WEBINARS BEYOND LOCKDOWN

PARTNERSHIP WITH SNU

INTRACITY SCHOOL CHAMPIONSHIPS

INDIAN WOMEN’S TEAM WITHDRAWAL
WSF WOMEN’S WORLD TEAM CHAMPIONSHIP 2020

SRFI National Circuit still suspended

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MESSAGE FROM PRESIDENT:

By now, all of you must have found innovative ways to stay fit. We hope that the squash fraternity continues to be in good health and cheer. The national circuit continues to remain suspended till we obtain directives from the Government of India.

Your health and safety is of utmost importance and we shall only restart the circuit after collaborating closely with all stakeholders.

Wishing you all the best. Stay Safe.

WEBINARS - BEYOND LOCKDOWN

The SRFI was delighted to organise a webinar series in conjunction with HCL Squash Podium Program - Beyond Lockdown.

1. SRFI National Circuit

Cyrus Poncha Secretary General, SRFI & Harish Prasad, National Development Officer, SRFI gave a brief introduction on the pandemic scenario due to Covid 19 and its impact on the field of sports.

Some of the highlights of this session are stated below:

SRFI has put forth various initiatives for the continual growth of squash in India:

- Conduct of PSA events for seniors & 4 major junior (slam) events in India to improve Indian junior players’ Asian rankings.
- Investment in technology, referee development activities, WSF coaching courses & tutor courses.

Fruitful partnership with HCL to develop the Indian squash eco system has paid dividends. Launching the HCL Podium Program in May last year covered activities from high performance camps for juniors, conduct of international events; PSA events for seniors and the Indian Junior Open, organizing coaching courses, clinics for aspiring referees etc.

SRFI mobile app for Android & IOS users would be launched in a few months. Registration in future tournaments to be done only through mobile app once launched and operational.

Once the lockdown is lifted, the SRFI would follow the guidelines put forth by the government and incorporate the 4 phase approach laid down as guidelines by WSF for the safe return to Squash. For more information on the guidelines, please visit the WSF website:
https://www.worldsquash.org/covid-19-recommendations/

Intra-city schools championship for boys and girls will be held in districts and cities across the country as and when the situation gets better.
2. Nutrition

The 2nd webinar on Nutrition presented by Ryan Fernando, chief nutritionist at QUA Nutrition Signature Clinics dealt with what super foods one needs to eat before, during and after playing. Ryan laid emphasis on the fact that nutrition has always been considered a science in the west and is the main reason for their athletes’ medal winning performances in major games. Every athlete’s nutrition requirements (vegetarian or non-vegetarian) is personalised as it depends on his/her training intensity. Blood tests need to be done periodically to check various parameters – haemoglobin, iron, Vitamin B, Vitamin D, ferritin, cholesterol to ensure that the athlete was getting the right proportions of food to fuel their body.

Basic nutrition percentage requirement – Carbohydrate 55-60% in the form Pasta, chappati, rice; Protein 20-25% - milk, eggs, chicken, mutton; Fats 15-20%; Hydration – coconut water, Vitamins & minerals & Air. He also reiterated the importance of Haldi – turmeric which has Curcumin as the main active ingredient It has powerful anti-inflammatory effects and is a very strong antioxidant; very good for injury recovery.

3. Sports Psychology

The webinar on Sports Psychology which dealt with Mental Preparation for the return to squash was presented by Sumiran Tandon.

Planning was the key to bridge the gap after the lockdown followed by preparations that needs to be done before getting back on court.

- Revisiting earlier goal setting plans – modifying the short term goals
- Starting to rehearse shadow of basics both physical and mental
- Planning and fixing nutrition chart at least a week before getting started
- Planning on how to balance studies and training/ work and training which needs to be discussed with coach and parents
- Assessing fitness level in order to match training level
- Using S.L.O.W – (start) Step by step, physically Lay out plans to utilize time fully, Obey yourself (discipline yourself) and Work Smart both physically and mentally

Sumiran explained that the OMM (Open monitoring meditation) was best suited for squash players as their attention and awareness must be on everything that is happening around them as this type of meditation works with thoughts, feelings, memories, sounds, smells and body sensations.
4. Strength & Conditioning

Strength & Conditioning expert Mr Clark Simons who works at Sporting Ethos presented this session.

The main topics of discussion were on How to return to Sport after lockdown & Strength and Conditioning for high performance in Squash. He emphasised the importance of getting professional guidance from sports science experts for S&C for squash athletes. High Performance equation is a combination of Enjoyment + Consistency + Longevity + Plan. Preparing a Plan is the crucial link in all this.

He gave Tips for High Performance for athletes, how to stay motivated during the lockdown and what to do post lockdown.

