

## **Overview report on the DSAC Camps and Coaching from 24 March- 31 May 2023**

It has been encouraging to see the increasing enthusiasm and commitment of our coaches and young players to their squash roles during the first half of 2023. The contribution from the DSAC through SA Squash is most significant in strengthening our efforts to draw young persons from all parts of our city into experiencing the joy of sport, squash in particular.

Our overall squash program continues to have three tiers namely

- working with beginner (ages 10-13; mainly from selected senior primary schools) who are drawn mainly from Zwide, a few Northern area and Western suburbs schools. The East Cape Training Centre (ETC) provides a valuable base for township players while the Westview and Old Grey clubs support this and our other two tiers.
- The second tier, our intermediate program, where promising young players of potential, drawn from less advantaged homes around the city, are invited to join the Colts program, which operates mainly from the Westview squash courts.
- Seniors made up of players who have graduated from the intermediate program, become part of one of two host clubs, namely Old Grey or Westview. They play at a high league level, from 1<sup>st</sup> to 4<sup>th</sup> league. Most high school players also play provincial schools' level. Most of those out of school are playing top leagues and two are EP senior Jarvis players.

This year the Development committee, a sub-committee of EP squash, decided to dedicate the DSAC funding to launch our 2<sup>nd</sup> term program which is a busy time for squash with social squash, schools' leagues and provincial trials all taking place. The funding went to support three elements, namely the Camp, Tier 1 coaching at ETC and Colts at Westview (Tier 2)

### **Camp**

Our camp took place on 25<sup>th</sup> March with Terry Dowling our Tier 1 co-ordinator and her team did a sterling job. Terry has prepared a full report which is the core of this report which follows this overview report.

### **Level 1 training at ETC (Tier 1)**

This program ran for six weeks in the quarter (two in April, 4 in May) covering pupils from 5 schools close to ETC and one school in the Northern areas. Sessions were held from 3 to 5pm Monday to Thursday with Siya Hlobi and Terry Dowling the head coaches.

44 pupils attend sessions and 25 went to the camp. The six--week program at ETC worked on key elements of beginner training, which included:

- Grip and racket preparation
- Basic forehand and backhand swings
- Timing of movement
- Recovery to the T
- Watching the ball
- Serving and return of service
- Footwork and court movement
- Fun games and drills, as specified in the funding document

## Colts

The Colts squad meets most Saturdays throughout the first three school terms of the year with the selected players (14 of them) being viewed as players with potential to reach senior league level (leagues 1 to 3) by the age of 16 and represent Eastern Province Schools. The funding supported their travel and the cost of balls and grips.

These players all played in Eastern Province trials and Keeran Morrision, Anathi Ntshontsho, Mzwake Nene, and Anathando Mtotoyi made the EP sides in their age groups.

## Finances

The summary of expenditure is shown alongside.

Category	Budget	Camp	ETC	Colts	Total
Transport:	3 400.00	1 600.00		2 500.00	4 100.00
Refreshments/meals:	3 000.00	1 400.00	400.00		1 800.00
Equipment:	3 000.00	600.00		400.00	1 000.00
Coaching:	3 500.00	2 200.00	3 600.00		5 800.00
Court Hire:	1 800.00	700.00	1 300.00		2 000.00
Administration:	1 300.00	500.00	500.00	300.00	1 300.00
	16 000.00	7 000.00	5 800.00	3 200.00	16 000.00

## Closing

We count it a real privilege to be able to conduct events of this nature and certainly could not do it without the support of our national and provincial bodies – and of course our sponsor DSAC.

Projects of this nature takes a lot of careful planning and we are most grateful to all who ploughed in their efforts to offer an event that provides our youth and sport with the opportunity to grow, develop and have fun.

Being a relatively small specialized support the effort far exceeds the financial reward that can be offered. Honoraria paid to coaches is appreciated, the kids are especially hungry at the end of squash activities and enjoy refreshments, maintenance and operation of facilities, providing equipment and prizes and moving players to venues are made possible by funding and mainly volunteering. This ensures that the experience is a high quality, rewarding one.

In closing our thanks to all who made this possible, with a special word of thanks to our sponsore DSAC..



