2026-2027

Nova Scotia Junior Provincial Squash Team Guide

The NS Junior Provincial Squash Team's mandate is to develop high-performance squash players through coaching, training, and competition. This Guide for athletes and parents/guardians outlines the expectations of team members from September 1, 2026 - May 1, 2027. Please read all the information carefully. It is the responsibility of the athletes and parents/guardians to be familiar with all aspects of this Guide to avoid misunderstandings about any aspect of the program and team member requirements.

Please ensure you submit the following to the Squash NS Provincial Team coach or manager by no later than September 18, 2026:

1. **Completed athlete contract (last page of this document) to** HSA@nssquash.ca
2. **Team fee payments made through Club Locker ($300 base fee for all athletes). Team fees are non-refundable.**

If you have any questions, please call or email:

Provincial Team Coach:
Josh Rudolph
Cell: (902) 430-9220
Email: HSA@nssquash.ca

Assistant Coach:
Chris Lien
Email: coachchrissquash@gmail.com

Provincial Team Manager:
TBA

2026-2027 Nova Scotia Junior Provincial Squash Team Guide
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1. **EXPECTATIONS**

A. REQUIREMENTS FOR JUNIOR PROVINCIAL SQUASH TEAM SELECTION

The Nova Scotia Junior Provincial Squash Team is a group of committed players who are dedicated to the game and will work toward excellence in their game and be a team player on and off the court. They will act as a role model and support other members. Team members are considered to be at the National level.

1. Must tryout for the team in late August/early September 2026, actual dates TBA.
2. Must meet the minimum level of fitness and technical for your age category at the tryout. See chart below for minimum levels.
3. Must be a Competitive Member of Squash Nova Scotia ($23.00 fee).
4. Must be a member of a recognized squash facility.
5. Must name a credentialed personal coach and have the coach sign your Athlete Contract.
6. Must sign the Nova Scotia Junior Provincial Squash Team Athlete Contract.
7. Must pay the team fee required ($300 base fee for all athletes). Team fees are non-refundable.

Note: All costs associated with travel to all tournaments (local and away) are the responsibility of the athletes.

Fitness Requirements:

	Beep Test Minimum level required to reach		2km Run Minimum completion time		5km Run Minimum completion time	
Age	Boys	Girls	Boys	Girls	Boys	Girls
U9	N/A	N/A	12:15	13:40		
U11	4.6	4.1	11:50	13:20		
U13	5.2	4.2	11:15	12:50		
U15	6.2	4.3			28:05	32:25
U17	6.7	4.4			27:00	31:20
U19	7.3	4.5			26:40	30:45

Technical Requirements:

U13	- 10+ Drives from the front to targets at back out of 100
U19	- 15+ Drives from the front to targets at back out of 100 - 10+ Consecutive rotating drives off the back wall with an equal or better player

B. <u>THE PROVINCIAL TEAM WILL PROVIDE</u>

1. Monthly training, staff, equipment and court rental
2. Minimum of 8 Strength & Conditioning sessions
3. Local tournament coaching
4. Facility access
5. 1 item of provincial team clothing

C. <u>TRAINING</u>

<u>On Court Training Dates</u>

Sundays 1:00-3:00pm (exact times and dates may change):
SMUFit – Halifax NS

Sep 13, 20
Oct 4, 18
Nov 1, 8, 15, 29
Dec 6, 20, 27
Jan 3, 10, 17
Feb 7, 21, 28
Mar 7, 14
Apr 4, 18

<u>Competitive Matches</u>

Each athlete (age 13 and older) is expected to compete in competitive matches a minimum of twice a month. In addition to regular team or club practices, and with players not part of the team.

Off Court Training
Strength & Conditioning @ (SMUFit)
Sundays 12:00 pm - 1:00 pm
Sep 20
Oct 4, 18
Nov 1, 15
Dec 6, 20
Jan 3, 10
Feb 7

D. PERSONAL COACH

Each team member is required to name a Personal Coach. The Personal Coach must agree to provide a minimum of one private lesson once per week between September and May. Coaching from the Provincial Team Coach will be provided to Provincial Team Members at no additional charge for provincial training dates and designated competitions. Provincial Team members are responsible for all costs associated with their personal coach.

