

**2011 WINTER CANADA GAMES, HALIFAX NOVA SCOTIA
ATHLETE/PARENT INFORMATION SHEET**

Dear Athletes and Parents:

Halifax is proud to sponsor the 2011 Canada Games and is looking to develop the best team ever to represent Nova Scotia in the squash event. The purpose of this sheet is to give the athletes and parents an idea of what is involved in training for Canada Games. We are interested in attracting as many juniors as possible to participate, however, keep in mind the goal is to develop elite squash players, so only serious juniors and parents will be considered and allowed to participate in the training program. The training regime will require a significant dedication of time and effort by the athlete. For the parents, time commitment and financial support must be considered

Frequently Asked Questions

FOR THE ATHLETES

Q: When and where are the Canada Games?

A: February 2011 right here in Halifax. The squash event will be held at the Tower. The Tower will be undergoing a significant renovation in the next two years to prepare the facility to host this event. The order of events for 2011 is:

Thursday, February 10 - Athletes arrival between noon & midnight

Friday, February 11 - Practice day and Opening Ceremonies in the evening
(estimate of 5pm for Marshaling)

Saturday, February 12 - Practice &/or competition depending on sport

Saturday, February 19 - Turn around Day, Week two athletes arrive, Week one
departs between noon and midnight

Sunday, February 20 - Practice Day

Monday, February 21 - Practice &/or competition depending on sport

Sunday, February 27 - Closing Ceremonies around 1pm, Athletes depart

Athletes will be expected to stay in the Athlete Village throughout the duration of their event, even though some players on our team may live right here in Halifax.

Q: How is the squash team comprised?

A: There is both a boys team and a girls team.

2 boys Under 17, **as of February 19, 2011**

2 girls Under 17, **as of February 19, 2011**

2 boys Under 19, **as of February 19, 2011**

2 girls Under 19, as of February 19, 2011

In addition to the players, there is a Canada Games Coach, which is a Level 3 NCP certified coach. There is also a Canada Games Manager as a formal member of the team.

Q: What's involved in the training?

A: The training requires a dedicated commitment to improving your game to prepare you to play some of the best squash players in the country. There is a detailed schedule of training that is separately attached but in summary your training will include:

Activity	2009 (Screening & Training)	2010 (Core Team)	2010-11 (CG Team)
Coaching sessions at local club	2 x per week	2 x per week	
Coaching session with Neil	2 x per month	1 x per week	2 x per week
Summer camps	2 camps	2 camps	
Cross Training	2 x per week	2 x per week	2 x per week
Non-physical	Nutrition	Nutrition/Mental	Mental
Non-sanctioned matches	2 x week	2 x week	3 x week
Sanctioned matches	1 x week	1 x week	1 x week
Atlantic Juniors	Participate	Participate	Participate
Canadian Juniors		Participate	
Non-Atlantic Tournaments	1	2	1
Senior events	50% of SNS events starting fall 2009	50% of SNS events	
Fundraising events	Participate	Participate	Participate

Sanctioned match opportunities will arise through participation in the Junior League or other sanctioned matches only as approved by the Canada Games Committee. All sanctioned matches must be refereed and results submitted to count in the official rankings.

Q: How does the team get picked?

A: The team will be picked in the fall of 2010 based on a series of criteria. The criteria consider the results of the participant in events, in head to head matches against other players on the team and well as their overall general participation in the program. The selection process is long and rigorous to ensure that the 8 players that will comprise Team Nova Scotia will be the best representatives of our province in the games.

The team will be selected based on three parameters weighted as follows:

1. Junior rankings as at November 15, 2010 (30%)
2. Trial #1 Results Sept 24, 25, 26, 2010 (20%)
3. Trial #2 Results Nov 20, 21, 22, 2010 (40%)

In the event that a player cannot participate in a trial due to injury or illness, then upon appropriate verification, the final tabulation of results for that player will exclude that trial. A player must qualify for at least two of three criteria listed above.

The final selection decision shall rest with the independent members of the Canada Games Committee. An independent member of the committee is a member of the committee without any child competing for a spot on the team. Any appeals will be decided by the Executive Committee of Squash Nova Scotia only upon written notice within 7 days of the team announcement.

FOR PARENTS

Q: Who are the Canada Games Coach and Manager?

