NATIONAL CIRCUIT SUSPENSION CONTINUES

SRFI FITNESS CHALLENGE

GUESS THE NEXT SHOT!

WEBINARS FOR SQUASH FRATERNITY

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SRFI NATIONAL CIRCUIT SUSPENSION CONTINUES

Due to the escalation in the number of Covid 19 cases in India the national squash circuit continues to be suspended. SRFI President Mr. D. Sarangi, IAS (retd.) said “Keeping in mind the safety of all it is with disappointment that I state the SRFI National Circuit will remain suspended until further notice. I do hope all are safe and taking care of themselves”.

RESUMPTION OF SQUASH AFTER LOCKDOWN

The WSF has released guidelines for squash facilities to resume once the lockdown is lifted. The guidelines can be viewed here - http://www.worldsquash.org/getting-back-to-squash-wsj-announces-recommendations-post-covid-19/

“Our squash playing fraternity must note that these guidelines cannot supersede any current regulations issued by your local public and health authorities and the health and safety of all our players is our prime concern. Our best wishes to the entire squash fraternity during these difficult times” said Cyrus Poncha, SRFI Secretary General

SRFI ONLINE ACTIVITIES

During this unprecedented lockdown the SRFI has been formulating ideas to engage the squash fraternity.
SRFI FITNESS CHALLENGE

The list of challenges were:
1. Skipping
2. Plank
3. Squats
4. Sit-ups
5. Jumping jacks
6. Push-ups
7. Squat jumps
8. Side plank
9. Wall sit
10. Tricep dips
11. Alternate lunges
12. Burpees
13. Drop squats
14. Lunge split jumps

This 2 week campaign started from May 17th 2020 during lockdown 1.0. Cyrus Poncha came up with video challenges to engage our junior squash players to do their workouts and challenge others in the process. It was posted on our social media handles and resulted in a very good 97K response from our squash fraternity.

WEBINARS FOR SQUASH COACHES

The Squash Rackets Federation of India (SRFI) under the aegis of the Sports Authority of India (SAI) hosted a series of 16 online squash workshops for all WSF certified coaches in India from 1-16 May 2020.


Overall about 150 coaches from around the country attended these online sessions. These sessions are now available on YouTube. A gist of each webinar session is as follows:

WATCH ALL THE MATCHES LIVE @

www.indiasquash.tv
1. Building a pathway – the seven stages of LTPD presented by Cyrus Poncha / Dhiraj Singh

The Long Term Player Development (LTPD) provides an integrated framework to facilitate the development of players at all levels of participation and experience. The model is player centred, coach driven and supported by administrators. Both speakers took turns to discuss the importance of LTPD and its link to coaching squash. They described the seven stages within the basic LTPD model:

- Stage 1: Active Start (0-6 years);
- Stage 2: FUNdamental (girls 6-8, boys 6-9);
- Stage 3: Learn to Train (girls 8-11, boys 9-12);
- Stage 4: Train to Train (girls 11-15, boys 12-16);
- Stage 5: Train to Compete (girls 15-21, boys 16-23);
- Stage 6: Train to Win (girls 18+, boys 19+);
- Stage 7: Active for Life (any age participant).

Both speakers drew upon their vast experiences and cited examples of players they had worked with through their careers. They also discussed how Saurav Ghosal moved to Chennai for his 4 years of training during his “train to train” phase.

2. Psychology for Squash presented by Dr. Jolly Roy

Dr Jolly Roy from the Department of Arthroscopy & Sports Medicine, Centre for Sports Science, Sri Ramachandra Institute of Higher Education and Research, Chennai, gave a very insightful talk on techniques for managing anxiety and stress during COVID-19.

With her vast experience and extensive research in emotion in sports, psychological skill training and having worked with SAI in the past, she explained what arousal in coaching was all about and how it affected performance. The other topics covered were the inverted ‘U’ theory, competitive readiness and progressive muscular relaxation techniques, controlled breathing and relaxation technique, imagery and mental rehearsal – visualization. She also gave examples of how top athletes behaved during competition.


Understanding the rules of the game is paramount to achieving victory in any sport. Srikanth, Director of Referees at The Squash Rackets Federation of India and a WSF referee for over a decade reiterated that the game would always have a need for rules. Apart from this he gave coaches an understanding of the roles of marker and referee. He further discussed the new rules of the game giving examples for let and stroke situations using match videos taken during the senior national championships held in February this year.
4. Nutrition for Squash presented by Suhasini Viswanathan

Suhasini, a senior Nutritionist with QUA Nutrition, gave the viewers plenty of food for thought with lots of information & tips about nutrition and living a healthy lifestyle.

She pointed out how right nutrition helps fuel the body to enhance the performance of players both during practice and competition. Having worked with top squash players in the country, she explained what was to be eaten before, during and after a session and match.

