

# SQUASH & PADEL TENNIS COACHING DIRECTORY



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# INTRODUCTION



**Kean Williams**

**Club Chairman / Business & coaching development lead**



Welcome to the Market Harborough Squash & Padel Club coaching directory. The club is committed to talent development and coaching at all levels to help our members to improve their game whether that be Squash, Racketball or Padel Tennis. This was a key feedback point from our 2022 Members focus group poll.

For many years we have had a Junior squash academy which developed hugely over the past 10 years or more under the stewardship of Steve and Alison Avil who then handed over to the capable hands of Laura Holding (Juniors) and Georgie Willock (tots). These volunteers together with others have given a huge amount to the Club over many years and we are forever grateful. We have seen strong graduates from the academy now playing in our county teams. In 2020 we built our Padel Tennis courts and with this Mark Willock took up the role of Junior Academy lead once again putting in many volunteer hours together with other volunteers to improve the game of our younger players.

In addition to Junior academies we offer a number of coaching and improvement sessions to adult members. These include formal and informal coaching options and 1-1 sessions for Squash, Racketball and Padel.

This directory provides a full overview of the coaching that is offered. Additionally it includes the roles undertaken by our volunteers and the individuals offering coaching including private 1-1 sessions for members. All of our lead coaches are DBS checked and have an appropriate qualification including sport specific as well as safeguarding and first aid.

Our 2022 focus groups for members indicated that coaching was a large requirement for members and, whilst we have always provided a lot of this, it may not have been publicised and formalised in this way. We are actively seeking more volunteers to our team and in return we will support you to become a qualified coach. Our Youth section are also encouraged to volunteer as part of the DofE award scheme.

Thanks Kean

# SQUASH & RACKETBALL COACHING

<b>Types of coaching</b>	<b>Description</b>	<b>How to enrol</b>
Tots squash (Saturday mornings in School Term time 8.30am-10am)	Introducing all 4+ Children to racket sports to practice shots and develop court awareness getting to an ability level to progress to the Junior academy	Please contact the Tots Squash Co-ordinator to ask questions and enrol your child. Payment is made to the club for a term via payment link or at the Bar
Junior squash academy (Friday evenings in school term time 5.30-7pm)	Taking children aged 7+ from beginner to intermediate and beyond	Please contact the Junior Squash Co-ordinator to ask questions and enrol your child. Payment is made to the club for a term via payment link or at the Bar
Junior Squash after school club (Tuesday afternoons 3.45-4.45pm)	Time for Junior members to practice with other members & guests in an informal instructor led session	
Adult group squash or racketball club nights (ad-hoc)	All members are invited to join ad-hoc group squash or racketball coach led sessions as part of club nights	Check our members portal Calendar or watch out for notifications via WhatsApp and enrol
Adult group racketball mix in (ad-hoc)	As part of regular Friday morning and Sunday evening mix-ins a coach/instructor may lead a session	No need to enrol, this is based on availability of coaches to join sessions and is by request
Adult 1-1 private coaching (squash & racketball on demand)	All members can contact a Club endorsed coach for 1-1 or 1-group coaching	Check the coaching Biographies and contact the coach that directly fits your requirements. Payment is made direct to the Coach.
Junior squash and racketball school holiday camps	Members / non-members invited to join coach led camps during school holidays	See posters, WhatsApp and social media notifications and enrol

# PADEL TENNIS COACHING

<b>Types of coaching</b>	<b>Description</b>	<b>How to enrol</b>
Tots rackets (Saturday mornings in School Term time 8.30am-10am)	Introducing all 4+ Children to racket sports to practice shots and develop court awareness getting to an ability level to progress to the Junior Padel academy	Please contact the Tots Squash Co-ordinator to ask questions and enrol your child. Payment is made to the club for a term via payment link or at the Bar
Junior Padel academy (Saturday mornings in school term time 0915-1100am)	Taking children aged 7+ from beginner to intermediate and beyond	Please contact the Junior Padel Co-ordinator to ask questions and enrol your child. Payment is made to the club for a term via payment link or at the Bar
Adult group padel drives (monthly as advertised)	A monthly ability level padel drive led by a Coach. Coaching drills in groups designed to improve your game	See posters or notifications via WhatsApp or social media and enrol. Payment is made direct to the Coach on the day
Adult group Padel mix in (ad-hoc)	As part of regular Wednesday lunch, Friday morning or Saturday morning, a coach/instructor may lead a session	No need to enrol, this is based on availability of coaches to join sessions and is by request
Adult 1-1 private padel coaching on demand)	All members can contact a Club endorsed coach for 1-1 or 1-group coaching	Check the coaching Biographies and contact the coach that directly fits your requirements. Payment is made direct to the Coach.
Junior padel school holiday camps	Members / non-members invited to join coach led camps during school holidays	See posters, WhatsApp and social media notifications and enrol

