



US Squash High Performance Plan

US Squash’s High-Performance plan is underpinned by its [Player Development Pathway](#) which is designed to identify and nurture future champions by recognizing promising players early and providing them with the training, coaching, and competitive opportunities needed to maximize their potential. This structured system offers a clear roadmap for progression, guiding athletes, coaches, and families through each stage of development—from grassroots participation to elite international performance—ensuring a seamless and sustainable journey to success.

US Squash’s High-Performance Plan concentrates on creating a supportive and effective environment for current top athletes while nurturing the next generation of champions, ensuring long-term success and competitive excellence on the global stage.

Mission Statement: To create a sustainable high-performance program that supports the development of top athletes and cultivates a pipeline of future champions, ensuring competitive excellence on the national and international stage.

Vision Statement: To be recognized as a leading nation in squash by consistently producing world-class athletes and achieving top performances in major international individual and team competitions.

Core Values:

- Excellence, Commitment, Collaboration, Accountability, Innovation, Integrity

HIGH PERFORMANCE PLAN (2025-2028)

GOALS:

1. Establish a robust and sustainable high-performance infrastructure.
2. Identify and nurture emerging talent throughout the Player Development Pathway to ensure a sustained pipeline of players at the professional level.
3. Sustain international success and recognition.
4. Foster a culture of excellence and continuous improvement

OBJECTIVES:

1. Provide comprehensive individualized support to up to the top 10 US male and female athletes.
2. Develop and maintain one regional high-performance training center in addition to the Specter Center.
3. Identify and begin to develop 5 emerging college and 10 emerging junior talents.
4. Increase the number of US players competing professionally with the objective of at least 6 players per gender ranked in the top 100.
5. Secure podium finishes in major international competitions such as World Championships and the Olympics.



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STRATEGIES AND ACTIONS:

1. High Performance Infrastructure

- Create a High-Performance Resource Team (HPRT) with experts who have experience in applying their knowledge to a high-performance squash player. The HPRT will support elite athlete development holistically. This includes Physio, S&C, Sports Psychology, Nutrition
- Supplement the squash coaching staff to support the Head National Coach specifically in the area of squash movement and fitness.
- Establish and fully equip one regional high-performance centers on the West Coast.

2. Athlete Support:

- **Comprehensive Support Package:**
 - Provide individualized training programs including, sports psychology, nutrition, S&C, physio as well as squash specific coaching and programs to up to the top 10 male and female US athletes, wherever they are based.
 - Provide centralized services at the Specter Center. However, the HPRT will be available remotely to ensure all athletes can take advantage of the expertise provided by that team.
 - For any player ranked in the top 30 PSA rankings, allocate additional direct financial support to offset travel and competition expenses.
 - Support developing players by funding specific programs which will directly benefit their development as a high performing squash player.

3. Talent Identification and Development:

- **Talent Identification Squads:**
 - Organize National Squash Academy-led squad sessions, in key areas of the U.S. to scout and evaluate young talents. Specifically schedule sessions around the Junior Championship Tour events to encourage player participation and local coach support. (NSA Aspire and Regional)
 - Organize NSA Aspire and Regional squad sessions in key emerging areas of the country, such as Atlanta, Midwest and South
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- Work with College coaches and college players to ensure players are supported while at college, specifically outside of the college season. (NSA U23 Program)
- Create training opportunities for Junior and College players in the summer alongside the High-Performance athletes so they can take advantage of the HPRT and National Squash coaching staff. (NSA performance and U23 and Professional)
- Track the progress of identified prospects to ensure they are committed to their development as squash players.

4. Competitive Opportunities:

- **Domestic Tournaments:**

- Organize and promote additional high-level competitions, such as Satellite and Challenger PSA events to provide an on ramp to professional competition for developing talent and support year-round play.