Your Personal Coach must sign your Athlete Contract and consent to check-ins with the Team Coach.

E. TOURNAMENTS

All costs associated with entering the required tournaments is the responsibility of the athlete.

For the 2026-2027 season, athletes are required to take part in a minimum of 4 of the following listed local tournaments and a minimum of 1 of the away tournaments listed below:

Minimum of 4 local tournaments:

- Kentville Rust Remover (September 25-27)
- SMUfit Open (October 22-25)
- NS Jr Open (November 21-22)
- Dalhousie Open (January 21-24)
- RSM Classic (February 11-14)
- NS Open (March 18-21)

Minimum of 1 of the following away tournaments (not including optional tournaments):

- Canadian Junior Open (Niagara-On-The-Lake, ON) (December 12 - 15)
- Ontario Junior Gold #3 (Mississauga, ON) (January 29 - 31, 2027)

Additional (optional) away tournaments (dates to be confirmed on club locker):

- Squash Ontario Junior Gold #1 (NJC Gold) Toronto, Ontario (September)
- Squash Ontario Junior Gold #2 (NJC Gold) Markham, Ontario (October)
- Quebec Junior Open (Quebec) (January)
- Ontario Junior Open (Niagara) (March/April)

Team travel will not be organized by the Provincial Team but the Provincial Team Manager will work with parents/guardians who would like to take the lead on organizing team travel to ensure all safe sport rules are followed. See Appendix for team travel rules.

Important Note: If an athlete is eligible to compete in more than one age group at a competition the Provincial Team Coach will advise on the most appropriate age group the athlete should play in.

F. FUNDRAISING

A Parents' Fundraising Committee could be established to offset individual travel costs (optional).

2. RULES & REGULATIONS

A. CONTRACTS

Please read through carefully as you are responsible for understanding what is expected of you as a member of a Junior Provincial Squash Team. If you are offered a spot and choose to accept the position on the Junior Provincial Squash Team please complete the athlete contract (last page of this document) and email to HSA@nssquash.com by **September 18, 2026**.

B. EYE GUARD POLICY

Please visit Squash Canada's website for the up-to-date list of approved eye guards. https://squash.ca/wp-content/uploads/2021/05/SQUASH-CANADA-EYE-GUARD-POLICY-Amended-29-04-21.pdf

C. POLICIES

Squash Nova Scotia has adopted several new policies. All members of the Provincial Team and their parents/guardians must read, understand, and follow these policies. Please read the policies found on Squash Nova Scotia's website.
https://nssquash.ca/policies-regulations/

3. FINANCIAL

A. PAYMENT PROCEDURES

Base Team Fees of $300 MUST be paid on club locker by September 18, 2026. The club locker link will be sent out prior to September 18, 2026. Failure to do so will result in the player being ineligible to be a member of the Provincial Team.

4. CODE OF CONDUCT

NOVA SCOTIA JUNIOR PROVINCIAL SQUASH TEAM
September 1, 2026 – May 1 2027

A. As a member of the Nova Scotia Junior Provincial Squash Team, it is my intention to represent my squash facility, Squash Nova Scotia and my province with dignity and with a positive image on and off the court. With this in mind, I understand and will conform to the following Conduct Code:

1. Team members will conduct themselves at all times in a manner beneficial to the NOVA SCOTIA JUNIOR PROVINCIAL SQUASH TEAM.

2. Respect and consideration towards the public, coaches, volunteers and other team members and squash players is a must. Foul language on or off the court will not be tolerated. Respect the rules of the facility.

3. The team member and parent/guardian shall at all times respect the authority of the team coaches and manager and interact with them in a respectful and professional manner. Parents/guardians attending team practices are there to observe and will refrain from interfering with team members and coaches.

   Parents/Guardians will not assist the Team Coach during a match, unless requested by the Junior Provincial Team Coach. Between games is a valuable time when only the coach should be giving direction to the Junior Provincial Team Member.

4. Any questions regarding the operation of the team can be addressed with the team coach or manager. Any appeal regarding the team coach or manager's

decision may be made to the Squash Nova Scotia Provincial Team subcommittee using the Appeal Policy.