# SQUASH & RACKETBALL COACHING TEAM

## Club Coaching Officials

**Kean Williams** - Squash & Padel club coaching development lead [keanw43@gmail.com](mailto:keanw43@gmail.com)

**Laura Holding** - Junior coaching co-ordinator [laura-holding@hotmail.co.uk](mailto:laura-holding@hotmail.co.uk)

**Georgie Willock** - Tots squash co-ordinator [georgieharriet@hotmail.com](mailto:georgieharriet@hotmail.com)

**Karen Pears** - Tots squash co-ordinator [karen.nealpears@icloud.com](mailto:karen.nealpears@icloud.com)

## England Squash qualified Level 2 Coaches

**Ant Tetley\*** - [artetley26@gmail.com](mailto:artetley26@gmail.com)

**Laura Holding\*** - [laura-holding@hotmail.co.uk](mailto:laura-holding@hotmail.co.uk)

**Steve Avil\*** - [steve.avil59@gmail.com](mailto:steve.avil59@gmail.com)

**Martin Gear\*** - [martin@gear.co.uk](mailto:martin@gear.co.uk)

## England Squash qualified Level 1 Coaches

**Richard Holding** - [richardjholding@gmail.com](mailto:richardjholding@gmail.com)

**Kean Williams** - [keanw43@gmail.com](mailto:keanw43@gmail.com)

**Ben Bee** - [benbee041@gmail.com](mailto:benbee041@gmail.com)

**Georgie Willock** - [georgieharriet@hotmail.com](mailto:georgieharriet@hotmail.com)

\*club endorsed private coaching available, please contact coach directly (see Club Endorsed Coaches section)

# PADEL TENNIS COACHING TEAM

## Club Coaching Officials

**Kean Williams\*** - Squash & Padel club coaching development lead, Junior coaching co-ordinator  
[keanw43@gmail.com](mailto:keanw43@gmail.com)

**Ben Bee** - Padel section committee representative [benbee041@gmail.com](mailto:benbee041@gmail.com)

## Qualified Coaches

**Kean Williams\*** - Padelmba academy Certified Padel Coach & LTA intro to padel coaching award  
[keanw43@gmail.com](mailto:keanw43@gmail.com)

**Ben Bee** - Padelmba academy Certified Padel Coach [benbee041@gmail.com](mailto:benbee041@gmail.com)

**Steve Avil\*** - Hello Padel Bronze Award [steve.avil59@gmail.com](mailto:steve.avil59@gmail.com)

\*club endorsed private coaching available, please contact coach directly (see Club Endorsed Coaches section)



# SQUASH & RACKETBALL CLUB ENDORSED COACHES

- Appropriate qualification (and insurance) or years of experience
- Current DBS and safeguarding certification
- 30+ hours of voluntary junior coaching per annum

## Laura Holding



Laura heads up our Junior Squash Academy and is an England Squash Level 2 affiliated coach. Laura has been coaching our Juniors and adults for over 8 years and is passionate about getting more young people into the sport. She is the 2023 Ladies Club Champion and Ladies Team captain. Laura runs training sessions for ladies of all standards and is always encouraging more girls and ladies to participate.

