



LONG TERM ATHLETE DEVELOPMENT



BERMUDA SQUASH ASSOCIATION
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BERMUDA SQUASH ASSOCIATION

Bermuda Squash & Fitness Club

The BSA is responsible for fostering the development of squash for all ages and abilities so that everyone can fulfil their best potential in the sport. This is achieved through providing a safe and inclusive training environment; by developing squash coach's and official's expertise; and providing competitive events to challenge test the development of our athletes. From an event perspective, we host several local tournaments, including national championship and junior national championships. We also send players overseas annually to compete at various senior and junior international competitions.

The BSA is recognized by the Bermuda Government as an NSGB (National Sport Governing Body) and by World Squash Federation (WSF) as a (NF) National Federation.

This document was created in partnership with Youth and Sport to provide guidance as to how athletes develop in our sport and the various pathways available to all age groups (including adults) as well as elite athletes. It will also highlight opportunities and challenges within our sport such that stakeholders can work together to continually improve participation, access to training, talent identification, enhance performance, and demonstrate how sport is valued in our community.

The Long-Term Athlete Development (LTAD) plan will guide the Bermuda Squash Association's priorities and decision making. It will be a road map for future generations and will ensure there is a place for all to participate or compete.



TABLE OF CONTENTS

1. Introduction	05
What is Long-Term Athlete Development (LTAD)?	05
Why is LTAD important?	05
What are the key principles of LTAD?	05
• Seven Stages	05
• The Rectangle of Long-Term Athlete Development	05
• Ten Key Factors	06
How is LTAD connected to the National Sport Policy	06
2. Stage by Stage Development	08
Stage 1: Active Start	08
What is the Active Start stage?	08
What are the key objectives of the Active Start stage?	08
What are the recommended activities for the Active Start stage?	08
What are the recommended programs and facilities for the Active Start stage?	08
Stage 2: Fundamentals	08
What is the Fundamentals stage?	08
What are the key objectives of the Fundamentals stage?	08
What are the recommended activities for the Fundamentals stage?	08
What are the recommended programs and facilities for this stage?	08
Stage 3: Learn to Train and Stage 4 Train to Train (combined)	08
What is the Learn to Train stage and Train to Train Stage?	08
What are the key objectives of the Learn to Train and Train to Train stages?	08
What are the recommended activities for the Learn to Train and Train to Train stages?	09
What are the recommended programs and facilities for these stages?	09
Stage 5: Train to Compete and Stage 6 Train to Win Stage (combined)	10
What is the Train to Compete and Train to Win stages?	10
What are the key objectives of the Train to Compete and Train to Win stages?	10
What are the recommended activities for the Train to Compete & Train to Win stages?	10
What are the recommended programs and facilities for these stages?	10
What are the recommended competitions (inc. formats) for these stages?	10
Stage 7: Active for Life	10
What is the Active for Life stage?	10
What are the key objectives of the Active for Life stage?	10
What are the recommended activities for the Active for Life stage?	10
What are the recommended programs and facilities for this stage?	10
What are the recommended competitions (inc. formats) for this stage?	10
3. Bermuda Squash Current Programs	11
4. Bermuda Squash Current Number Athlete and Goal Number of Athletes.	12
5. Bermuda Squash Coach Development	13
6. Bermuda Squash Opportunities and Challenges	14
7. Summary	14

1. INTRODUCTION

What is Long-Term Athlete Development (LTAD)?

Long term athlete development is a multi-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity. It takes into account growth, maturation and development, trainability and sport system alignment to enable optimal participation for every child, youth and/or adult.

Why is LTAD Important?

The LTAD framework recognizes that both high performance and lifelong engagement are built on the same foundation as physical literacy and understands that an effective sport system builds a solid foundation before moving toward sport specificity. Long-term athlete development understands that optimum development and success in sport is a long-term process that is achieved over a course of time through specific and well-planned programming.

