

## **STABLE BODIED SQUASH APP**

Hi, my name is Josh Saysell. I coach both squash and "strength and conditioning" (S&C) from my base at the T Squash academy in Cincinnati, Ohio. I am very excited to be introducing the squash community to the new Stable Bodied Squash app!

### **Why choose Stable Bodied Squash?**

For the first time in squash here is a structured physical program that is 100% specific to the sport. The course is progressive, detailed and easy to follow. There is no need to piece together random bits of information from Instagram or Google any more! We will track your progress and build your body brick-by-brick. You will be training smarter and harder, with fewer injuries.

### **My experiences**

As a junior player I was fortunate to travel the world playing squash, which was my dream. I had a successful junior career reaching heights of number 2 in Europe, but unfortunately any physical coaching was lacking. This resulted in injuries and a problem sustaining quality throughout tournaments.

Through the later stages of my playing career I was able to work with an elite S & C coach who acted as my mentor. I continued to work with him when I started my coaching journey. It was during this time I learnt more about the importance of being robust and healthy. My aim now is to build bodies that are fit for squash and life beyond the court!

### **Challenging common misconceptions**

When I ask players what physical attribute they want to improve the answer is often speed on court. Of course, this is important. But, before you get quicker you must first get stronger. Strength improves your balance over the shot, whether you are holding position or lunging to the ball. Therefore you are more efficient. Therefore you are quicker.

### **The "DominaTe" Programme**

I have worked on building a progressive program called "DominaTe". The program aims to improve foundational aspects of strength, power, speed, agility, and endurance. It then looks in detail at squash-specific aspects. This includes the split-step, acceleration, deceleration, and of course stability!

I designed this program to fit a variety of players. It is appropriate for club juniors playing tournaments, juniors preparing to go to college and adult players.

The app provides clear visual instruction, using videos throughout. Regular testing sessions keep track of your progress, as well as post court bolt on sessions, warm ups and mobility exercises.

Access the "DominaTe" program through an app available on iOS or Android. The program consists of 4 phases built with 2-3 training sessions p.week across 24 weeks, there is no equipment required other than a squash court or a similar sized space!

### **Purchase the app in 1 of 2 ways**

#### **App membership options:-**

1 - \$50 p.month subscription (2month minimum subscription)

2 - \$250 1 year membership

**To purchase the app please email**

**stablebodiedsquash2020@gmail.com**

Please include in email. App membership type (Monthly or Year), players name, age, club/school and desired email address for login to the app.

## **Program breakdown**

- **Global capacity** (Building a baseline strength and building basic functional movement patterns)
- **Muscular endurance & Speed development** (Improving localised muscular endurance. Building ankle stiffness with basic foot speed)
- **Strength development, Deceleration control & Agility** (Moving onto advanced strength movements with use of isometrics and eccentric focus. Developing deceleration control, force absorption and speed of change of direction)
- **Explosive strength & Specific movement** (Becoming more explosive with use of low level plyometrics and strength. Improving the split step and first step off the T into specific patterns)

## **Testimonials**

### **Hassan Khalil - British u17 Champion & Harvard recruit 2021**

“Working with Josh over a couple of years really gave me a good insight on how I can improve my game through physical programming. Now heading towards the World junior open I am looking forward to preparing with the help of Stable Bodied Squash”

### **Chris Ryder - Former world no.32 and England Squash junior performance coach**

“Josh has a strong understanding of the game when it comes to playing and coaching. I feel this adds a unique insight to the game when it comes to building relative physical programming for players”

### **JP Tew - 3x US national junior champion**

“Josh helped me greatly with my strength and endurance on court. After working with Stable Bodied Squash for a few months I felt the fittest and strongest I’d ever felt”

### **Rohan Iyer - US u17 No.1 & Cornell recruit 2021**

“After working with Josh at Stable Bodied Squash for just a few months I noticed a considerable difference in my strength on court and improvement in my cardiovascular endurance”

### **Emma Watts-Roy - Bowdoin women’s team player 2021**

“Throughout my time working with Josh I have noticed a major improvement in my first step speed off the T and strength on the ball. His precision and passion drives me to give 110% at all times!”