

Sport



Squash High Performance Programme



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“Supporting elite athletes in the pursuit of their sporting and academic goals at the University of Essex.”



Our Squash High Performance Programme will provide you with structured support enabling you to reach your full potential.

A bespoke programme will be created for you, offering an extensive range of first-class support services, top-level coaching and great facilities, to nurture and develop you into a high performing or elite athlete.

Features of our programme include:

- Professional coaching
- Unlimited access to University sport facilities
- Sports science support services
- Performance lifestyle support
- Strength and conditioning
- Physiotherapy
- Financial assistance towards expenses



“ It takes a lot of commitment and hard work to be an athlete and that alone will only take you so far. I have been fortunate to have a great support network around me at the University, enabling me to fully push myself in my sport and my studies. ”

Scott Moorhouse, third-year
BSc Business Management student

Programme structure

Coaching and player development is overseen by our full-time professional coach, Lee Drew, at Ardleigh Hall Squash Club, and Chris Vine, England Squash Development Coach at the University of Essex. The programme is achieving national recognition in squash circles and already boasts a junior national champion, three junior national squad members, junior area champions and junior county champions.

You will have access to daily professional sessions at Ardleigh Hall, training under the guidance of Lee, with some of the world's top

junior and adult players, including Daryl Selby (World #9), Lauren Selby (World #60) and Neil Hitchens (World #101), to name but a few. Touring professionals (including Aaron Franckomb World, #32 from Australia) also make use of the excellent training sessions when in the area.

In addition to the group sessions, you will have the opportunity to work one-on-one with the coaches, during weekly individual lessons at the University and at Ardleigh Hall.



“ We’ve looked at every angle and created an ideal environment for aspiring squash players at the University. Every base is covered and we are committed to the all-round development of our scholars. ”

Chris Vine, Squash Development Officer and Performance Coach

Facilities

We are committed to the development of sporting opportunities for students, with over 40 acres of our Colchester Campus devoted to sport. Our indoor facilities are extensive, comprising a multi-purpose sports hall, an indoor climbing wall, and three activity halls. Recent investment of £1.4 million in new facilities and equipment makes us now home to one of the most advanced fitness and weights facilities in the region, Evolve (see page 10 for more details).

You will be able to take full advantage of our five glass backed courts, two of which have significant space behind for spectators. Our courts provide excellent training and playing opportunities for all our students and the wider community, in addition to hosting a number of county and regional events.

Ardleigh Hall is located near to the Colchester Campus and boasts four squash courts, a split level gym, fitness studio and three floodlit tennis courts.



Coaching

Lee Drew

In January 2009, Lee joined Ardleigh Hall and developed a squash programme with one goal in mind: to develop world-class squash players. Lee has used his experience as a touring professional to incorporate a complete squash programme at the club. During his time as a player, Lee was lucky enough to work under the guidance of some of the world's most successful coaches, including Malcolm Willstrop at Pontefract and Jonah Barrington at Millfield School.

As a coach, Lee has worked with the Senior Commonwealth England Squad (Summer, 2010), various junior and transitional England squads, the Essex Under 17 and Under 19 squad and as area coach for the east of England. Lee currently works very closely with England Squash and Racketball and, in particular, Paul Carter (former Assistant England Senior Coach).

Chris Vine

Chris has been dedicated to squash for over 30 years as a senior tutor, coach, and refereeing and marking instructor with the national governing body. He has also been devoted to the county of Essex, acting as a coaching professional at a number of clubs, including Connaught and Redbridge.

In his current role as county development coach for England Squash and Racketball, and Squash Development Officer for the University of Essex, Chris is responsible for identifying and supporting talented players. Chris also leads the North Essex Squash Academy based at the University, co-ordinating a number of junior and senior clubs in the area.



Competition

Essex offers many competitive opportunities. You will have the chance to compete in regular matches for Ardeigh's first team in the Suffolk County League, plus other events in the region. The league hosts a high standard of player, including Irish #1, Arthur Gaskin.

You will also have the opportunity to represent the University within the BUCS (British Universities and College Sport) programme. Over 100,000 students regularly compete in BUCS competitions, leagues and events. Currently, we have two men's and one women's squash teams which compete in both the BUCS team and individual championships.

Our squash scholarship will also provide support with funding towards the British Squash Professionals Association (BSPA) UK circuit and national competitions.

Funding

We are committed to the development of performance sport at Essex, investing through our Sports Strategy. As an athlete on the Squash High Performance Programme, you will receive a support package totalling over £5,000 per academic year. This will include coaching, membership fees, and travel and competition expenses. We will also endeavour to support any areas which you may feel will benefit your performance.



Sport at Essex

The **Five P's** are the cornerstone of Essex Sport:

- Provision of improved facilities and equipment
- Participation by students and staff
- Performance sport
- Partnership through community engagement
- Profile enhanced through effective promotion of sport

As a focus sport here at Essex, we are committed to the development of squash at all levels. In addition to the High Performance Programme, North Essex Squash Academy

(NESA), based on our Colchester Campus, provides a platform and pathway for the development of aspiring young squash players, from school children through to elite and international standard. There are many opportunities to participate with our University Squash Club, which is attracting an increased number of members every year.

We also offer you the chance to gain recognised coaching qualifications through the Sports Participation and Coach Education (SPACE) project, funded through Sport England's Active Universities campaign.



Human Performance Unit

Our Human Performance Unit is an applied sports science facility based within our Centre for Sports and Exercise Science. For the last ten years, our Human Performance Unit has been helping athletes of all levels achieve more by the application of sports science testing and support. Sport science testing could help you to identify your strengths and weaknesses and measure how your body is responding to different training stimuli.

