

# **COLINTON CASTLE SQUASH CLUB**

## **JUNIOR COACHING PROGRAMME**

### **MINI SQUASH**

Class description: This class is a fun way to get involved in squash. Players will learn about all the shots involved in squash & will be taught about the technical aspects of squash. The class involves game play as well as technical practices.

<b>Class</b>	<b>Mini Squash 1</b>	<b>Mini Squash 2</b>
<b>Age group:</b>	Primary 3 & 4	Primary 5 - 7
<b>Session 1:</b>	Monday 4.15pm – 5.15pm	Monday 5.15pm – 6.15pm
<b>Session 2:</b>	Friday 2pm – 3pm	Friday 3pm - 4pm

**Cost (Monthly Block):** Members £16/ Non-Members £20 per block

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### **JUNIOR GAME SENSE**

Class description: This class is a follow on from the Mini Squash Programme or an ideal starter class for players. This session allows players to learn & experiment during conditioned games. Players will receive direction & coaching during this session.

<b>Class</b>	<b>Junior</b>	<b>Junior Teen</b>
<b>Age group:</b>	9 - 12	13+
<b>Session 1:</b>	Wednesday 4pm – 5pm	Wednesday 5pm – 6pm
<b>Session 2:</b>	Friday 4.30pm – 5.30pm	Thursday 6pm – 7pm

**Cost (Monthly Block):** Members £16/ Non-Members £20 per block

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### **DEVELOPMENT SQUASH**

Description: A more advanced class designed to develop match play and competition skills for players who have reached the competencies taught at junior level. Players in this class should be committed to representing the club at East Graded Events & in the East Junior Leagues.

<b>Class</b>	<b>Development Squad</b>
<b>Age group:</b>	Invitation Only
<b>Session 1:</b>	Friday 5.30pm – 7pm

**Cost (Monthly Block):** Members £20/ Non-Members £24 per block

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### **RACKETBALL CLUB**

Description: Racketball is designed to get players into a competitive sporting environment. The emphasis of this class is purely fun. It introduces players to the rules & will provide them with tactical advice but involves no structured coaching. It is a good introduction to squash for players of all abilities.

**Class** **Racketball**

**Age Group:** 9+  
**Session 1:** Wednesday 6pm – 7pm  
**Session 2:** Thursday 4pm – 5pm

**Cost (Monthly Block):** Members £16/ Non-Members £20 per block

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<b>BLOCK</b>	<b>START DATE</b>
<b>One:</b>	Monday 23 <sup>rd</sup> August
<b>Two:</b>	Monday 20 <sup>th</sup> September
<b>Three:</b>	Monday 25 <sup>th</sup> October
<b>Four:</b>	Monday 22 <sup>nd</sup> November

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**PLACES IN EACH GROUP ARE LIMITED SO BOOK EARLY TO AVOID DISAPPOINTMENT**

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**NOTES:**

- BULK DISCOUNT** There is a discount for attending more than one session per week; information can be found on the Application Form.
- SELECTIONS** Groups are all based on a mixture of age and ability. Players who are above the standard for their age group may be given the opportunity to move into a higher group, at the discretion of the head coach. All coaching sessions will be coached and supervised by appropriately qualified and vetted individuals.
- NON-MEMBERS** Non-Members are welcome to attend sessions, without purchasing a membership at the moment.
- PAYMENT** Payment for the 1<sup>st</sup> block should be sent with the application. Payment for future blocks should be made on the 1<sup>st</sup> week of the new block. Payment can be made by cash or cheque to Claire Kidd. BACS transfer is also accepted, please contact be on 07958 547 637 or [claire@kiddsports.com](mailto:claire@kiddsports.com) for more details.
- EQUIPMENT** Players will be required to wear goggles at all sessions, these can be borrowed from the coach free of charge. Beginner racquets & racket ball rackets can be borrowed for the duration of the session from the coach.
- FILM & PHOTOS** Photographs and/or filming of the squads may be taken from time to time for advertising at the club and/or on the club website and/or East of Scotland Squash Association website. Players will be told where these photos are going to be placed before they are used. If you do not consent to photographs of your child(ren) to be taken please tick the box on the application form.
- TOURNAMENTS** Colinton Castle has teams in the East of Scotland Leagues. Players involved in the Development Squad will be expected to make themselves available to represent the club in these leagues. The East of Scotland Association organise frequent graded tournaments which occur during a weekend afternoon. All players will be encouraged to get involved in competition but the choice is up to the player.
- MEMBERSHIP** Junior membership of the club is £50 for 1 year. Juniors who have a parent who is a member of the club automatically receives a free membership. An adult membership is £320 for 1 year. Membership runs from 1<sup>st</sup> October – 30<sup>th</sup> September. Membership is pro rata so joining part way through the year will cost less.