Hugh Glover, Development Leader

PARTICIPANT LIST FOR DSAC PROJECT					
	First name	Surname	Parent name	Race	
1	Micayla	Bekker	Pearl	W	
2	Okuhle	Bekwaphi		B	ETC
3	Sinoxol	Breakfast		B	ETC
4	Ben	Buitendag		W	
5	Gabriella	de Klerk	Anneline	W	
6	Matthew	du Plessis	Caroline	W	
7	Marcel	du Plessis	Caroline	W	
8	Ben	Eary	John	W	
9	Rachel	Embery	Helen	W	
10	Indi	Enoch		B	ETC
11	Ava	Filmer	Tanya	W	
12	Sima	Goba		B	ETC
13	Asolule	Goba		B	ETC
14	Declan	Gonzales	Noelene	C	
15	Iviwe	Govuza		B	ETC
16	Eli	Halgreen	Theo	W	
17	Janel	Hall	Lezelle	W	
18	Joshua	Hall	Lezelle	W	
19	Morena	Headbush	Jimmy	B	
20	Cameron	Jones	Brynn	W	
21	Cody	Julyan	Heidi	W	
22	Joyce	Kanyesa		B	ETC
23	Kiara	Le Roux	Nikki	W	
24	Asakhe	Makhaba		B	ETC
25	Tristan	Master	Tory	W	
26	Inathi	Mdlalo		B	ETC
27	Phumelela	Mlamba		B	ETC
28	Asive	Mlambo		B	ETC
29	Siphahlenathi	Mlambo		B	ETC
30	Amy	Moodley	Tracy	I	
31	Inga	Mtati		B	ETC
32	Endinako	Mzozoyana		B	ETC
33	Iviwe	Ndudula		B	ETC
34	Zukhanye	Ngewenga		B	ETC
35	Alulutho	Nompuzo		B	ETC
36	Siya	Nyengane		B	ETC
37	Madi	Oshry	Alison	W	
38	Nuha	Packery	Zaheera	C	
39	Adam	Packery	Zaheera	W	
40	Sonwabise	Pali		B	ETC

41	Erin	Parry	Cindy	W	
42	Khayone	Pawo		B	ETC
43	William	Phillips	Debbie	W	
44	Jess	Scott	Shahn	W	
45	Kath	Scott	Shahn	W	
46	Adam	Sieg	Wendy	W	
47	Liam	Smith	Jhone	W	
48	Declan	Smith	Steven	W	
49	Cassy	Solomons	Showmise	W	
50	Linamanello	Steofiya		B	ETC
51	Aphelele	Tolomi		B	ETC
52	Oluhle	Vena		B	ETC
53	Phileinkosi	Witbooi		B	ETC
54	Michael	Woolard	Debbie	W	
55	Sisipho	Zide		B	ETC
56	Oliver		Mads	W	
57	Blake		Cindy	W	
58	Logan		Cindy	W	
59	Faatima		Zaheera	I	
60	Rossouw		Annemart	W	
61	Jordan		Lloyd	W	
62	Callum		Terence	W	
63	Taylor		Alison	W	
64	Liam VJ		Liane	W	
65	Zethan		Lydine	C	
66	Hannah		Cindy	W	
67	Nicholas		Annemart	W	
68	Emily		Kim	W	

## Camp FUN DAY at Londt Park 25 March 2023

With 70 children to attend to, I commandeered the help of 9 coaches/assistants and 1 lady to take in the money.

Ages: 8 to 13 years old. 9am to 12noon.

Siya Hloyi, our soon to be qualified coach at Eastcape Training Centre which looks after the One Love Squash kids, (our new name for the Development kids programme) asked 3 of her senior school squash kids to come assist. They were Anathi Ntshontsho EP u19 girl, Buhle Genge and Ayabonga Marwana, both u16 boys that have been attending EP trials. They all did extremely well and had 8 kids each.

Siya was dancing between courts helping them work with their 8 children giving them tips and instructions. Anathi had some fun handball skills happening, Ayabonga focused on the forehand with racquet and ball and Buhle, by far, had the most advanced team because he soon had them trying out their backhands. Good job!! So lovely to witness the older kids helping the youngsters. Next time we shall ask other seniors to come assist. It is a great way to see who has the patience and real love for the game. All 3 seniors showed good knowledge of racquet prep and would constantly correct grip. Great to see!

So that takes care of 3 courts. Now for the other 2 courts.

Another senior EP player, u16 Maddy Everts, had a group of 9 kids. A mixed group but all beginners. She did very well. Racquet and ball exercises, correcting grips and telling them what to do! she felt overwhelmed at first but then got the hang of it and was quite chuffed when her kids started making contact with the ball. Such fun!! And a great experience for Maddy.

The next court was run by a Mom and son pair, Pearl Bekker and Ryan.

