

UIC SQUASH LEAGUE

Squash Clinic Rules.

The UIC Squash League's Squash Clinic program is aimed at providing absolutely FREE coaching facilities to the UIC students/alumni/faculty/staff. The Clinic coordinator will tie up a coach with each new learner. The coaching process will be composed of a hierarchically organized system of modules. The duration of each module will be around 1 to 2 training sessions of 1 hour each at convenient times arranged in consent with the learner and the coach. There will be 1 to 2 meetings per week. At the end of the training session, the coach submits a report on the progress of the learner, and depending upon learner's will and coach's recommendations, he/she can take new coaching sessions with same or other coach.

Clinic Layout:

The UIC Squash clinic program is divided into different modules. Here is the system hierarchy:

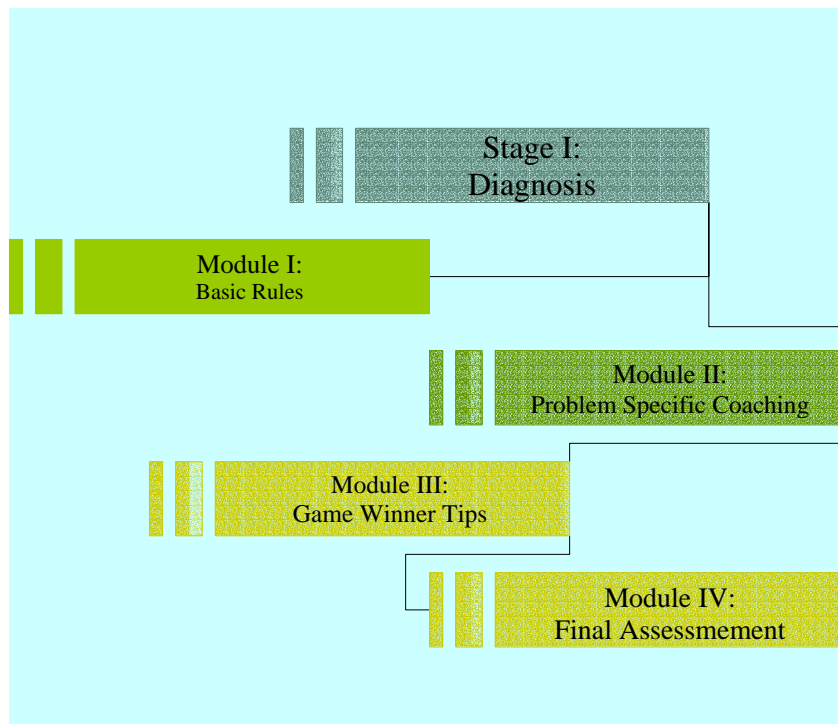


Fig. 1: The hierarchical organization of the UIC Squash league clinic.

Following is an explanation of each module.

Stage I Diagnosis

This stage will serve to put the learner in one of the categories outlined in the player categories section. Putting learners into right categories will make the job of assigning appropriate coach easier. This session will consist of just a couple of games with the coordinator of the clinic or any of the coaches, who will then relay assessment of the player back to the coordinator of the clinic.

Module I Basic Rules

This module marks the official start of coaching session with the appointed coach. Depending upon the category of the learning player assessed in Stage I and the discretion of the coach, this module can be entirely skipped or merged with the next module. The main points of coaching in this module should include, but are not limited to:

- Basic rules of the game including the points counting system.
- Facts about lines in the court.
- How to grab the racquet.
- How to serve and how to receive the serve.
- Basic moves and stepping in the court.

Module II Problem Specific Coaching

In this module, the coach assesses the weaknesses of the player and works with the player to correct them. The coach is supposed to name out at least three major drawbacks in player's techniques and maneuvers and send them in the report to the coordinator. The module is centered around following ideas:

- Locate at least three shortcomings of the player.
- Try to correct the problems with player's techniques.
- Tell the player about bad techniques and must-be-avoided stuff.

Module III Game Winner Tips

In this module, main emphasis is on the coach transferring his Game Winning Techniques to the player. The coach is supposed to teach the player at least three tips that either he himself practices, or thinks should be practiced and the player currently does not practice them. Main points here are:

- Tell three new tips to the player.
- Practice with the player focusing on the new tips and make sure that the player understands them and incorporates them in his/her game.

Module IV

Final Assessment

The last module serves to summarize the whole clinic schedule with the player. It is highly recommended that the coach play a couple of full-length moral-boosting games with the player and identify if the player has improved his/her game as a result of participation in the clinic. The coach is supposed to send the report of conclusion to the coordinator after this session. Main points are:

- Assess the improvement in player's game as compared to his/her starting game level.
- Point out some short comings in player's game at the end of the clinic. These may or may not be the same as the flaws pointed out earlier.
- State how many short comings the player has overcome as a result of clinic.
- State how many Game Winner new Tips he/she is implementing in the game.

Player Categories:

Level I

Beginner

- Does not know the rules of game or points system.
- Can't serve right.
- Can't strike back-hand.

Level II

Intermediate

- Knows the rules, but not the right technique. Follows instincts rather than good technique.
- Has bad stepping maneuvers.
- Doesn't stand in the right position while receiving serve.

Level III

Advanced

- Has been playing for a while, but needs help with some shortcomings.
- Needs to know some game-winners.

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