The application form can be found at Colinton Castle or on [www.colintoncastle.co.uk](http://www.colintoncastle.co.uk). Any questions about the programme please contact Head Coach Claire Kidd direct on 07958 547 637 or at [claire@kiddsports.com](mailto:claire@kiddsports.com)

## PLAYER APPLICATION FORM

Anything written on this form will be held in confidence. Our coaches need to know these details in order to meet the specific needs of your child.

Player Name:

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Address:

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Postcode:

Home Tel:

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Date of birth:

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Email Address:

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I am currently a member of Colinton Squash Club:      Yes      No  
     

I wish to reserve a place in the following coaching sessions:

	Day	
<b>Mini Squash 1</b>	Monday 4.15 PM	<input type="checkbox"/>
	Friday 2.00 PM	<input type="checkbox"/>

Members: 1 Session per week £16; 2 Sessions Per Week £24

Non-Members: 1 Session per week £20; 2 Sessions Per Week £32

<b>Mini Squash 2</b>	Monday 5.15 PM	<input type="checkbox"/>
	Friday 3.00 PM	<input type="checkbox"/>

Members: 1 Session per week £16; 2 Sessions Per Week £24

Non-Members: 1 Session per week £20; 2 Sessions Per Week £32

<b>Junior</b>	Wednesday 4.00 PM	<input type="checkbox"/>
	Friday 4.30 PM	<input type="checkbox"/>

Members: 1 Session per week £20; 2 Sessions Per Week £32  
Non-Members: 1 Session per week £24; 2 Sessions Per Week £40

**Development Squash**      Friday 5.30 PM     

Members: 1 Session per week £20; 2 Sessions Per Week £32  
Non-Members: 1 Session per week £24; 2 Sessions Per Week £40

**Racketball**                      Thursday 6.00 PM        
   Saturday 4.00PM     

Members: 1 session per week £20; 2 Sessions Per Week £32  
Non-Members: 1 Session per week £24; 2 Sessions Per Week £40

Payment should be made with application to book your child's place.

I wish to make payment by (please circle);                      Cash                      Cheque

**GUARDIAN INFORMATION**

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

Relationship to player: \_\_\_\_\_

Contact Nos:                      (H)                      (W)                      (M)  
\_\_\_\_\_

Email address: \_\_\_\_\_

If unavailable contact: \_\_\_\_\_

Telephone No: \_\_\_\_\_

**DETAILS OF ANY KNOWN ALLERGIES, CONDITIONS OR MEDICATION BEING TAKEN:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I will inform the coaches of any important changes to my child's health, medication or needs and also of any changes to our address or phone numbers given.**

I have been made aware that Claire Kidd is the Head Coach of the Junior Programme and any problems/complaints should be directed towards her. Claire is a UKCC Level 3 Qualified Squash Coach. Assistant Coach Phil McWilliams is a UKCC Level 1 Qualified Squash Coach. Both coaches

have undergone a Child Protection Course and have been through the Disclosure Process. All other coaches involved at the programme will have the necessary qualifications.

Please tick this box if you do **NOT** give consent for photographs or videos of your child to be used for coaching purposes or in promotional material for Colinton Castle Squash Club & East of Scotland Squash Association.

I confirm that all details are correct to the best of my knowledge and I am able to give parental consent for my child to participate in the Colinton Castle Squash Programme

**Player Code of Conduct**

I will always wear appropriate clothing & footwear. (no Jeans or black soled shoes)

I will always bring a full water bottle to squash sessions. (no fizzy juice)

I will always listen & behave during squash sessions.

I will **ALWAYS** wear eye protection when on court hitting.

I will not bring any valuables onto the court.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please Print Name: \_\_\_\_\_

Player's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Completed forms can be sent to Claire at 61 St John's Road, Corstorphine, Edinburgh, EH12 6NS.  
Forms can be left in an envelope at the club FAO Claire Kidd

Players who have signed up for 1 block initially will have the opportunity to extend their involvement in the class without fear of losing their place. Claire should be notified in week 3 of the current block.

Once an application form has been completed applications for future blocks can be confirmed by emailing [claire@kiddsports.com](mailto:claire@kiddsports.com).