

## **GIRLS AND WOMAN IN SPORT CLINIC MARCH 2016**

It gives me great pleasure to report back regarding the CJS Development Clinic held 10-12 March 2016 at Uitsig Squash Courts in Centurion.

We had a total of 65 players who attended the clinic. Most of the players were beginners from 2 local schools with a couple of advanced (league) players from the Tswane University of Technology.

Uitsig Squash Club was very accommodating and allowed us to book and use the courts for this development clinic. We were 8 coaches involved with the clinic starting at 8am up to 16h00 each day. We used 4 courts up to 13h00 and then 3 courts after 13h00.

The focus of the beginners was first of all an introduction to the game by means of short video clips of how the game started, how the pro's practise and we also showed them the marketing video about Centurion Junior Squash.



After seeing these videos the players were very excited and eager to get on court. With the little ones the focus was on the grip and the basic swing.





As most of the players found it difficult to make contact with the ball we immediately switch to a wide range of ball games in between racket work to keep the players interested.





This approach helped us tremendously over the 3 days of squash development and kept it enjoyable for the players together with a feeling of achievement. We added some circuit training with equipment and although some found it difficult to do they still enjoyed the fitness and games.



We also used a Squash Canon as well as a Foot worker both imported from overseas. Some were a bit nervous working with the ball machine but they overcame it quickly and enjoyed it very much.



With the more advance league players we added serve and return, lobs, drops and even boasts. We tried to give them more play time against our coaches and also used the ball machine for repetition work.



In between sessions , snack platters , energy bars, sweets and cool drinks were provided and in return we received big smiles and even some dancing!





Every day we stopped for lunch at 13h00. Meals were ordered in advanced from Uitsig golf driving range and consisted of Chicken strips, chips and sauce. It was very good value for money and most could not finish the meal and took takeaways home.



We gave all the players a t shirt to take home and they were very proud to receive the t-shirt with the words I SURVIVED !







Indeed players and Coaches did Survived! We thank you for the opportunity!