Pearl's daughter, Micayla, was on this court with her chosen group of friends and were waiting for instructions, so Pearl and Ryan took up the challenge – et voila! What fun these littlies had (aged 8 & 9). Pearl is a natural, I will definitely be speaking to her about taking up coaching for reals!! If you could've seen the innovative things these two were making the kids do, wow!! Simple. Fun - ball skills.

So that takes care of our beginners.

Our next 3 courts!

We had a group of EP trial attendees and children who can play squash so I put them into 6 teams of 5 and we played matches, focusing on serve, and had kids mark. Marking is so very important, and they are all learning fast. They ended up playing two rounds and then had a 1-minute whistle challenge towards the end of the morning. That was hectic but once they understood the concept they had lots of giggles and 110% squash, with a few good wins from unexpected places. I mean, who can resist a 1-minute challenge!!

Elton Morrison, who I was so grateful to have arrive to assist, looked after these 3 courts and ensured the players were ready for their games. He also helped with marking advice and gave a few good tips to players after they came off the court.

Warren Bower had his bag of tricks too. He went from court to court with his ladder and orange domes and worked on movement with all the children on that court. He is becoming a fundi at this and you should hear the kids complain, goodness me! (haha) but love it at the same time!!

Warren then participated in the 1-minute whistle challenge by keeping the bulk of the children (26) on his *farmyard of chickens* court while 4 chickens were off playing the 1-minuted challenge. He would then nominate who would be next to go challenge the winners of the 1-minute challenge when the whistle blew. 26 kids on one court – well done Warren. They love, love, love Warren and are **super** seriously gleeful and boastful when they manage to outwit him, and he just laughs with them! They need to see him play for real one day!! Such a pleasure having Warren on my coaching team.

Page2.

Wendy Theron who made time in her busy weekend to come and assist is always gratefully received at an occasion such as this! She knows what to do and where help is needed without words needing to be exchanged. I was so very grateful to have her there and she monitored Buhle and his court, showing him a thing or two, she also assisted Maddy and kept an eye on Pearl and chatted to parents. I monitored everyone.

We fed them all toward the end of the morning and sent them home hyped up on msgs and colourants and offset that with fruit!!

A great day had by all and here's hoping we can do this every 6 weeks – funds permitting.

With many thanks to Wendy, Elton, Warren, Siya, Anathi, Pearl, Ryan, Buhle, Ayabonga, Jamie – for all their help.

Thank you to Hugh and SA Squash for their wonderful assistance in funding this event. The children have asked for the next one!!

Yours in Squash  
Sincerely  
Terry Dowling

Photos on a separate page.

## Under 18? - Join Us for a Morning of Fun

Learn more about Squash!

**RSVP: Terry 073-225-2778 by Thursday**

**Where?** Londt Park Squash Club

**When?** Saturday 25<sup>th</sup> March 2023

Beginners are most welcome – (we have spare racquets)

**Time:** 9am to 12-noon  
**Entry fee:** R50

A Light snack will be provided – pls bring your own water



**Skills**

**Games**

**Match Ball**

**Boast**

**Serve**

**Grip**

**Return**

**Fault**

**Stroke**

**Marking**

**Lob**

**Drop**

**Out**



# Camp fun day 25 March 2023

Elton, helping out at the top courts.



Marking is important, no matter where you do it!!





Thank you SA Squash and  
Growthpoint

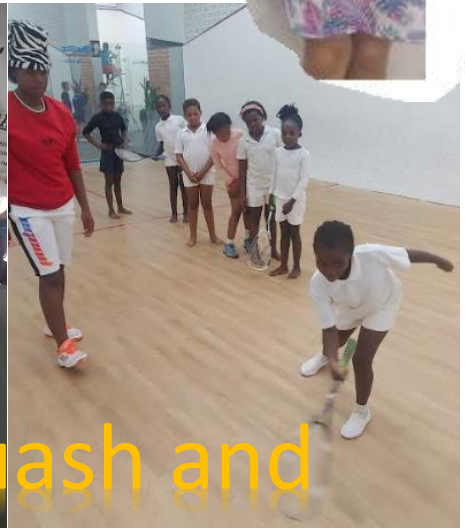


*Our court stewards for the day:  
Pearl. Anathi. Buhle. Siya.  
Aya & (in another pic)  
Wendy and Maddy.  
With grateful thanks!!!*



**Check out these follow thru's!**





Thank you SA Squash and  
Growthpoint





A great day had by all!



Thank you SA Squash and Growthpoint