

ARMY SQUASH ACADEMY 2020-21



From 2020 – a new format that will provide more opportunity and flexibility for players of all levels

What's new?

The Army Squash Academy is now in its third year and after a successful trial period is set to become a permanent part of Army Squash. The format of the Academy has also changed slightly to make it more accessible and easier to balance with work and life – although the commitment to train consistently and play competitive squash remains.

Most importantly, the programme is now more flexible. There is less emphasis on attending collective training camps (although these are still available) and more emphasis on one to one coaching delivered at a time and place that suits. Selected players will also be able to adjust their commitment depending on work pressures; where capacity allows, additional players may be invited to join the Academy for short period in order to achieve specific performance goals.

So what does it involve?

As of April 2020, all Academy players will receive a 90 minute individual coaching session (or a longer small group session) with the Army Squash Head Coach, Paul Carter. Individual sessions will be delivered at multiple locations around the country depending on player requirement, including Aldershot, London, Stafford, Catterick and Inverness/Edinburgh.

In addition, Academy players who are not already Army team players will be invited to attend periodic Army team training (up to 6-8 days per year).

Academy players will also receive one to one assistance to design and implement a personalised training programme that fits around their other commitments and will allow them to achieve their goals, both short and long term.

How much commitment is required?

In order to get genuine benefit from the programme, Academy players must be prepared to commit to a minimum of three hours of squash specific training per week, and to playing regular competitive fixtures. Players must also maintain an appropriate level of squash fitness, which will be assessed periodically by the Head Coach (10 x 20 court sprints is the most common metric!). Players consistently not meeting the expected standard will forfeit their place on the Academy.

How can I learn more?

Speak to the Army Coach, Paul Carter, one of the current Academy players (look out for the t-shirts), or any committee member at an Army event. Alternatively, ask your question on the Army Squash Facebook page and someone will get back to you.

How to apply:

Go to <https://squash.armysportcontrolboard.com/academy/> to download the application form; once complete it should be sent to rosie.hamilton514@mod.gov.uk (by 23 Feb 20).

Current Academy players do not need to complete the form but must formally (via email) inform the Academy Director of their wish to remain on the programme.