[laura-holding@hotmail.co.uk](mailto:laura-holding@hotmail.co.uk) / 07900431191

## Ant Tetley



Ant has been coaching for over 10 years now and having already attained his England Squash Level 2 coaching qualification he is now embarking on Level 3. Ant has been helping both Steve and then Laura to run our Junior Academy for many years and is now using technology to broadcast on big screen in the club. Juniors and Adults alike are treated to an examination of their technique with Ant and his Gopro putting the spotlight on. Ant also helps to run group Squash and Racketball coaching sessions on club nights. Mr Shouty brings fun and skill to the squash court much to the delight of those that work with him.

[artetley26@gmail.com](mailto:artetley26@gmail.com) / 07721014710

## Steve Avil



Steve is a former club Chair and headed up our Junior Squash academy for many years before handing over both roles. Steve has been helping to coach our juniors and adult members for over 15 years (coaching in general for over 20 years) and is still going strong. Steve is an England Squash Level 2 certified coach and a huge squash enthusiast, nobody is spared from his analysis and coaching whether playing with him, against him or just on court when he is around. Steve and wife Alison are former National Squash Club Coaches of the year and Steve has represented the County at age level.

[steve.avil59@gmail.com](mailto:steve.avil59@gmail.com) / 07715021313

## Martin Gear



Martin spent many years voluntarily coaching our juniors and is a multiple year club champion. He has also represented the county and country at age group level and as a result brings a great deal of experience of top level squash to his coaching. Martin is an England Squash Level 2 certified coach.

[martin@gear.co.uk](mailto:martin@gear.co.uk) / 07715021313



# PADEL TENNIS CLUB ENDORSED COACHES

- Appropriate qualification or years of experience
- Current DBS and safeguard certification
- 30+ hours of voluntary junior coaching per annum

**Kean Williams**



Kean is Club Chairman and a separate role as Squash & Padel Coaching Development Lead. He first started playing Padel in Spain in 2007 and has been coaching our Juniors and adults for 2+ years. Kean attended the LTA introduction to padel for coaches in 2022 and passed the padelmba Certified Padel Coach (Head Coach Level) qualification in June 2023. He arranges mix-ins for members providing helpful hints & tips to beginners and intermediate players and also runs monthly padel drives for our members. Kean is a level 1 squash coach and runs our Junior After School Squash Club on Tuesday afternoons.

[keanw43@gmail.com](mailto:keanw43@gmail.com) / [07971117304](tel:07971117304)

**Steve Avil**



Steve is a former club Chair and headed up our Junior Squash academy for many years before handing over both roles. Steve has been helping to coach our Padel Juniors for over 2 years and attained the Hello Padel Bronze award in 2021. He has over 20 years of coaching experience and is an England Squash Level 2 certified coach.

[steve.avil59@gmail.com](mailto:steve.avil59@gmail.com) / [07715021313](tel:07715021313)

**Ben Bee**



Ben helps to run our junior coaching on a Saturday morning and the monthly padel drives. Ben passed the padelmba Certified Padel Coach (Head Coach Level) qualification in June 2023. Ben is the Padel section representative on the club committee and heads up our club strategy & development.

[benbee041@gmail.com](mailto:benbee041@gmail.com) / [07748988599](tel:07748988599)



# APPENDIX- SQUASH & PADEL COACHING ROLES

## **Squash & Padel club coaching development lead**

Responsible for setting the framework for all coaching across the Squash & Padel Club including Juniors & Adult members

## **Junior Squash or Padel coaching co-ordinator volunteer**

Heads up the Junior coaching for either Squash or Padel, ensuring that coaches, parents and juniors are kept aware of coaching goals, schedules and costs for each term

## **Junior Squash or Padel coaching volunteer**

Helps the coaching co-ordinator to plan and run coaching sessions for Juniors

## **Tots squash co-ordinator volunteer**

Heads up the Tots Squash coaching programme ensuring that coaches, parents and juniors are kept aware of coaching goals, schedules and costs for each term

## **Junior Squash or Padel coaching assistant volunteer**

Helps the coaching volunteer to run coaching sessions for Juniors

## **Club endorsed coach**

Is approved by the Club Committee to run private coaching sessions with Club members



Club Welfare & Safeguarding Officer - Ailsa Stephenson  
Safeguarding policies - [harboroughcsc.co.uk/club-terms-conditions](http://harboroughcsc.co.uk/club-terms-conditions)