



Racquetball Canada Skills Development Program



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Here is the information on how you, the coach, can best use the Racquetball Canada Skills Development Program. The program was put together with a very specific audience and purpose that can be broken down into 3 different sections:

- 1) The Introduction pages for the overall program, what racquetball is, what the program is about and who it is for, was designed specifically for parents. These are quick, colour-coded, one-page summaries of each level to help the parent, and player if desired, know what to expect and have an overall sense of what is trying to be accomplished in the program. Ideally parents will simply go to the Racquetball Canada website, www.racquetball.ca and be able to download each page, or perhaps the coach may have extra copies on hand to give out.
- 2) The Drills Manual is intended to be solely used by a Racquetball Canada certified Competition - Introduction or trained Community-Initiation coach. The goal is to encourage more people to get training and become certified to help with the overall development of Racquetball across Canada. That is why, at this time, it will be acceptable for Community-Initiation coaches to use this program on behalf of Racquetball Canada. Ideally, there would be a growing stream of active Competition-Introduction coaches in all regions across the country. However, a Community - Initiation coach might want some additional training to run a weekly program. The Drills Manual is intended to be a resource to run a weekly program where players can progress through the levels. It outlines specific drills, concepts, pictures and teaching tools to assist in teaching the respective skills. Another resource to refer to is the Competition Introduction manuals, specifically the Toolbox and the Long Term Athlete Development Plan also created by Racquetball Canada. The RSDP is directly related to LTAD Stage 2, FUNdamentals and Stage 3 Learning to Train. The Drills Manual was not intended to be distributed to parents and players, but of course could be if the coach feels it to be beneficial.
- 3) The Report Cards are to be used by a Racquetball Canada certified Competition-Introduction or trained Community-Initiation coach when evaluating a player. After the evaluation is complete it is advised that the coach give the player the Report Card to take home for feedback and to show their parents if possible, just like in school. This will be a great teaching tool for tracking progress, establishing more consistent measures across the country, and overall faster and more efficient skill development. As it is mentioned in the Introduction pages, there is no specific time period for a player to complete a level. However once a level is completed, it is expected that the coach will distribute the appropriate coloured bracelet. This bracelet is colour coordinated to match the colour scheme in the Introduction pages. For example, after completing Level 1 an orange bracelet should be given out and so on. The bracelets will be distributed by Racquetball Canada.

The organization of the RSDP was meant to be as practical and user friendly as possible. Having this material organized and distributed across the country we can help promote and develop the sport to a higher level.

Acknowledgements

Racquetball Canada would like to thank all of the individuals involved in making this program a success. There are many components involved from the actual writing, to the graphics and layout, the photography, and the editing. I was originally hired to write the specific Skills portion of the RSDP back in September of 2009. As the project evolved, it became apparent that there needed to be an evaluation tool and a Drills Manual to complement the Skill Levels. Lori-Jane Powell and I had worked on the LTAD together and it was an easy fit for Lori and I to work together to finish this project off. Lori helped with the creation of the Drills Manual, overall editing, photo selection and was an invaluable resource for her academic skills and understanding of the sport.

Ricardo Gonzalez “Tucky Kravitz” has worked all hours of the day to produce the graphics and layout of the project. A recent fine arts grad, Tucky has gone above and beyond to make sure Racquetball Canada has a 1st class product in the RSDP. Tucky is originally from San Luis Potisi, Mexico, and has been playing racquetball all of his life. He is currently working and residing in San Diego and again has been a key ingredient in the quality but also the punctuality of the project. The photo shoot was done by Matthew Ramage from Stuart Kasdorf Photographics. Everything was very professional and they have worked with us to make sure with have a high quality product and that everything is done on time.

The photo shoot was done at the University of Saskatchewan, PAC building. Special thanks to Cary Primeau and Brad Birnie who allowed us to use the racquetball court for as long as we wanted on very short notice.

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And finally to recognize the people who worked so hard behind the scenes. Geri Powell is the VP of Development for Racquetball Canada and has done everything from fundraising for Junior Team uniforms to writing press releases and doing interviews for National Team athletes. Geri has been the connection to Sport Canada and the link between the writers and coaches. Special thanks to all the people who gave feedback on the RSDP over the past several months. Your comments are much appreciated it helped make the project practical and effective.



Racquetball Canada Skills Development Program

Welcome and congratulations for picking to play racquetball one of the fastest, most exciting and enjoyable sports on the planet!

Racquetball can be fast, but it is played and enjoyed by all skill, age and athletic abilities, all over the world. Racquetball is most commonly played indoors, but can also be played outdoors on a one or three wall court. (www.worldoutdoorracquetball.com)

Racquetball originated in the USA and evolved from handball by using racquets. Since then, the game has been transformed by technology, a Professional competition and growth to all corners of the globe. Racquetball has World Championships, National and Provincial Championships, is a Pan American Games Sport and has a Men's and Women's professional tour. Racquetball Canada is the National Sport Organization, which assists in promoting and organizing racquetball in Canada. They provide services and programs for their membership and work in conjunction with provincial organizations and the overall racquetball community. The website for Racquetball Canada is www.racquetball.ca. Racquetball Canada receives funding from Sport Canada and other fundraising activities.



What is the Racquetball Canada Skills Development Program?

The Racquetball Canada Skills Development Program (RSDP) is a 4 level program created by Racquetball Canada. The RSDP works in conjunction with the Long Term Athlete Development (LTAD) model. The specific LTAD stages or the RSDP works with Stage 2 FUNDamentals and Stage 3 Learning to Train. For information on the LTAD please refer to www.canadiansportforlife.ca. The RSDP is administered by a Racquetball Canada certified or trained coach. The goal of the program is to take a beginner and help them learn and execute basic skills, understand the rules and be able to referee as well as demonstrate safety on and off the court. There is no time limit on each level as the program is geared toward skill development and personal growth.



Racquetball Canada Skills Development Program

Who is this Program for?

The sooner the better, but the RSDP is designed for anyone who would like to learn and become proficient at the basic skills of racquetball. From learning how to keep score and refereeing, to hitting a winning shot during a match the RSDP will help you do that. Racquetball is open to everyone so give it a shot!

A new way of teaching and learning

In accordance with Sport Canada guidelines, Racquetball Canada has recently created and continues to innovate, new coach training and certification programs. The purpose of this is to better serve the members and potential players of the sport of racquetball in Canada. With an interactive and athlete directed focus, Racquetball Canada certified coaches will work with athletes to maximize learning and fun.



What can parents do?

Anyone can participate in the RSDP, but it is assumed that the majority of players who take the course would be under the age of 18. It is therefore important for parents to understand their role during the process of the RSDP. It is important to work as a team between the coach, child and parent to create a fun and positive environment.

Tips for parents to keep in mind

- Support your child as they learn and congratulate them on their efforts as they experience improvement
- Make sure the equipment they have fits appropriately and is safe, if you're not sure, ask a certified coach
- Ask the coach for suggestions how you can help your child learn and develop
- Encourage your child to have fun when learning new skills either during a structured lesson or on their own
- If you haven't try to play give it a shot and role model for your child the importance of doing something new and been active

Racquetball is good for you!!

The Racquetball Canada Skills Development Program can help you:

- Improve overall health and well being by being active
- Improve coordination and overall athletic performance
- Have fun and learn new skills in a safe environment
- Meet new people and make new friends