5. Inappropriate attitude and lack of effort at tournaments, practices and training will not be tolerated.

6. Smoking/Alcohol/Drugs - Smoking or the consumption of alcoholic beverages and any involvement with drugs will result in automatic suspension. If it occurs during a trip the athlete will be sent home immediately at their own expense.

7. Team members must comply with the conditions set by the Canadian Centre for Drug-Free Sport and be knowledgeable about banned substances. If drug-testing is required at a competition, the athlete will comply.

8. Uniforms & Clothing - While travelling with the Junior Provincial Squash Team all players are expected to wear team items when possible. Clean and neat appearance and attire is essential.

9. If team members choose to engage with the press, they should do so in a professional and positive manner and not make statements against Squash Nova Scotia, Squash Canada or other officials.
10. Team members will at all times abide by the rules of Squash Canada, Squash Nova Scotia, member clubs, and the Provincial Team criteria. Members will not break any Provincial, State, or Federal Law.

11. The Junior Provincial Team Coach and Team Manager are in charge of the members and shall use their discretion as to compliance with accepted rules of conduct.

12. Members will assist in duties and functions at clinics, camps and displays, as designated by Junior Provincial Team Coach or Squash Nova Scotia.
13. Team members are expected (if eligible and selected) to take part in Canada Winter Games every 4 years, beginning 2027.

14. Team members must make every effort to appear at all training camps scheduled and paid for by Squash Nova Scotia. Team members must be well prepared and keeping up with their state of training as agreed to by the Coach.

15. Notice to the Provincial Team Coach is required prior to training camps should an athlete have to miss the camp due to injury, sickness or cannot attend for any other reason. Notice giving cause must be made by phone and email prior to the training date.

16. OPTIONAL: If requested, supply a digital photo to Squash Nova Scotia for updating the website.

17. There will be a sign in sheet at each practice and training session, team members are expected to sign in. The coach will mark down those athletes that are missing except for an excused absence. These will then be forwarded to Squash Nova Scotia High Performance subcommittee.

18. Must be in top physical and mental condition. Player must maintain fitness level required at the qualification test. Random fitness testing will occur during the season at the training camps.

19. Must play in tournaments outlined in section 1E.

20. If team travel occurs, team members will be expected to follow curfew at away tournaments as set forward by the Team Coach and team designate. For every designated trip, Junior Provincial Squash Nova Scotia team members are expected to follow the team curfew rule, which will be 9:00 p.m. Everyone is to be in their rooms by that time and lights out no later than 10:00 p.m.

21. If team travel occurs and a serious breach of conduct occurs while travelling, the Junior Provincial Team Coach or team designate will contact the parent/guardian of the athlete and the parent/guardian must arrange for immediate transportation home at the expense of the Team member.

22. Each member shall be liable for recovery of damage charges (intentional or accidental) should any such charges be levied for damages done to any facility used or occupied by her/him/them or any equipment lent to her/him/them, either alone or in conjunction with others.

23. All team members must wear approved Squash Canada eye guards (See 2C) while on court.

24. Must be an individual competitive member of Squash Nova Scotia ($23.00 fee).

25. Must be a member of a squash facility.

26. Must name a personal coach and have that coach sign your athlete contract.

27. Must pay team base fee.

28. **Must complete the online official's course by September 18, 2026.**
The training for **Club Referee** is available via Squash Canada's learning channel.
https://squash.ca/singles-officiating-program/
The course is currently available in English and French and may be purchased for CDN$35.00 + tax.

29. Must sign the Squash Nova Scotia Junior Team Athlete Contract.

B. **Consequences** of not meeting the requirements /expectations (Demerit System):

A demerit system will be established to monitor athletes in areas such as:

- derogatory comments or negative behaviour directed towards coaches, officials, competitors and fellow athletes
- the use of obscene language, swearing, cursing
- regularly late
- lack of effort-training
- poor attitude and work ethic
- disrespectful to fellow athletes, coaches, competitors and officials
- attendance
- failure to comply to Squash Nova Scotia's Code of Conduct
- any other behaviour deemed unacceptable by the Junior Provincial Team Head Coach
- **One demerit point will be given out for any of the above infractions. Three (3) demerits will result in suspension of two (2) on court group training sessions. Once five (5) demerits are accumulated it will result in the athlete's removal from Provincial Program eligibility or participation. You and your parent/guardian will be notified in writing by Squash NS High Performance subcommittee within 1 week of being assessed the demerit.**

C. Squash Nova Scotia accepts no liability or responsibility for breach of custom or other laws or for injury or accident to the Junior Team member who hereby acknowledges the same and agrees to indemnify Squash Nova Scotia from any claim or demand whatsoever arising there from. Further, the member waives and releases any and all right and claim for damages that the member may have against Squash Nova Scotia, its officers, and coaches, for any and all injuries suffered by the member.

