**PROVINCIAL TRAINING SQUAD (PTS) ATHLETE OBLIGATIONS:**

1. ALL Provincial Training Squad (PTS) members are expected to adhere to a performance-training program to the best of their ability to provide the best opportunity for achieving the highest level of performance.
2. **Year One** PTS members are expected to play squash on a regular basis and participate in at least two NS tournaments, including the Atlantic Open, and attend at least one NSPPI camp. No financial support will be given to Year One PTS.
3. **Year Two** PTS members are expected to do the above, as Year ONE. They must also attend one - two tournaments out of province. No financial support will be given to Year Two PTS.
4. **Year Three** PTS members are expected to do above as Year Two. They must also attend at least two camps and at least one tournament out of the Region. Some financial support will be given for this.
5. **Year Four Plus** PTS members are expected to attend Squash Nova Scotia sponsored events (i.e. Nova Scotia Open and Nova Scotia Closed (if applicable) and The Atlantic Open Championships and a minimum of 3 other sanctioned tournaments within the Region (NB, PEI, NFLD). JSA are also expected to attend the Canadian National Junior Squash Championships and are encouraged to attend one additional tournament outside Atlantic Canada. Financial support will be given for these athletes. Year Four Plus PTS are expected to follow a Yearly Training Instrument (YTI) that includes on court training (matches, coaching sessions, solo, group training), off court (strength and conditioning, nutrition planning, mental preparation)
6. PTS members who are in the province during a provincial training event (such as a camp or a Canada Games team selection trial) are required to participate in the event.
7. PTS members are required to provide monthly training reports (June of one year until May of the following year, including the “off season”) to the Provincial Head Coach and/or a member of the NSPPI committee.
8. A PTS member who decides to resign, retire (gets injured), does not complete the requirements of the program agreement, is not compliant with the requirement noted in JSA Obligations, or who is suspended from the PTS program **may** be ineligible for the program the next season. This will be determined based on a formal athlete assessment at year-end (May)
9. A PTS member must hold a valid Squash NS Competitive membership.
10. A PTS member must obtain at least a club level of officiating certification.
11. A PTS member must provide a letter of reference from a coach or a mentor.