- **International Exposure:**

- Encourage international players to train at the Specter Center alongside US High Performance athletes to provide more high-level competitive play and exposure to different playing styles. (NSA International)
- Identify and facilitate participation in key junior international tournaments for top junior athletes to provide experience of different playing styles and environments.
- Provide opportunities for emerging junior, college and High-Performance athletes to compete on the international stage through selection to compete in National Team events including those organized by Panam squash and the WSF.
- Assist onboarding players to the PSA tournaments and facilitate their tournament strategy to help them gain a ranking. At the higher levels, work with local promoters to allocate wildcard opportunities to US players.

5. Culture of Excellence:

- **Continuous Improvement:**

- Implement regular reviews and evaluations of high-performance programs.
- Encourage feedback from athletes and coaches to identify areas for improvement.
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- Foster a supportive and high-achieving environment through workshops, seminars, and team-building activities.

KEY PERFORMANCE INDICATORS:

- Number of athletes training at regional high-performance centers
- Number of top athletes receiving direct support and indirect support.
- Number of emerging talents identified and developed.
- Number of players with a PSA ranking
- Successful implementation of the athlete development pathway.
- Medals and podium finishes at major international events.
- Continuous improvement metrics and feedback integration.

RESOURCE ALLOCATION:

1. Financial:

- Secure funding through sponsorships, grants (USOPC), and fundraising efforts.
- Allocate budget for direct athlete support, training center staff and operations, and competitive opportunities.

2. Human Resources:

- Recruit and retain top coaches, sports scientists, and support staff.
- Provide ongoing professional development opportunities for all staff.

3. Facilities:

- Maintain the current state-of-the-art training facilities and equipment.
- Ensure accessibility and quality of training environment at the Specter Center and regional center.

STAKEHOLDER ENGAGEMENT:

1. Athletes:

- Maintain open communication channels with athletes for feedback and support.
- Involve athletes in the development and evaluation of programs.



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2. Coaches:

- Engage coaches in strategic planning and decision-making processes.
- Provide platforms for knowledge sharing and collaboration.

SPONSORS AND PARTNERS:

- Develop strong relationships with sponsors and partners.
- Ensure transparent reporting and accountability to stakeholders.

RISK MANAGEMENT:

1. Financial Stability:

- Diversify funding sources to ensure financial stability.
- Implement prudent financial management practices.

2. Athlete Welfare:

- Prioritize athlete health and well-being in all programs.
- Develop protocols for injury prevention and management.

3. Program Adaptability:

- Regularly review and adapt programs to changing circumstances and feedback.
- Stay informed about global trends and best practices in high-performance sport.



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APPENDIX A

PLAYER DEVELOPMENT PATHWAY – BUILDING CHAMPIONS, INSPIRING THE FUTURE

Unlocking Potential One Step at a Time

[US Squash's Player Development Pathway](#) is designed to identify and nurture future champions, guiding players from grassroots participation to elite international performance. With a structured system, world-class coaching, and competitive opportunities, we provide athletes, coaches, and families with a clear roadmap for success.

A Strong Grassroots Foundation

Developing a passion for squash starts at the community level. Through junior leagues, school partnerships, and local programs, young athletes gain access to the sport, hone fundamental skills, and take their first steps toward competitive play. By investing in grassroots initiatives, we are expanding participation and strengthening the talent pipeline.

Road to the 2028 Olympics

With squash officially included in the 2028 Los Angeles Olympic Games, the importance of a well-defined development pathway has never been greater. Our mission is to prepare athletes to compete for gold on home soil by providing world-class training, exposure to elite competition, and high-performance support.

Long-Term Athlete Development

US Squash is committed to a sustainable, athlete-first approach, ensuring players progress at an appropriate pace while minimizing the risks of burnout and injury. Our pathway fosters a steady pipeline of elite competitors, preparing athletes for major events such as the World Championships, Pan American Games, and the Olympics.

Introducing the National Squash Academy (NSA)

The National Squash Academy is the cornerstone of US Squash's Player Development Pathway. Designed for athletes competing at a national level or showing elite potential, the NSA provides a structured approach to player development, from junior to professional ranks.

