 19 years ranked in the world top 20. Fiona was a regular member of England teams throughout her career and was renowned for her skill, competitiveness and professionalism. Fiona joined ESR from Heights Casino Club, New York, where she was Director of Squash, leading one of the largest and strongest coaching programmes in the US and managing a team of professional coaches, including former internationals Linda and Lauren Elriani. Fiona is responsible for over-seeing the National Junior Programme, in addition to contributing to the Transitional and Senior Programmes.

PAUL CARTER

Paul is a former National Champion, England#1, World Open quarter-finalist and subsequently an elite L4 Squash Coach. Paul has had significant influence on the development and subsequent achievements of several players including Peter Barker, Alison Waters, Tania Bailey, Vicky Botwright - the list of players reads like a who's who of British Squash over the past 15 years. Paul continues to coach National Squads and a number of England's elite and emerging players and is responsible for elite coach development.



DAVID YOUNG (MSc SPORT PSYCHOLOGY)

David is an England and Wales Cricket Board (ECB) Level IV coach and full time employee, David is currently working on the ECB England Development Programme as a sport psychologist. One of the key aims of the programme is to install mental toughness in the most talented 16-19 year old cricketers in England and Wales. David has particular expertise in transformational leadership and strongly believes that the coach created environment is a crucial factor in developing mental toughness in young people.



CHRIS VINE (ESR SENIOR TUTOR)

Chris has been involved in Squash and Racketball for over 30 years – with the governing body as a Senior Tutor, Coach and Refereeing and Marking Instructor, and with the county of Essex as a coaching professional at a number of clubs including Connaught, Redbridge, the University of Essex in Colchester. Of late, Chris has been immersed in the often frustrating but ultimately beneficial world of primary and secondary schools and understands the need for this constant investment of effort. Hard going on occasions, but ultimately rewarding, safe in the knowledge that out of this work real gems emerge.

Seminar Briefs...

Strength & Conditioning

A practical and interactive seminar designed to assist the coach in understanding and analysing the demands of the modern game and how to implement long term physical training programmes to ensure appropriate physical development for young players.

The seminar focuses upon three key considerations when developing training programmes for young players.

1. The physical demands of the game and appropriate types of training.
2. Long term physical development for squash players.
3. Analysing and improving key movements.

Movement & Technique

An interactive and practical seminar demonstrating latest techniques utilising video footage of several international players. Develop skills and provide clear guidelines/instructions to players in accordance with the 'golden rules' of technique currently utilised by England Squash & Racketball coaching staff.

Mental Toughness

Mental toughness is often cited as the illusive thing that sets world class performers apart. This session will take a closer look at what mental toughness might actually mean, how to identify it in young people and most importantly how the correct environment can help develop it.

Bridging the Gap

An practical workshop incorporating...

- To understand the basic difference(s) between L1 & L2 coaching courses
- To gain further knowledge in relation to fault diagnosis (PDA) and the golden rules of coaching applicable to L2
- To understand the groundwork necessary prior to moving on from L1 to L2
- Emphasis on group and individual squash coaching
- Basic understanding of fault diagnosis (PDA) – principles
- Knowledge of the application of the "golden guidelines of coaching"
- More awareness of movement and tactics
- Application of further coaching progressions

SEMINAR	HOST VENUE	DATE	SEMINAR LEAD
MOVEMENT TECHNIQUE	REDCAR SQUASH CLUB Mackinlay Park Green Lane Redcar Cleveland TS10 3QD Telephone: 01642 482733 www.rufcsquash.co.uk	NOVEMBER 14 2011 18:00 – 21:00	PAUL CARTER
MOVEMENT TECHNIQUE	NOTTINGHAM TRENT UNIVERSITY Lee Westwood Sports Centre Clifton Campus Clifton Lane Nottingham Nottinghamshire NG11 8NS Telephone: 0115 848 3219 www.ntu.ac.uk/sport	NOVEMBER 17 2011 18:00 – 21:00	DAVID CAMPION
BRIDGING THE GAP	POTTERS BAR HEALTH CLUB Mount Grace Road Potters Bar Hertfordshire EN6 1RB Telephone: 01707 651086 www.dhchealthclubs.com	NOVEMBER 27 2011 14:00 – 17:00	CHRIS VINE PAUL CARTER
MOVEMENT TECHNIQUE	STOURBRIDGE LAWN TENNIS & SQUASH CLUB – TBC Sugar Loaf Lane Iverley Stourbridge West Midlands DY7 6PS Telephone: 01384 393613 www.stourbridge-tennis-squash.co.uk	NOVEMBER 28 2011 18:00 – 21:00	PAUL CARTER
MOVEMENT TECHNIQUE	DEVON & EXETER SQUASH CLUB Prince of Wales Road Exeter Devon EX4 4PR Telephone: 01392 436100 www.devonandexeter.co.uk	DECEMBER 07 2011 18:00 – 21:00	PAUL CARTER
MENTAL TOUGHNESS	SURREY SPORTS PARK University of Surrey Guildford Surrey GU2 7XH Telephone: 01483 689111 www.surreysportspark.co.uk	DECEMBER 08 2011 18:00 – 21:00	DAVID YOUNG PAUL CARTER
MENTAL TOUGHNESS	NOTTINGHAM SQUASH RACKETS CLUB – TBC Tattershall Drive The Park Nottingham NG7 1BX Telephone: 0115 941 7022 www.nsrc.co.uk	DECEMBER 09 2011 18:00 – 21:00	DAVID YOUNG PAUL CARTER
STRENGTH & CONDITIONING	NORTHUMBRIA UNIVERSITY Team Northumbria Sport Central Northumberland Road Newcastle-upon-Tyne NE1 8ST Telephone: 0191 227 4700 www.teamnorthumbria.com	DECEMBER 10 2011 14:00 – 17:00	PAUL CARTER ENGLISH INSTITUTE OF SPORT
MOVEMENT TECHNIQUE	SURREY SPORTS PARK University of Surrey Guildford Surrey GU2 7XH Telephone: 01483 689111 www.surreysportspark.co.uk	JANUARY 11 2012 18:00 – 21:00	CHRIS ROBERTSON
STRENGTH & CONDITIONING	THE NATIONAL SQUASH CENTRE Rowsley Street Manchester Lancashire M11 3FF Telephone: 0161 438 4324 www.englishsquashandracketball.com	JANUARY 14 2012 09:30 – 12:30	PAUL CARTER ENGLISH INSTITUTE OF SPORT

