

MIDLANDS SQUASH UNION

YOUTH DEVELOPMENT PROGRAM

Date : 2-4 July 2024
Time : 10:00am to 12:30am
Venue : Collegians Squash Complex

COACHES

Kim Hardman, Cameron Marion, Bongani Khumalo, Mark Rautenbach, Werner Strydom

The Midlands Squash Union conducted a three-day youth development program from 2-4 July 2024. A total of 34 children participated each day. The program was held outdoors for warm-up sessions and indoors for coaching, with refreshments provided. Five coaches were present, each leading a small group of children daily.



Program Structure

The program incorporated a balanced approach to skill development and enjoyment. Each coaching session focused on specific squash skills, followed by fun games to reinforce learning and encourage participation.

- **Coaching:** Five qualified coaches led small groups of children each day, focusing on skill development.
- **Fun and Games:** Engaging games were incorporated after each skill to reinforce learning and foster enjoyment.
- **Bell Tournament:** Day 3 culminated in a bell tournament where children showcased their newly acquired skills.
- **Feedback:** Participants completed feedback forms and drew pictures, providing valuable insights.
- **Refreshments:** The provision of refreshments ensured optimal performance and hydration.



Participant Feedback

At the conclusion of the program, all participants completed feedback forms. Additionally, younger children expressed their experience through drawings depicting themselves playing squash. The feedback from both children and parents was overwhelmingly positive, with a strong desire for additional squash training programs throughout the year. Feedback forms and drawings attached.



Program Outcomes

- **High Participation:** The program attracted a consistent number of 34 children per day, indicating strong interest in squash development.
- **Positive Feedback:** Both children and parents expressed enthusiasm for the program and requested additional training opportunities.
- **Skill Development:** Participants demonstrated improved squash skills throughout the three days, culminating in the successful bell tournament followed by mini awards function where all children received a certificate of participation and winners and runner ups were given prizes.
- **Increased Engagement:** The incorporation of fun games effectively increased children's enjoyment and motivation to pursue squash further.
- **Grassroots Growth:** The program has laid a foundation for potential new squash players by encouraging school and club participation.



Recommendations

Based on the positive feedback and program outcomes, the Midlands Squash Union recommends:

- Expanding the number of youth development programs throughout the year to meet the growing demand.
- Exploring opportunities for school partnerships to increase accessibility to squash for young players.
- Developing a structured player pathway to support the progression of talented young players.





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Conclusion

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The Midlands Squash Union's youth development program has been a resounding success, demonstrating the potential for growing squash participation in the region. By building on the program's strengths and addressing identified areas for improvement, the Union can continue to nurture young talent and develop a sustainable squash community

Midlands Squash Union would like to thank Squash SA and Growthpoint Properties, for giving us the opportunity once again to host a most enjoyable and educational development program which was appreciated by all the youth that attended.



Kind regards
Rennisha Larkin
Secretary
Midlands Squash Union



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