NSA Program Levels:

NSA – Aspire (U11-U19)

- Identifies top junior talent for elite training.
- Squad sessions at the Arlen Specter US Squash Center and regional hubs.
- Training alongside Team USA High Performance athletes.

NSA – Regional (U11-U19)

- Provides localized training to minimize travel burdens.
- Sessions integrated with Junior Championship Tour events.
- Led by National Coaching staff and regional coaches.



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NSA – Performance (U17, U19)

- Focused on athletes representing Team USA at the World Junior Championships and Pan American Junior Games.
- Players selected through U19 rankings.

NSA – Under 23 (U23)

- Bridges the gap between college and professional squash.
- Provides training, tournament planning, and exposure to PSA events.

NSA – International

- The Arlen Specter US Squash Center serves as a world-class training hub.
- International athletes can train alongside U.S. National Team players.

NSA – Professional

- Supports athletes transitioning to full-time professional careers.
- Access to coaching, strength and conditioning, and sports science resources.

NSA – National Team

- Players competing for Team USA on the world stage.
- Direct sponsorship opportunities based on ranking, commitment, and potential.

Join the Movement

US Squash is shaping the future of the sport by developing champions and growing participation nationwide. With the 2028 Olympics as a defining moment, we are building a legacy of excellence, ensuring that the next generation of players is ready to shine on the world stage.

For more information, visit: [TeamUSA Squash](https://www.teamusa.org/US-Squash)

