

Kingdom Squash Coaching

Summary March 2023 to 2024

A summary of Kingdom Squash Coaching Activities from March 2023 to 2024 for the AGM on 25th March 2023.

Weekly Coaching

We provide coaching on a Monday, Tuesday and Friday evenings. We also run a Home Ed group on a Thursday afternoon. These groups are still largely based on the 'family' groups established after Covid Lockdown.

We have been working with the juniors in the same family groups, which includes having parents on court, which develops both parties.

We currently have approx. 20 juniors

Monthly Fun Squash Events

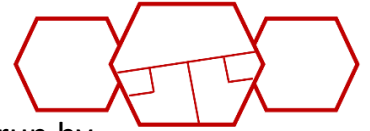
The events offer an opportunity to meet and play squash with other juniors and parents coached by the Kingdom Squash Coaching team. These were run on a Saturday morning from 10 am until 1pm.

Following on from last year we were planning to run these on a monthly basis:

- Fun Squash Event run on 7th October
- Fun Squash 'Halloween' Event run on 28th October

The plan has changed these fun events have migrated into different tournament formats to prepare them, if they want to move up to the Scottish Circuit next season.

We have run a number of events in house and will continue to do so and also encouraged juniors to branch out into other available tournaments.



Kingdom Squash T&F Tournament 17th June 2023

The tournament was a Scottish Squash sanctioned event was be run by Kingdom Squash Coaches on behalf of the Tayside & Fife Squash Association. The event was suitable for all standards from mini squash to club players. the aim to create graded sections that match the ability of those that have entered.

16 players played in 4 pools of 4 players, this provided each player with 3 matches in a round robin, each match best of 3 games upto 11. Players from the Bay were Willow Henderson , Alex Rigden and Colin Boswell and his granddaughter also participated.

Edinburgh Sports Club Big Shots Tournament 29th July 2023

Willow Henderson, James Daniel and Jessica Scott representing Dalgety Bay in this ESC Big Shots tournament, similar to our in-house events, shorter format timed games highest points scored determining the winner. Kingdom Squash Coaching team also supporting these initial events to ensure players were given help and assistance transitioning as well as some cheering on.

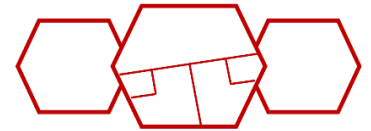
Leading on from this Willow Henderson, Neve Hardy and Fearne Leslie have started to attend some of the 'Big Shots', held by some other clubs who have juniors, ESC, Grange & Forthill.

Kingdom Squash Tournament 17th February 24

After approx. 6 months the ESC tournaments these have been well supported and this has seen a big change. Best of 3 matches, players playing out to their final positions in their respective groups and seedings, means players will get 2 to 4 matches during the day.

Another Scottish Squash sanctioned tournament event run by Kingdom Squash in the same ESC format and supported by 36 players in a very strong field. Top seeds included Alan Tasker, and ESC players Bruno Macari Shaw and Pietro Gadliardini, most of the Dalgety Bay Men's team participated.

Catherine Holland, Lewis Thomson and Katie Rigden from the Kingdom Squash coaching team also participated. Colin Boswell and his Granddaughter and juniors from Strathearn, Forthill and Dalgety Bay juniors were represented by Willow, Neve and Archie Taylor all got stuck in.



Woman In Scotland Playing Squash (WISPS)

WISPS is a female only squash competition, to bring together females with the range of abilities from beginners to Scotland internationals. We are very aware of how daunting it can be for new people to the sport to get involved.

Juniors Willow Henderson, Neve Hardy and Fearne Leslie and Mums Caroline Henderson and Fran Hardy representing Dalgety Bay in WISPS tournaments held at Dalgety Bay, Inverness and Forthill throughout the year so far other WISP events are still available this year.

Catherine Holland also played in a WISPS tournament at Forthill in January 2023 this enable some of the developing Ladies to see and play against a better player, developing not just the players but maybe encourage some of the higher calibre players in Scotland to also participate and strengthen the tournament experience. Whispers in the wind, suggest WISPS may return to the Bay next season.

Dalgety Bay Ladies Team East League 23/24

With confidence blossoming after attending our local in-house tournaments, participating in T&F Tournaments, WISPS and Scottish calendar Junior events the next step was to form a Ladies team from the Juniors and supported by Parents. Caroline Henderson took on the challenge to be captain of a new Ladies team to play in the East of Scotland League, Team members include:

Katie Rigden, Marianne Forrester, Willow Henderson, Caroline Henderson, Neve Hardy Fran Hardy Fearne Leslie and Lynn Verdon.

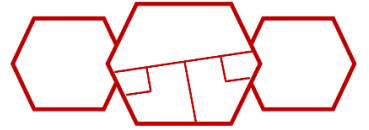
This is tough as there is only one division for Ladies in the East League credit to all the teams, they have welcomed the Dalgety Bay team players and been supporting their development. So far through the season there has been a good deal of improvement in all the Ladies performances.

Kingdom Squash Tournament 20th April 24

Next event scheduled for April 20th 2024.

Individual Adult Coaching

Individual coaching sessions have been offered and run for juniors and Adults. These are subject to coach availability and finding mutually agreeable times.



Other Highlights:

Willow Henderson has competed in her second Junior Nationals, and a number of junior big shot competitions, recording a first comp win in the Highlands in December. Willow is part of the National Youth Development & East Development Squads.

We have started monthly challenges which create some different opportunities for our kids to track their progress. These are open to everyone, though some of the adult members are yet to take on the challenge – the juniors meanwhile are smashing it.

Coaching Support

Big thanks for the continued support from the Squash Club with access to the courts, we appreciate that as demand for the courts increases this may impact what we can offer and we will review this, if and when it becomes an issue.

Big thanks also to Catherine Holland who fits in coaching around her studies, work and PSA tournaments, attending the PSA tournaments with Catherine also allows me access to watching and talking to current PSA players, so I can broaden my coaching experience and pass this on to the next generation of players. Catherine is one of Scottish Squash's Thrive coaches who meet a few times through the season to help connect the pathway across Scotland – a connection with ESC about dates for events etc has come from this.

Big thanks also to Katie Rigden and Lewis Thomson who help out with the junior coaching. Parents, Andy, Ewan and Colin get on court weekly with their children and participate in the drills and games. This develops their skills and also enables them to practice outside of the coaching sessions that we can offer.