MOVEMENT TECHNIQUE	IPSWICH SPORTS CLUB – TBC Henley Road IPSWICH IP1 4NJ Telephone: 01473 251143 www.ipswichsportsclub.co.uk	JANUARY 23 2012 18:00 – 21:00	PAUL CARTER
MOVEMENT TECHNIQUE	BOWDEN HOCKEY CLUB South Downs Road Bowden Cheshire WA14 3DT Telephone: 0161 928 1358 www.bowdenclub.com	FEBRUARY 06 2012 18:00 – 21:00	PAUL CARTER
MOVEMENT TECHNIQUE	BOWDEN HOCKEY CLUB South Downs Road Bowden Cheshire WA14 3DT Telephone: 0161 928 1358 www.bowdenclub.com	FEBRUARY 10 2012 18:00 – 21:00	CHRIS ROBERTSON
STRENGTH & CONDITIONING	BIRMINGHAM VENUE - TBC	FEBRUARY 25 2012 09:30 – 12:30	PAUL CARTER ENGLISH INSTITUTE OF SPORT
MOVEMENT TECHNIQUE	THE WINCHESTER TENNIS & SQUASH CLUB - TBC Bereweke Road Winchester Hampshire SO22 6AN Telephone: 01962 854028 www.thewinchesterclub.net	FEBRUARY 27 2012 18:00 – 21:00	PAUL CARTER
BRIDGING THE GAP	MIDLANDS VENUE - TBC	MARCH 11 2012 14:00 – 17:00	CHRIS VINE PAUL CARTER
MOVEMENT TECHNIQUE	LUTON & DUNSTABLE SQUASH & RACKETS CLUB - TBC Lewsey Squash Centre Pastures Way Luton Bedfordshire LU4 0PF Telephone: 01582 604244 www.ldsquash.com	MARCH 12 2012 18:00 – 21:00	PAUL CARTER
MOVEMENT TECHNIQUE	QUEENS SPORTS CLUB Moorlands View Savile Park Halifax West Yorkshire HX1 2XQ Telephone: 01422 360487 www.queenssportsclub.co.uk	MARCH 22 2012 18:00 – 21:00	DAVID CAMPION
STRENGTH & CONDITIONING	DEVON & EXETER SQUASH CLUB Prince of Wales Road Exeter Devon EX4 4PR Telephone: 01392 436100 www.devonandexeter.co.uk	MARCH 24 2012 09:30 – 12:30	PAUL CARTER ENGLISH INSTITUTE OF SPORT
MOVEMENT TECHNIQUE	HALLAMSHIRE TENNIS & SQUASH CLUB 716 Ecclesall Road Sheffield South Yorkshire S11 8TA Telephone: 0114 266 2153 www.hallamshiretennis.co.uk	APRIL 02 2012 18:00 – 21:00	PAUL CARTER
MOVEMENT TECHNIQUE	EAST GLOS SQUASH CLUB Old Bath Road Cheltenham Gloucestershire GL53 7DF Telephone: 01242 230562 www.eastglos.co.uk	MAY 14 2012 18:00 – 21:00	PAUL CARTER

ESR Coaching Seminars



England
Squash &
Racketball

CANDIDATE APPLICATION

To book a space, please complete and return the candidate application document enclosing the appropriate payment. Please note reservations are not permitted. Applications will be processed on a first come, first served basis following receipt of completed application document and appropriate payment. Please return completed application and appropriate payment to,


Coaching & Performance Department, England Squash & Racketball, The National Squash Centre, Rowsley Street, Manchester, M11 3FF.

Telephone: 0161 438 4318

E-mail: jayden.hocking@englandsquashandracketball.com

CONTACT INFORMATION

Full Name:	
Address:	
Postcode:	
Telephone - Home:	
Telephone – Mobile:	
E-mail Address:	
ESR Membership Number:	
Squash Coaching Qualification:	
ESR Coach Licence Number:	
Seminar: *delete as appropriate*	MOVEMENT & TECHNIQUE STRENGTH & CONDITIONING MENTAL TOUGHNESS BRIDGING THE GAP
Seminar Venue:	
Seminar Date:	
Cost:	£20.00 per coach, per workshop (cheques payable 'England Squash & Racketball')



PAYMENT

Payment Method	Please Tick
Cheque (payable 'England Squash & Racketball')	<input type="radio"/>
Credit Card (Mastercard, Visa, Visa Debit, Maestro permitted) – Please telephone ESR (0161 438 4324) to make payment following submission of candidate application.	<input type="radio"/>

REFUND POLICY

Please note the following cancellation fees apply in the event of withdrawal from a seminar. Applications for refunds should be made in writing via post/e-mail to ESR Coaching & Performance Department.

Cancelled more than eight weeks prior to the seminar commencing	100% refund due
Cancelled between eight and four weeks prior to the seminar commencing	50% refund due
Cancelled between four and two weeks prior to the seminar commencing	25% refund due
Cancelled less than two weeks prior to the seminar commencing	No refund due