

# Squash Academy

Squash is the most exciting and physically demanding of all racquet sports. It is fast, tactical, and supremely demanding both physically and mentally. If you choose squash, then you will commit to a programme that will give you the skills, mental toughness, and physical fitness to win for you, your team, your Sixth Form, our county and beyond...

We provide a squash education that will give you a platform to progress into the senior game and compete at a county and perhaps national level outside the college. It will also develop your leadership skills through coaching others and officiating at tournaments.

## Course Programme:

There are as many approaches to the game as there are players. The starting point is asking what you want to be. From there will flow a plan for your training with agreed targets to work towards, and a training diary to record your achievements. Every month we will assess how you are progressing and whether things are on track and working for you and fitting in with the demands of your academic study.

**On court:** Solo practices worked out from one-to-one coaching but also squad training in pairs, and triples.

**In the gym:** As part of the academy you will access a state-of-the-art facility and expert guidance to help you to achieve your fitness aims. Exercising and training with your fellow elite team members.

**In the lab:** A sport performance laboratory will let you and us monitor measurable improvements in your squash fitness.

## Your coach

Andy D'Alessandro is a seasoned squash player and professional, UKCC licensed, coach. He plays in the county premier division and in inter-county masters' squash, he coaches junior teams, including the county junior squads and brings a proven background in academic teaching. He has a BEd qualification in addition to his National England Squash level 3\* coaching certificate.

## Your team

CVC team have consistently won through the regional play-offs in the England Squash National Schools' Competition making the College the top state school in the East of England. With you in the academy we will be placed to take the team to the next stage and have a chance to compete in the finals at the National Squash Centre.

Training as an academy squad not only makes sessions more rewarding but also lets team members challenge and learn from each other. Team members are encouraged to feedback on each others' game and provide key insights to help the whole squad improve.

## Your support network

This elite programme is a partnership between you, Andy (supported by a panel of specialist coaches), and CVC Squash Club.

The Squash Academy will ensure that you get the support you need, including bursaries to cover extra costs. Not only will you receive free membership of the club, you will also get a chance to play for its teams in the Cambridge Senior Leagues. The club is an ideal environment for junior squash players with a commitment to helping all its players improve.

The Squash Academy programme is accredited by England Squash – our sport's national organisation – all academy players are signed-up members of England Squash and encouraged and supported to take advantage of the benefits this provides.

## Who should I contact for more information?

Nigel Carrick,  
Director of Sport.

**"With Andy there's never boring talk – it's always focussed on my game."**

Tom Symmons (County U13 and County U15 champion, CVC Team number one 2008).