

PROGRAM	AIM	BENEFITS
TOTBALL	A co-ordination based program, for 3-7 year olds designed specifically to develop early hand eye co-ordination, also to be used to initiate young children into the atmosphere of being in a squash centre, also to get them into squash before they find other sports, also tends to encourage parents involvement, because parents can become instructors. (see manual)	Increase participation Nos in younger age groups, get parents into squash earlier with kids, provide co-ordination skills at earlier age, provide clubs with more long term players, and get kids playing squash before they are introduced to other sports. Kids get used to squash centre environment from early age.
BULLSEYE	This program is specifically designed to introduce young children between 7-13 years into squash specific exercises. To increase participation, increase numbers at junior club level, & provide SAAS with a greater choice of players	Mass exposure for sport in schools, provide clubs with regular increase in new young players, increase participation numbers, provide SAAS with more players to choose from giving greater depth of numbers to program
CLUB	To provide ongoing coaching and continual feeding ground into other areas within squash, i.e. junior comp, junior tournaments, SAAS squads, senior pennant. Also to continue to grow participation Nos both for club and Squash SA. Provides stepping stones for players from beginner to intermediate. More structured coaching environment, more responsible to follow a model as set by Squash SA	More players to flow through to other Squash SA activities, senior pennant etc. Regular stats on participation Nos. Coaches develop skills from working with players from beginner to intermediate levels. Clubs have access to young players on a regular basis that provides addition income and opportunities.
TALENT ID	To target a specific age group: 8 to 10 year olds. This has been shown to be the age that tends to develop best for future 13 &15 competitions. Select players based on the abilities they possess that best suit squash through a series of tests, e.g. speed endurance, hand eye co-ordination, aerobics endurance, explosive power, decision making skill(see specific test sheet)	Gain more readymade athletes, less time coaching basic skills, develop depth from younger ages, and allow greater competition for spots within SAAS and junior state teams. Larger pool of talented players
S.T.A.R.S (squash talented athlete recruitment scheme)	To fast track players who display squash specific skills, & have played very little squash. This is the precursor to SAAS development & potential squad involvement.S.T.A.R.S is the follow on to the initial schools Talent ID session, thus short circuiting the process of having to look at the odd player who may display one trait that could make them a top player. Gets kids into squad type environment at younger age.	Time saving, coaching basic skills is reduced so progression to better standard happens faster with less time spent on very basics. This produces kids who already have some areas valid to being a high quality player. I.e. fast or good decision making. Get them earlier so ready for state junior team by age 11 or 12. Provides more depth throughout younger age groups, thus reducing age groups who are not strong enough i.e. good 13's weak 15's and 17's good 19's