A: Squash Nova Scotia has appointed Chris Petropolis as its Canada Games Coach for 2011. Squash Nova Scotia has yet to appoint a Canada Games Manager. More information on each of these roles can be found on the Squash Nova Scotia website www.squashns.ca under the Canada Games menu. If you are interested and qualified to take on either role, you can submit your credentials to Blair Cook at blair@squashns.ca before January 31, 2009. The manager position will be appointed in February 2009. Squash Nova Scotia already has a qualified coaching staff in place and training is already underway for many juniors.

Q: Who is the coaching staff for Canada Games?

A: In addition to the official team coach, a number of qualified coaches around the province are already involved in training competitive juniors. Dave Hubley and Chris Petropolis are coaching out of Cole Harbour, Chad Edison is coaching out of Dalplex, Janet MacLeod is coaching at the Kings County Squash Club, and Neil Harvey is coaching at the Tower. Matt Bishop will be running a new junior league starting in 2009.

This is a very well qualified coaching staff. Neil Harvey is a world class coach (and formally world ranked player himself) having been a long time coach of World #1 Peter Nichol. Dave Hubley is one of Atlantic Canada's premier coaches and has coached the Canada Games team three times including winning a bronze medal in 1995. Janet MacLeod and Matt Bishop have both won Canadian squash championships. Chad and Chris are both top ranked players in Nova Scotia and been members on the Nova Scotia provincial team.

The contact information for the regional coaches is:

Neil Harvey	448-6167	harveysquash8@aol.com
Janet Macleod		macleode@ns.sympatico.ca
Chad Edison	454-2149	chadedison@yahoo.com
Dave Hubley	861-2284	daveh@staff.ednet.ns.ca
Chris Petropolis		cpetropolis@eastlink.ca

Q: Where does the Canada Games team train?

A: The team will train in a variety of venues. The base of the athletes training will happen on a weekly basis by working with the coach at each facility noted above. It is expected that the athlete will be on court with this coach 2 times per week.

On a weekly basis, the athlete will begin playing in the Coca-Cola junior league, which will be held on Sunday afternoons at TBD. At these sessions, they will be playing head-to-head matches against other juniors and special invited top senior players. The league is being co-ordinated by Matt Bishop.

On a bi-weekly basis, the athletes will have small group or individual sessions with Neil Harvey who will emphasize their elite training development.

There will be special team sessions held at various venues throughout the two year program that will involve clinics, nutrition sessions, and other special events.

Q: Who is responsible for making decisions related to Canada Games for squash?

A: The Canada Games initiative is governed by the Canada Games committee. Blair Cook is currently the chair of this committee. Other members include: Chad Edison, Chris Petropolis, Dave Hubley, Neil Harvey, Richard Corbin and Matt Bishop.

Matt Bishop is also a technical advisor to the Canada Games host committee. Graham Waters is responsible for the squash event. Kathy Mulane is the sport leader and facility host representative for the squash event.

Q: What is the parental commitment?

A: The parents play an important role in helping their children train for Canada Games. Not only do they need to insure that their child is available to attend all the schedule practices, clinics, events, and tournaments, but they also need to be aware of the financial commitment.

Government sources provide a certain amount of funding to offset the cost of team training, however, this funding does not pay for all the coaching and travel required to adequately prepare your child to compete at a national level. Currently, we get \$5,000 in general funding to offset the costs of training our team. Through Squash Nova Scotia, certain grants provide funding to support coaching, coach development, and off-court activities. Top athletes competing in national events are eligible for funding through Sport Fund. Medal contenders are eligible for full funding through the Canada Games Results program.

Our current funding shortfall is approximately \$2,000-\$3,000 per player, largely relating to travel costs to national events. Competing in squash events outside of Atlantic Canada is imperative to developing competitive experience. Funding shortfall will require a combination of parental contribution and fundraising. 2010 will be a particularly busy year as parents should expect at least 3 trips outside of Atlantic Canada.

Parents will also have to reinforce the objectives of the training regime. It could be anything from getting your child out for a run to ensuring that their meals conform to the nutrition program set out by the counselors.

In addition, there is a tremendous amount of work that goes into organizing the team. While the Canada Games Coach, Manager and Committee do much of the co-ordination, there will periodically be a need for parental volunteers to help with everything from organizing local tournaments to chaperoning athletes to regional or national events. This is truly a team effort!

Q: WHERE DO I SIGN UP?

A: For those juniors and parents who think they've got what it takes, you can contact Blair Cook at blair@squashns.ca to formally register as a Canada Games training candidate.