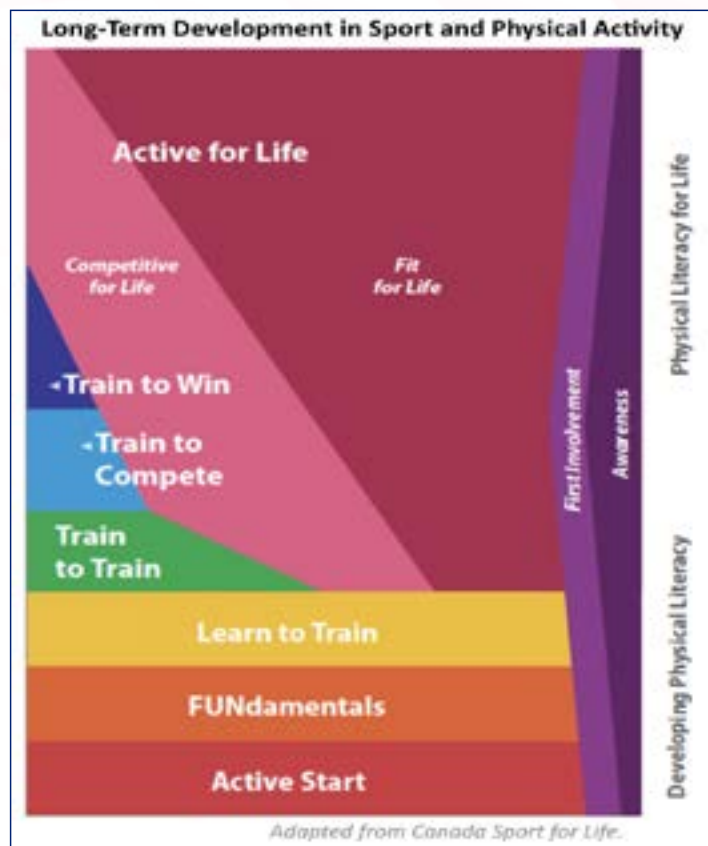
What are the key principles of LTAD?

Seven stages of Athlete Development: Each stage will be discussed in [Section 2](#)

- Active Start
- FUNdamentals
- Learn to Train
- Train to Train
- Train to Compete
- Train to Win
- Active for Life

The Rectangle of Athlete Development (incorporating the seven stages)

All sports utilize the same rectangle in principle, however there are specifics to each sport and Bermuda Triathlon Association has adopted this framework for additional guidance on competition level and coaching. Further details are in [Section 2](#).



Ten Key Factors of LTAD

- 1. Physical Literacy** – Children will not stay active with recreational activity or develop into high performance athletes if they don't have physical literacy, and they will not have physical literacy if they do not get the FUNdamentals. The FUNdamentals include a wide variety of fundamental movement skills and fundamental sport skills that should be learned at young ages (before the onset of the adolescent growth spurt) in four different environments: ground, water, air, and snow and ice. With these basic skills, children gain the ability, competence and confidence to practice any sport or physical activity they choose.
- 2. Specialization** – There are right times and wrong times to specialize in any one sport or physical activity. Specialize too early, and the athlete may limit their development and success at older ages. Specialize too late, and the athlete may miss key developmental opportunities. In most sports, athletes should not specialize until they are between the ages of 12 to 15. Prior to that age, they should participate in a wide range of sports to ensure they become competent, well-rounded athletes who have acquired physical literacy.
- 3. Age** – Children grow and develop at different rates. Sport and physical activity need to take each child's stage of growth and development into account when designing training, competition, and recovery programs.
- 4. Sensitive Periods** – As children grow and develop, there are times when practice and training will have the greatest effect. These "sensitive periods" provide a special opportunity to train and develop important skills and physical abilities that will impact athletic performance through the lifespan.
- 5. Intellectual, Emotional, and Moral Development** – LTAD addresses the complete physical, mental, cognitive, and emotional development of athletes – not just physical characteristics and performance qualities. Training, competition, and recovery programs need to consider the mental, cognitive, and emotional development of each athlete.
- 6. Excellence Takes Time** – Research has shown that it takes 10,000 hours of quality training for athletes to achieve their full potential and perform at an elite level. In most examples of top-ranked athletes and other star performers, their 10,000 hours are usually accumulated over at least 10 years of training and competing.
- 7. Periodization** – Simply put, periodization is time management. It outlines all annual and seasonal training within a logical schedule to bring about optimal improvements in athlete performance at the right times, while minimizing injury and burnout. Periodization plans connect the LTAD stage of the athlete with the training and development requirements of that stage.
- 8. Competition** – Athletes need to train and compete according to training-to-competition ratios that develop skills and fitness while preventing injury and burnout. As well, the quality of competition and the timing of competitive events need to serve the needs of the athlete – not the needs of coaches, parents, and administrators.
- 9. Sport System Alignment and Integration** – Based on Sport for Life's principles, LTAD promotes system alignment and integration between sport clubs and national sport organizations. Sport for Life addresses the overarching system and structure of sport and physical activity in Canada, including the relationship between school sport, physical education, and high performance sport at all levels from policy to program delivery.