APPENDIX

PROVINCIAL TEAM 2026-2027
BUDGET ESTIMATE:

Revenue	$
Team fees collected	2,400
Total Revenue	**2,400**
Expenses	
Facility access (SMUfit)	600
Provincial team clothing item	400
Fitness sessions	1,400
Total Expenses	**2,400**
Net Revenue and Expenses	**$0**

Note:

- Squash NS will fund the Provincial Team head coach to attend listed away events for reasonable expenses up to a maximum of ($4,000) per fiscal year. This amount is confirmed each year when the program and budget are approved.
- Squash NS will fund the Provincial Team athletes to attend 1 listed away event per fiscal year up to a max individual amount of $450. These amounts are confirmed each year when the program and budget are approved. The individual amount will be confirmed by September 18, 2026. In order to apply for this funding, athletes must have met all requirements of the Provincial Team. There will be an application window for athletes towards the end of the fiscal year (March 31). The Provincial Team Manager will communicate the dates and process for how to apply.

PROVINCIAL TEAM MANAGER RESPONSIBILITIES:

- Liaison with Provincial Team Coach, Squash Nova Scotia and club facilities.

- Monthly updates to High Performance Subcommittee if required.

- Finalize Provincial Team document that is distributed to families and submit to High Performance Sub Committee for approval.

- Send out ‘offers’ to athletes to join the Provincial Team after the tryouts by email.

- Ensure club locker link for payments from athletes is set up prior to September 18, 2026.

- Responsible for all communications to team members and families.

- Ordering of Provincial Team clothing including collecting sizes from athletes.

- Finalize how many athletes are attending away events a minimum of 2 months ahead of the event (4 athletes required to attend in order for Squash NS to fund Provincial Coach to attend).

- Assist in facilitating team travel if there are families interested and ensure that all rules of Safe Sport are planned to be adhered to for the duration of the trip.

- Communicate application window and process for athletes to apply for funding to Squash NS for away tournament.

TEAM TRAVEL REQUIREMENTS:

Team travel is when multiple athletes attend an event with chaperones other than their parents. Safe sport applies if the Provincial Team Coach is one of the designated chaperone's. Safe sport also applies if any designated chaperone is receiving funding from Squash NS to attend the event.

Safe sport requirements include:

- Minimum of 2 chaperone's must accompany the athletes taking part in team travel and must be 1 woman and 1 man if there are men and women athletes traveling.
- Both chaperone's must complete all relevant screening and safe sport requirements.

2026-2027 PROVINCIAL TEAM
ATHLETE CONTRACT:

This agreement shall be in effect as long as I am a member in good standing of the NOVA SCOTIA JUNIOR PROVINCIAL SQUASH TEAM for the period from:

September 1, 2026 to May 1, 2027

□ I have read and agree to the entire NS Provincial Squash Team Guide and Code of Conduct

□ I have paid the required fees

Privacy Policy

Personal information collected by Squash Nova Scotia will be retained and used for the purposes that include communicating about Squash Nova Scotia programs, events and activities.

I understand that by becoming a member of Squash Nova Scotia I am giving consent for Squash Nova Scotia to use my information and photograph. I also understand that any photographs taken may be used for Squash Nova Scotia published materials, website and Instagram.

Squash Nova Scotia Policies

I have read and agree to follow Squash Nova Scotia's policies and procedures as posted on Squash Nova Scotia's website https://nssquash.ca/policies-regulations/.

_____

NOVA SCOTIA JUNIOR PROVINCIAL SQUASH TEAM MEMBER Date

_____

Parent or Guardian (if under 18) Date

_____

Personal Coach Date