We are able to offer a comprehensive package of sports science testing and support services, including:

- Laboratory-based physiological testing
- Field testing
- Anthropometry
- Biomechanics assessment
- Performance nutrition



Health and fitness

The University has recently invested £1.4 million in sports services, making us one of the most advanced facilities in Essex. Athletes will benefit from a Gold membership, allowing unlimited access to all University sports facilities, including our state-of-the-art fitness suite, Evolve.

Athletes will also receive individual strength and conditioning programmes, developed and delivered by our team of conditioning coaches.

Our gym is light, air conditioned and very spacious, offering 130 state-of-the-art fitness stations, including running machines with video, USB ports and iPod features, resistance and weights equipment and step and rowing machines.



“ Being part of the Squash High Performance Programme has enabled me to train with professional players and receive first-class coaching on a daily basis, which has taken my game to another level. Essex has helped me balance the demands of my sport with my studies, making sure I hit my targets in all areas. ”

Rob Dadds, second-year
BSc Sports and Exercise Science student

Performance lifestyle

We recognise the pressures placed on elite athletes to maintain sporting commitments while balancing study and offer a range of support to help make your time with us as rewarding as possible.

A trained athlete support manager will provide a personalised service specifically designed to help you create a lifestyle that is conducive to high performance. They will act as a link between you, your coach and your academic staff, helping to co-ordinate sporting and academic schedules. You will be taught the necessary skills to manage these multiple

demands, with individual and group workshops delivered on areas such as time management, budgeting and finance, and anti-doping.

Physiotherapy

You will be able to access medical support from the Colchester Physiotherapy and Sports Injury Clinic. The physiotherapists are highly qualified and have vast experience of working with elite athletes across a range of sports. Working with the team, you will be offered the opportunity to attend biomechanical screenings to complement your strength and conditioning programme and assist with injury prevention and performance enhancement.



The University of Essex

Top ten for research

We enjoy an international reputation for the quality of our research. In the most recent Research Assessment Exercise (2008), we were rated ninth out of 159 institutions in the UK. Over half of our subject areas were rated in the top ten nationally, with four rated in the top five, confirming Essex as the leading social science university in the country.

Top twenty for student satisfaction

We are in the top 20 for student satisfaction, amongst English mainstream universities, according to the most recent National Student Survey (NSS, 2011). Eighty-eight per cent of our students expressed overall satisfaction with their course.

Friendly campus environment

Our Colchester Campus is just two miles from the town centre and set in over 200 acres of beautiful parkland. We have almost 10,000 students, with roughly equal numbers of men and women, and over 135 different nationalities

represented. Visitors almost invariably remark on the informal atmosphere, which is certainly one of the advantages of a compact campus where people quickly get to know each other.

Exceptional resources and facilities

Our first-class facilities include award-winning accommodation, a library with more than one million books, a new £5 million teaching centre, a variety of restaurants and bars, a theatre and art gallery, and of course our state-of-the-art sports facilities. We also have an environmental commitment to a healthy and sustainable future and have recently opened our campus farm.

Perfectly located

We boast excellent road, rail, air and sea links, enabling cheap and easy access around the region and further afield. You can reach London in less than an hour from Colchester's main train station.

For full details of all our courses, please visit: www.essex.ac.uk.



Award-winning accommodation

We provide a range of accommodation ensuring that you will quickly feel at home and have the opportunity to make new friends. Our students invariably comment on how much they enjoy their time living on campus and we were recently voted second in the UK, in the National Student Housing Survey, 2011.

As a sports scholar, you will be offered accommodation on campus for the entirety of your studies, enabling easy access to campus training facilities.

We are committed to providing an environment for living and learning, and aim to do everything we can to ensure that your time with us in your new home is an experience you will never forget.

To hear more about living at Essex, view our video gallery, by visiting: www.essex.ac.uk/vr.



Sports and exercise science at Essex

BSc Sports and Exercise Science provides you with the opportunity to learn about the biology, physiology, biomechanics and psychology of sport and exercise. You will apply these sciences to an understanding of the role of exercise in the fitness and health of the whole population, as well as in the performance of athletes.

We have five spacious laboratories and a biomechanics suite, all fitted with state-of-the-art equipment. We also have two fully equipped clinical physiology labs, similar to those found in a hospital.

What skills will I graduate with?

You will learn how to: perform fitness assessments; measure physical work; monitor changes in physiology that result from exercise and training; assess psychological parameters; and quantify complex movements using computer analysis of video images. In addition, you will also acquire a portfolio of more widely applicable and highly marketable transferable skills.

Career opportunities

The sport, fitness, health and leisure sectors of the economy are booming and provide a variety of careers for well-qualified graduates. During the course you will also develop a range of skills (in numeracy, information technology, communication and time management, for example) that all employers value. You will also have the opportunity to spend a year abroad at a partner institution. For more details, please visit: www.essex.ac.uk/studyabroad.

Career destinations of recent graduates include working in the fields of sports performance, sports management and sports development, health care, teaching, and the health and fitness industry. Many of our students also undertake further postgraduate study.

For further information about sports and exercise science at Essex, please visit: www.essex.ac.uk/bs.



The next step

We welcome applications from squash players competing at an elite level, who will demonstrate a serious commitment towards training and competition whilst at University.

If you are interested in finding out more about our Squash High Performance Programme and how to apply, please contact Laura Eddie, Sports Development Officer, by telephone: +44 (0)1206 873392, or by e-mail: leddie@essex.ac.uk.

We will be pleased to arrange a visit to our campus, giving you the chance to meet the coaches and support staff, explore the facilities and experience what life is like as an athlete on the Squash High Performance Programme.

Keep up-to-date by following us on:



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YouTube.com/uniessex



Check out our video gallery by visiting: www.essex.ac.uk/vr

Please visit our website for more information about living and learning at Essex:

www.essex.ac.uk