She listed the Top 5 super-foods - Coconut water rich in electrolytes & vitamins, potassium, fat free, eggs/milk rich in protein, pumpkin seeds rich in iron, magnesium, zinc, Vitamin E, watermelon – rich in lycopene (anti-oxidant) white portion rich in citrulline which is a fat burner, and beetroot juice – rich in nitrates.

Suhasini recommended periodic blood tests to check the parameters for; iron, ferritin, Vitamin B & D, Calcium & Magnesium, Liver function test, Kidney function test, eGFR, Thyroid function test and urine analysis to ensure that the body was getting the right amounts of nutrition.

5. Match analysis presented by Chris Ryder

Chris Ryder, the current England Squash Lead Performance Coach who started off as a professional, having reached a high of World # 33 talked through his match analysis journeys and his current work with the team. One of the areas he stressed upon was to create powerful data visualisations of match content, methods for performance analysis, the diagnosis of a match and how to formulate tactics using performance analysis.

Coaches analysed the match of the sensational fifth game of the 2014 World Championship match between Ramy Ashour vs Mohamed El Shorbagy as a case study for match analysis.

6. Fitness training and testing presented by Cyrus Poncha and M. Dimple

In this session Dimple, physiotherapist at the Indian Squash Academy (ISA) for over 4 years, explained to coaches the fitness components in squash and an introduction to basic fitness activities. With an IOC Diploma in Sports Physical Therapies under her belt, she also discussed the tests done at the ISA.

Dimple also explained that the entire energy system should be trained, as squash is composed of anaerobic ATP-CP 25%, anaerobic glycolysis 40% and 35% aerobic. This basically means that training should be 25% of power training, 40% of muscular strength training and 35% of cardiac endurance training.
7. Injury prevention and treatment presented by M. Dimple

In light of the growing challenges injuries pose to athletes, Dimple the physiotherapist at the Indian Squash Academy discussed the basics of injury prevention and treatment of simple injuries. She explained about the injury prevention pyramid and how important it was to monitor the load on player, on field, at gym by players and also by coach and trainer. Hence, team work was necessary to discuss how much load a player could take to prevent injury.

To withstand the load and pressure exerted on the body during a match, fitness and strength training is very important. Strength training without good mobility of joints is of no use, so regular mobility programs need to be introduced to prevent injuries. There are structured programs for many sports to prevent certain injuries, like ACL tear, ankle sprains, which can be helpful in prevention.

Finally recovery is most important, i.e. 10 minutes of jogging, stretch, manual massage, which will go a long way in injury prevention.

8. The Lesson Plan and Progression presented by Dalip Tripathi/Dhiraj Singh

Dalip Tripathi and Dhiraj Singh talked the coaches through the importance of lesson planning and time management, use of the lesson progression along with the use of the lesson plan template using the acronym IDEAS. Also discussed were the progressions – Introduction- what, why, when, types; Demonstrate – the shot in a real time rally; Explanation – Body position, footwork and swing. They discussed activities - Closed Drill - Briefly the player tries the new shot; Show and Test - Coach practically highlights key issues; Open drills - using cooperation rally when required; Conditioned Game - Progress rally with scoring; Match Play - Include the trained task in a practice match.

9. Tactics and strategy a session presented by Joshina Chinappa / Harinder Pal Singh Sandhu

India’s two top squash players Joshina Chinappa and Harinder Pal Singh Sandhu, in their joint session, incorporated a range of key tactical features that one needed to master to win matches. In addition to tactical and technical skills, one needed to be both physically and mentally tough to emerge victorious.

The two stressed the importance of a game plan before any match. They also recollected some instances of thinking on their feet during matches when their original game plan did not work.

They shared some tips on basic structure of the game to help achieve success such as reading the opponent, court conditions, the bounce of the ball, good length, and most importantly controlling the “T”. In addition, when to boast, when to take the ball early, volleying, how to use all four corners of the court, changing the pace of the ball, and watching the ball at all times were other points mentioned.
10. Strength & conditioning presented by Clark Simons

During his session, Clark Simons an expert in strength and conditioning currently working with Sporting Ethos laid stress on integrating fitness with strength and conditioning for squash players. To understand this better, a basic understanding of human anatomy was essential. He discussed the correct methods of executing strength training routines for elite squash players. He further discussed the different exercise routines for each of the phases in a long term plan. Other topics included the importance of Frequency, Intensity and Duration of the routines, suggested training activities for Anatomical Adaptation, Maximum Strength, Strength Endurance, Power, Periodisation of General Strength, Maximum Strength, Strength Endurance, Conversion Phase-Power and how young should an athlete be.

11. Dynamics of SRFI National Circuit presented by Harish Prasad

Harish Prasad, National Development Officer, SRFI, gave fresh insight on the national circuit and laid emphasis on its importance with regard to the squash ecosystem.

