

# Centurion Junior Squash

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## RULES AND REGULATIONS

Squash sessions will be held at Midstream Squash Courts, next to swimming pool and Midstream Ridge opposite school

**Playing Kit** : Only Midstream College and Ridge sport clothes will be allowed. Takkies with gum soles and Protective eyewear compulsory.

Players are allowed to play bare feet but there is the possibility of splinters on court and sliding.

No player will be allowed on court without appropriate clothing and the necessary equipment. New players may borrow racquets from coaches, no need to buy for practicing purposes.

Protective eyewear can be bought from Maryna, Sportsman's Warehouse or Baseline Runners.

- Balls will be provided
- Players must please arrive ON TIME for their session as late comers cause unnecessary disruptions. If a player is going to be late, please SMS the coach before the start of the session
- Communication with coaches should preferably be via email or SMS. Receiving phone calls during the sessions cause disruptions
- No foul language, abusive or disruptive behavior will be tolerated
- Parents are **not** encouraged to stay during the session as it is distractive to players and coaches.
- If a player is absent for three consecutive weeks without a legal excuse, e.g. illness or other school sports, he/she will automatically be removed from the squad and a player on the waiting list will be allowed into the squad.
- No parent, friend, servant or family allowed to wait in the passage in front of the squash court's doors as this prevent one group from going out and next group from coming in .
- No player , friend, servant or family member allowed to go upstairs and play on the gym's equipment.
- Players must please bring a bottle of water to the sessions.
- Cell phones must be off or on silent during coaching sessions.
- Coaches will not take responsibility for loss of any personal belongings during training sessions at the courts.
- No smoking allowed by any player, parent or coach in or outside the club during coaching sessions
- Coaches do have the right to suspend a player who does not want to practice.
- All tournament dates will be send to the players but it is every player own responsibility to enter such tournaments.
- A compulsory registration fee of R200 per player or R400 per family payable before 1 January 2019
- If a power failure occur, the coaching session will still continue

Head Coach

Maryna Fourie 072 130 9381