10. Continuous Improvement – The concept of continuous improvement, which permeates LTAD, is drawn from the respected Japanese industrial philosophy known as Kaizen. By applying a willingness to always seek improvements in our understanding and practice, LTAD will continuously evolve to accommodate new breakthroughs in sport science research, new innovations in technology, and evolving best practices in coaching.

How is LTAD connected to the National Sport Policy?

LTAD forms the foundation for national sport development by providing a framework and pathway for the progression of athletes, programs and related activities, and is closely linked to the successful implementation of five goals National Sport Policy.

- **Increase participation.**
- **Achieve sporting excellence regionally.**
- **Improve access to sports facilities.**
- **Increase the value of sport.**
- **Establish a framework for talent development.**





2. STAGE BY STAGE DEVELOPMENT.

The Bermuda Squash Association (BSA) recognizes the importance of a comprehensive long-term development pathway for squash. The following is a step-by-step guide to help athletes progress through the various stages of development, starting with basic squash skills and progressing to advanced competition.

Stage 1: Active Start - Introduction to Squash (Ages 4-6) On Island/ Home and School

The first stage of the development pathway is designed to introduce young athletes to the basics of hand eye coordination and athleticism. At this stage, the focus should be on creating a fun and enjoyable experience that promotes physical activity and skill development. The key objectives of this stage include:

- Developing basic hand-eye coordination skills like catching, throwing etc.
- Promoting physical fitness and health through regular exercise
- Encouraging a love for the sport of squash.

To achieve these objectives, the BSA recommends:

- At home fun hand-eye games with parents or guardian.
- Fun and interactive outdoor activities.
- Social events to build a sense of community and camaraderie at the nearest squash club.

Stage 2: Fundamentals of Squash (Ages 7-9) On Island/ School and Club

Once athletes have gained some basics and physical maturity, the focus should shift towards building a strong foundation of squash specific skills and knowledge. The key objectives of this stage include:

- How to hold a racquet correctly.
- How to watch the ball.
- How to move correctly on the squash court.
- Learn the rules.
- Give explanation on "let's" and "strokes"

To achieve these objectives, the BSA recommends offering a range of programs, including:

- Private individual lessons with a local coach
- Structured training in the Bermuda Junior Squash Program
- Squash & Action Camps
- After school programs at the squash club

Stage 3 - Learn to Train (Ages 9-11) On Island, local coaching/schools/ clubs

As athletes progress through the development pathway, the focus should shift towards learning all the shots and techniques. The key objectives of these stages include:

- Learning all basic shots. Drives, cross courts, boasts, etc.
- Working on appropriate racquet technique. Correcting the grip, wrist, and racquet face.
- Setting goals and working towards achieving them.