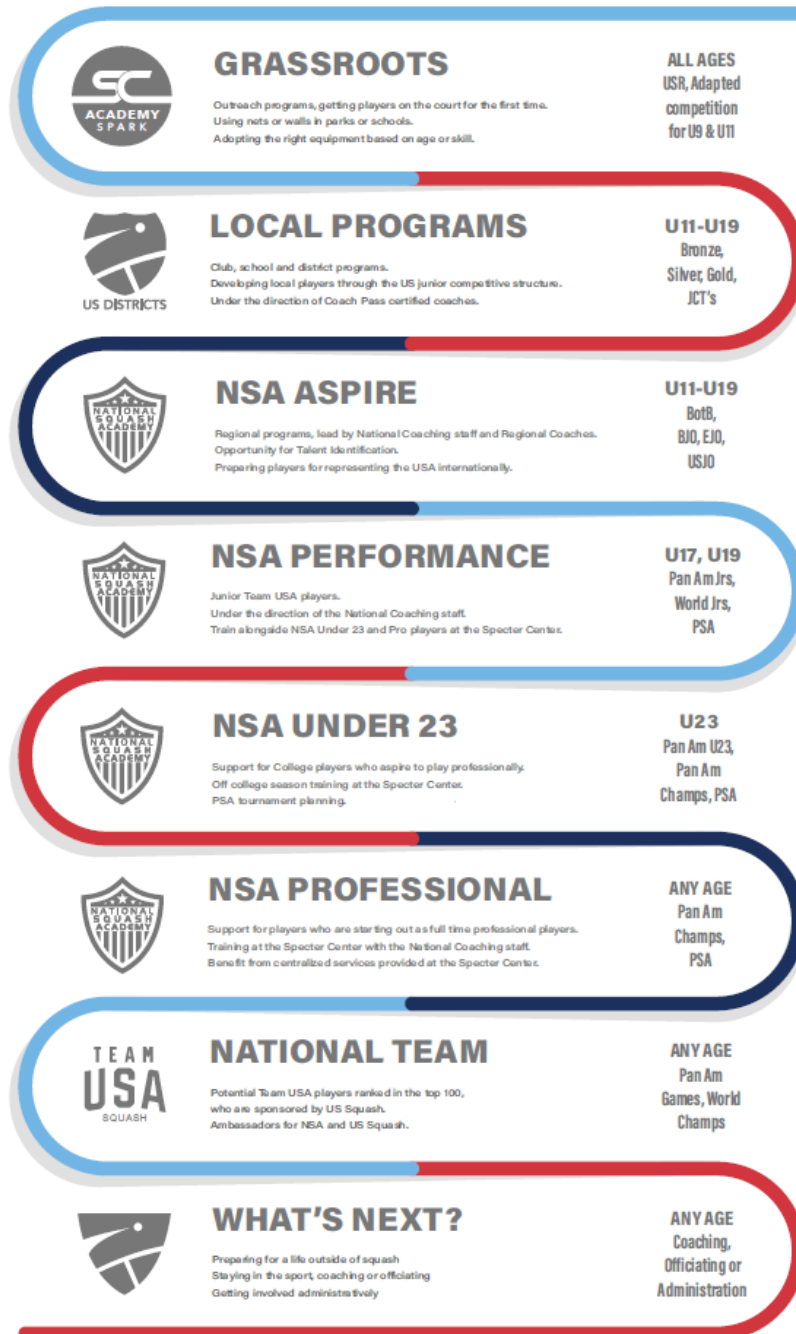


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US Squash Player Development Pathway





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APPENDIX B

Individualized Training Plans with High Performance Resource Team

**TEAM
USA**



SUMMER TRAINING PLANS



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Individualized Training Plans with High Performance Resource Team





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Individualized Training Plans with High Performance Resource Team

Solo/Skill	Technical ←	CV/Pressure →	Ghosting/Speed	Matchplay/Squads Routines	S&C	Match Analysis
<p>x4 per week</p> <ul style="list-style-type: none"> -Open skill -Closed skill -Ball machine (which can be linked with a ghosting pattern) 	<p>x1 per week</p> <p>with Nick Linked with Match analysis</p>	<p>x1 per week</p> <p>with Nick</p> <p>Tuesday 2:00-5:00pm</p> <p>Wednesday 2:00-5:00pm</p> <p>Thursday 2:00-5:00pm</p>	<p>x2/3 per week</p> <ul style="list-style-type: none"> -Anaerobic 10x 2minutes w 30 seconds rest -Technical Hopp ghost -Tempo Different speeds and timings -Physical 12 points -Pyramid 30 x sets 30 seconds to 2 minutes Pointing (add skipping) (2's) - 6 positons -Speed Ghost 1x step (6) -100 shot 3, 4 or 5 sets (2 minute) 	<p>7x per week</p> <p>3x Squads 2x matches 2x routines/practise</p> <ul style="list-style-type: none"> -Other professionals -College players -Depending on level back to back matches -Practise matches should be treated the same as PSA matches, warm-up, mental preperation 	<p>x1/2 per week</p> <ul style="list-style-type: none"> -No sessions in Competition weeks. Independant sessions in season if needed. <p>Brigita note: Recommends 1-3 per week and sessions in competition weeks.</p>	<p>x1 every 2 weeks</p> <ul style="list-style-type: none"> Record practise matches and clip certain rallies linked with player focus and development. -Matches from Tournaments -Watching PSA matches

Note: Warm up and Mobility happens before/after every sessions. **Player has full responsibility of thier training and journey.**



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Individualized Training Plans with High Performance Resource Team



NATIONAL TEAMS

Wk	Session time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
	AM	Pressure/CV	Squad	Mental Webinar	Squad	S&C Technical Ghost	Off court conditioning	Rest
1	PM	S&C	Matchplay	Tempo ghost	Matchplay	Rest	Matchplay	Rest
	EVE	Technical Lesson	Solo/Skill	Squad	High Tempo Feed	Rest	Solo/Feed Condition	Rest
	BOLT-ON	Skipping	Mobility	Mindset	Video Analysis			Rest



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Typical Training Week (Non-Competition week)

SESSION/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 - AM	Twich Warm Up - Accuracy/Ball Control	Solo/Skill session	Solo/Feeds &	Solo/Ghosting	Solo/Feeds	Twich Warm Up - Ghosting
2 - AM	Power	COD	Match Analysis - Game reviews	Strength	CV/Pressure	Matchplay
3 - PM	Condition Games/ Matchplay	Condition Games	Twich Warm Up - League	Match Play	Skill Session	Rest