Level of maturity to listen to, process and follow instructions is what was required for getting young athletes into S&C programs. His key advice in the Q&A session was to always get advice from experts in the scientific approach for Strength and Conditioning.

5. Injury Prevention

Andrew Gray a consultant Biokineticist and a visiting faculty at the Centre of Sport Science, Sri Ramachandra Institute of Higher Education and Research (SRIHER) conducted this session.

Andrew Gray discussed key factors to remain injury free once athletes resume training post lockdown with emphasis on squash players. The most common injuries which afflict squash players are ankle sprains, shin pain, anterior and posterior ankle impingement and groin pain.

Load monitoring of high performance athletes in both training and competition, minimizing the risk of illness/injury and recovery after training/competition were the key points discussed.

In conclusion, Andrew said an athlete should listen to his/her body by not overdoing any part of the regime being followed, wear protective gear and maintain personal hygiene.
6. In conversation with Harinder Pal Singh Sandhu
This was the final session in the series of 6 webinars Beyond Lockdown by SRFI presented by HCL Squash Podium Program.

In conversation with Harinder Pal Singh Sandhu was all about how to get back (to squash) after the lockdown. Harinder is a professional squash player who reached a career-high world ranking of # 47 in April 2018. Harinder, a national champion in 2014 was a member of the Gold medal Asian Games team in 2014. Currently, he is involved in coaching as well.

Play the game in your mind and focus on training the mental side of the game to come back stronger than ever before is Harinder’s mantra. He has experienced this scenario albeit due to injury a couple of years ago but came back strong. Video analysis of one’s own game, of opponents and of top players, maintaining a diary for future reference was some secrets he shared.

On the physical side, this was the ideal time to address niggling issues by doing basic exercises to strengthen the weak areas especially the ankles/lower back/hamstring/wrist. For endurance he advised foundation exercises to maintain/ build flexibility – any basic activity to be done for 30-40 minutes like skipping or cycling. He spoke from experience and advised players to understand that their bodies were not going to be the same as before the lockdown and instead would have slowed down as training at home was very different from training on court.

The main takeaway was for players to train their minds to stay positive and focused during lockdown and after the lockdown the key was to be organised, not rush but train gradually in order to avoid injury issues.

SNU PARTNERSHIP

Shiv Nadar University (SNU) in collaboration with the SRFI will be granting scholarships to national level squash athletes starting this year. These scholarships are subject to certain eligibility criteria. SNU is offering this opportunity to talented and dedicated sports persons to pursue their sporting careers along with world class University education. The scholarship will also contribute to the promotion of sports at the national and international levels. Those interested in applying for the same can contact SRFI.

INTRA CITY SCHOOL CHAMPIONSHIP:

The SRFI has come up with a plan to organise city/district level competitions across the country as and when the situation gets better. This is one way of ensuring the development of the sport at the grass root level.

These events are for school going players, who are between the ages of 9 to 17. Events would be individual and team based. Players could start competing in their own cities without the hassle of travelling, staying at hotels, eating outside food, etc.

The rules & regulation would be provided to hosts for the conduct of these events. Interested hosts can get in touch with their state associations or with us through an email.
Joshana Chinappa moved up one spot to get back to the top # 10 in the PSA rankings in July 2020 following the sudden retirement of Egyptian PSA # 1 Raneem El Welily.

66 Indian squash players are listed in the PSA/World ranking.

Cancellation of Asian Junior Individual Championships 2020

Due to the uncertain development of COVID-19 in the region and around the world, the Chinese Squash Association has confirmed that they would not host the 2020 AJIC as safety and health of junior athletes are of paramount importance. Moreover, as there would not be sufficient time for another host to prepare for the championships, the ASF’s Executive Committee has decided to cancel the 2020 Asian Junior Individual Championships.

Pending Decision on Asian Team Championships 2020

In view of the current development of the pandemic in the region and around the world, both the ASF Executive Committee and the Squash Racquets Association of Malaysia (SRAM) (who are to host the postponed event in November in Kuala Lumpur) have agreed to wait till early September to further review the situation to take a final decision on whether to conduct the championships.

Indian Women’s Team withdrawal from WSF Women’s World Team Championship 2020

The World Squash Federation (WSF) Women's World Team Championship has been scheduled in Kuala Lumpur, Malaysia from 15 – 20 December 2020. Due to the COVID 19 pandemic, the SRFI had requested WSF for an extension of the deadline for confirmation of participation, which however, was declined.

Moreover, as we are awaiting guidelines for the safe travel of our athletes and staff for national & international tournaments from the Ministry of Youth Affairs & Sports (MYAS) & Sports Authority of India (SAI), coupled with lack of preparation time & match readiness of athletes, and after consulting our top players, the SRFI has decided to withdraw from the championship.

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