To achieve these objectives, the BSA recommends offering a range of programs, including:

- Private individual lessons with a local coach
- Structured training in the Bermuda Junior Squash program.
- Squash and Action Camps.
- After school programs at the squash club

Stage 4 – Training to Train (Ages 11-13) On and off Island, local or overseas coaching

At this level, the focus is on establishing correct drills and methods to improve. The key objectives of this stage include:

- Learning when and where to hit certain shots
- Learning how to solo practice correctly
- Learning more in-depth racquet and movement techniques.
- Learning how to do basic drills with a partner

To achieve these objectives, the BSA recommends offering a range of programs, including:

- The Intermediate level at the Bermuda Junior Squash Program
- Private lessons with a local coach
- Invitation to the Bermuda Junior National Squad
- Opportunities to train with visiting Pros with local Junior clinics



Stage 5 – Training to Compete (Age 13 – 15) On and off island, local or overseas coaching and competition

At this stage the focus should shift on competing regularly and learning how to play competitive matches appropriately at a high level. The key objectives of these stages include:

- Consistent Technical work
- Consistent private lessons with squash coach
- Learning a variety of condition games
- Weekly practice matches

To achieve these objectives, the BSA recommends offering a range of programs, including:

- Local box leagues
- National junior squads
- Local and overseas tournaments

Stage 6 – Training to win (Age 16+) On and off island, local or overseas coaching and competition

This phase should focus on the intensity needed in training. Players should be looking to push themselves by training and competing regularly. The key objectives of these stages include:

- Regular intense squash matches
- Strength & Conditioning
- Private lessons and continued technical work
- Mental coaching and strategy

To achieve these objectives, the BSA recommends offering a range of programs, including:

- Local Tournaments
- Overseas tournaments
- Local Box Leagues
- Private Coaching
- Junior National Squads
- Overseas camps and training programs

Stage 7 – Active for life (All ages) On and off island

This phase should promote regular squash play due to enjoyment for the game. The goal is to be involved in your local squash community throughout all ages of life. The key objectives of these stages include:

- Staying active and healthy
- Regular squash play at your local squash club
- Involved in the local squash community
- Local tournaments and social events

To achieve these objectives, the BSA recommends offering a range of programs, including:

- Membership at your local squash club
- Local box leagues for all standards
- Local squash tournaments
- Regular squash social events



3. BERMUDA SQUASH ASSOCIATION - CURRENT PROGRAMS

Active Start	Ages 3-6 No programs. At homework with parents recommended
Fundamental	Ages 7-9 <ul style="list-style-type: none"> • Squash & Action Camps • Junior Squash Program • Schools and afterschool program
Learn to Train	Ages 9-11 <ul style="list-style-type: none"> • Squash & Action Camps • Junior Squash Program • Schools and afterschool program • National Squads • Local Tournaments • Junior Caribbean Championships
Train to Train	Ages 11-13 <ul style="list-style-type: none"> • Squash & Action Camps • Junior Squash Program • Schools and afterschool program • National Squads • Local Tournaments • North American Squash Tournaments • Junior Caribbean Championships
Train to Compete	Ages 13-15 <ul style="list-style-type: none"> • Teen Squash Program • National Squads • Local Tournaments • North American Squash Tournaments • Junior Caribbean Championships • Overseas Training
Train to Win	Ages 16+ <ul style="list-style-type: none"> • National Squads • Local Tournaments • Overseas Squash Tournaments • Overseas Squash Training/ Camps • Junior and Senior Caribbean Championships
Compete to Win	Elites <ul style="list-style-type: none"> • Professional Squash Association (PSA) Tournaments • World Squash Federation (WSF) Tournaments • Major Games (Olympics, Pan-Am, CAC Games) • Senior Caribbean Squash Championships
Active for Life	All Ages <ul style="list-style-type: none"> • Local Tournaments • Local Squash Socials • Local Box Leagues • World Masters

