



FAQs

I'm interested in becoming a squash coach. What is involved?

Irish Squash schedules an annual Coach Education Programme teaching candidates to deliver squash coaching at appropriate standards. Successful candidates are certified to reflect the qualification obtained. Irish Squash qualifications are aligned with Coaching qualifications provided by [Coaching Ireland](#)

All candidates regardless of ability and/or experience are required to successfully complete Level One Certificate in Coaching Squash prior to progressing further.

Candidates submit the appropriate application and payment. During the course, candidates will practice coaching, complete an element of home study and subsequently be formally assessed via written and/or practical assessments.

Where can I obtain further information regarding this?

Irish Squash will publish dates of upcoming coach training programmes on this site [here](#). We aim to run a Level 1 coaching programme at least once a year in each province. The frequency of other programmes depends upon demand.

How do I know whether I am the right sort of person to become a coach?

Please seek advice from people in your team, club or from an existing squash coach. You will need to be technically competent (being able to demonstrate all shots) and have a reasonable knowledge and understanding of the game. Good coaching personality traits include patience and the ability to be supportive and enthusiastic as ultimately you will be helping players to learn and/or improve at a game they love.

Is there anything I can do before the course to get ready for it?

There are quite a few things depending upon your standard, squash knowledge and experience. It would be really useful to have had some coaching yourself if you haven't already.

Read a book on squash, watch good squash, learn the rules and practice your refereeing at team matches.

Sport science continues to evolve so as well as our experience we have some theoretical knowledge to help our understanding and so make better decisions and be better equipped to give advice.

Try to get the opportunity to help out at club night or junior coaching sessions, assisting players with easy hitting and rallying. The art of feeding is one of the things you will learn on the course and you will need to practice this.

Ask a professional coach or your club coach questions. Ask if you can watch some lessons so you can see how these are structured and the activities progressed.



There is a lot to take in on the course and it will show you what you can do but coach education is an ongoing process.

How much is it?

- Level 1 Coaching Qualification Costs €150.
- Level 2 Coaching Qualification Costs €250

Coaching qualifications for the Level 3 and Level 4 programmes are being revised and as such the costs have yet to be decided.

Do I have to have a Garda check?

Yes. All coaches are required to undergo Garda vetting. This is straightforward and we have forms to complete in the office. The form requires that you submit a record of where you have lived and takes 4-6 weeks for approval. Please also read our policy on safeguarding children [here](#)

When do the courses take place?

The coaching programme schedule will be published [here](#).

What happens if I am not successful when undertaking a coaching qualification?

If a candidate is deemed unsuccessful following the course assessment, candidates will re-sit the appropriate elements. The course tutor will outline the area(s) in which the candidate must improve and provide an indication of the timescale in which to apply for re-assessment.

Candidates **MUST** contact the Coaching Department to arrange a suitable date and venue for re-assessment. Full payment (if appropriate) required prior to confirmation of arrangements. Re-assessments must be completed within 12 months of the original date of the course.