He also explained how points were calculated to generate national rankings, how a coach could assist players to identify tournaments they would need to participate in, in line with the new regulations.

12. Sports psychology presented by Sumiran Tandon

In these trying times, mental health awareness plays a vital role to help people cope with the impact of COVID-19 situation. These were issues addressed by Sumiran, who is a sports psychologist with Sporting Ethos and specializes in the mental wellbeing of racket sports athletes including squash.

She discussed the principles of goal setting – ‘SMARTER’ Specific (who, what, why, where, when), Measurable (how much, how often, how many), Achievable (Is the goal realistic & reasonable), Relevant (whether significant to future goals & to personality and requirements), Time-Bound (by when will you achieve the goal), Exciting (whether goal is stimulating or motivating enough to progress & achieve), Recorded (progress to be documented for measurement and review).

She further explained the types of Goals – Process goals which is step by step technique/strategy, Performance goals which is measurable/specific standard, Outcome goals which only focuses on the end results. In addition she discussed different types of Motivation i.e. Intrinsic extrinsic and reasons for loss of motivation – self worth, recognition, lack of success etc.
13. Role of the coach & communication presented by Mekhala Srivastava and Surbhi Mishra

As players earlier and currently coaches, both Mekhala & Surbhi firmly believe that supporting a student-athlete’s mental wellbeing enhances a winning culture.

They started the session by listing the characteristics of a good coach which included knowledge of the game, punctuality, integrity, frankness, sense of humour, organisational skills & ability to plan sessions, teaching skills, pleasant personality, ability to remain cool under pressure, ability to relate to players, parents, officials, visiting teams etc. along with acceptable racket skills.

Surbhi informed the participants that the position of “coach” is a responsible one that takes into consideration not only skill development but personal development of their players as well. Shaping young-athletes to perform in all aspects of their lives is something Mekhala always strives for. Mekhala focuses on the person as a whole.

They stressed on the importance of communication skills and the types of coaching styles – Authoritative, democratic or combination of both, and the art of teaching and communicating with players.

They followed it by discussing techniques for coaching juniors – How the coach should relate to parents, basic methods of instruction, communicating with players, safety in children’s sport, learning what to say, how and when during training, what to say before, during and after matches.

14. Technology in development of Sports presented by Harish Prasad

Technology is now an integral part of any sport including squash and its use has revolutionised sports the world over.

Harish shared tips regarding user friendly software tools for coaches to use, to complement their day to day training activities with their players. He cited examples of free and paid software available online. His session included putting to good use the simple Google calendar for training schedules, Kinovea for video analysis, excel macros and other paid tools for match analysis, excel pivoting functionality for analysis data and ball feeding machine for players to train on drills.
15. Preparing an annual plan presented by Allan Soyza

Allan Soyza, a WSF Level 3 coach, discussed the long-term direction in preparing an annual plan with emphasis on the meso-cycle (7 days).

Allan Soyza has been head coach of both Malaysia & Singapore squash. Allan stressed the importance of how the application of all the subjects learned to formulate a long-term training programme for squash players, how to examine the cycles and phases required within a long-term training programme.

He explained what the activities one should do during the preparatory phases (GPP and SPP), during the pre-competition phase, during the competition phase and during the transition phase. He also detailed the concept of tapering and peaking.

16. Elite performance presented by David Palmer

The last session of the webinar was more an interactive one between Cyrus Poncha and David Palmer, whose impressive track record as a multi medal winner at the CWG and as a former World #1 needed no further mention. During the course of this webinar, he covered in detail the four areas for training elite athletes - technique, fitness, tactics and mental discipline and values. He also gave an insight to his own experience and what it meant to him to be #1; the best squash player in the world, the sacrifices he had to make to achieve the success he’s had.

All coaches were very satisfied having heard and imbibed what the legend said right through the session.

David Palmer, the Australian coach is based at Cornell University in Ithaca, USA.

WATCH ALL CHALLENGES & UPDATES @

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INDIA SQUASH TV
During Lockdown 4.0 another engaging activity has been showcased on our social media handles. As the name suggests, short video clips from matches are shown and one has to guess the player’s next shot. Season 1 which had 5 challenges was a success! Thank you all for your overwhelming and enthusiastic responses for this activity!

Webinars for Squash Fraternity

- **SRFI National Circuit – Cyrus Poncha / Harish Prasad | 30th May**
  Update on rankings, events, plans & changes to National Circuit

- **Nutrition – Ryan Fernando | 3rd June**
  Know how to fuel your game

- **Sport Psychology – Sumiran Tandon | 7th June**
  Mental Preparation for your return

- **Strength & Conditioning – Clark Simons | 10th June**
  Strength & Conditioning for High Performance

- **Injury Prevention – M. Dimple | 14th June**
  Key Factors to remain injury free

- **Conversation with Harinder Pal Singh Sandhu | 17th June**
  Getting back after this break
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