4. BERMUDA SQUASH ASSOCIATION - CURRENT NO. OF ATHLETES

	Programs No. of Athletes (Current)	No. of Athletes (Goal)
Active Start	0	0
Fundamental	<ul style="list-style-type: none"> • Junior Program - 120 • Camps • Schools 	150
Learn to Train	<ul style="list-style-type: none"> • Junior Program - 120 • Camps • Schools 	150
Train to Train	<ul style="list-style-type: none"> • Junior Program - 40 • Camps • Schools • National Squads 	40
Train to Compete	<ul style="list-style-type: none"> • Intermediate Junior Programs - 30 • National Squads • Local Tournaments • Box Leagues 	30
Train to Win	<ul style="list-style-type: none"> • National Squads - 20 • Local Tournaments • Box Leagues • International Junior Competitions 	20
Compete to Win	<ul style="list-style-type: none"> • PSA events - 3 • WSF events • CAC, Pan Ams, CWG, Olympics 	6
Active for Life	300	500

5. BERMUDA SQUASH ASSOCIATION - COACH DEVELOPMENT

	No. of Coaches	Certification/Region/Challenges
Active Start	12	<p>The goal is to have an instructor certify more level 1 and 2 squash coaches on the island by the end of 2025. This has to be done in person by flying in a certified assessor. Or taking a group abroad to be certified.</p> <p>Level 3 coaching courses must be done abroad over multiple weekends.</p> <p>Currently Bermuda has 3 qualified high-performance coaches. The goal is to raise this number by 2026. The challenges are flying out multiple times to complete the course overseas as they don't offer online courses.</p>
Fundamental	12	
Learn to Train	6	
Train to Train	3	
Train to Compete	3	
Train to Win	3	
Compete to Win	3	
Active for Life	Unknown (Sport specific)	



6. BERMUDA SQUASH ASSOCIATION - OPPORTUNITIES & CHALLENGES

Aspiration/Opportunities	Challenges
The BSA's goal is to create a fun, safe, and sustainable environment for all ages. We strive to not only focus on developing squash players, but also instill valuable life lessons and social skills. Success for us would be a well-mannered individual who is involved in squash for most of their life.	<ul style="list-style-type: none"> • Limited accessible squash court to use which lowers the number of groups allowed to play at any given time • Financial barriers for membership, programs, lessons, etc. • Athletes at a young age are involved in multiple sports which compete for their availability
Train and develop coaches and officials.	<ul style="list-style-type: none"> • Low interest from the next generation • Inconvenient timings for an advanced or high-performance coach. • Cost to hire coaching expertise to run clinics
Hosting Junior/Senior Caribbean Championships and PSA events	<ul style="list-style-type: none"> • Time consuming • Large amount of volunteers • Cost of accommodation, transportation and food • Require significant sponsorships

7. SUMMARY

The Bermuda Squash Association is proud of the success of our squash community and sustainability of our programs. Our coaches, officials, volunteer administrators, parents/guardians all have an important role in athlete development. We are pleased to advise, that necessary plans are in the works to qualify more Bermudian squash coaches and officials. These plans along with a thriving junior program will be essential in creating a sustainable squash program for the future. Thanks to the funding of the Bermuda Government, we are also in talks of bringing international high-performance coaches to the island to assist us raising the level of some of our elite juniors.

We value our partnerships with our sponsors who help with the costs of tournaments, junior programs, and international events. The Bermuda Government's sport investment fund has helped us significantly in ongoing operations of our junior squash program, including our government after school program. We are excited to grow these programs and start investing in our high performance to continue the development of our athletes along with certifying more coaches and officials.

As we seek to increase participation and performance, we will need more resources including additional facilities, equipment, funding, and sponsorships. We expect to grow at a sustainable pace to ensure we are providing the best possible programs for our athletes.

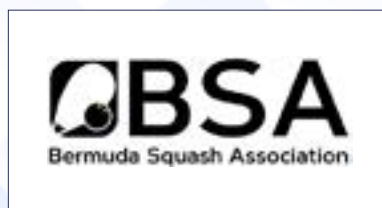
We are aligned with the Bermuda Governments National Sports policy and continually seek ways to demonstrate the value of sport in Bermuda.

Respectfully submitted,
Bermuda Squash Association.





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Contents