

PLAYERS MANUAL

Venue



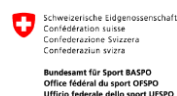
Hotel



Sponsors



Official support



Welcome from the president of Swiss Squash



Sport connects us, teaches us tolerance, team spirit, solidarity, and even more to deal with victory and defeat. Many values that are taught in sport, such as performance and teamwork, but also strength and endurance, willpower and stamina, have their validity and importance far beyond sport. Competitions are those areas in life where you have to push the limits to be successful. Feeling the limits, always wanting to push them to improve performance are the factors that make the sport so appealing to many.

Swiss Squash is extremely pleased that the ESF European u19 Individual & Mixed Team Championships will take place in the year in which Swiss Squash celebrates its 50th anniversary.

I would like to thank all those who contribute to the success of this event.

Finally, I wish all athletes and visitors exciting and injury-free matches. I also wish the participants every success.

Ernst Roth
President Swiss Squash



Welcome from Nici Müller and his home club



Nicolas Müller
European Champion 2023

Welcome to my squash home. Sihlsports has been my base in Switzerland for 30 years and Squash Club Sihltal has been my Swiss home club for almost as long.

I am delighted that Langnau am Albis is once again hosting the Junior u19 European Squash Championships this year. On behalf of the whole SIHLSPORTS team, I welcome you to Sihltal and wish you exciting and fair matches. May the best win.



Nicolas Müller
European u19 Champion 2006

Welcome of the president of European Squash

Welcome to the European under 19 Individual & Team Squash Championships 2023.



As the president of the European Squash Federation, it is an honour to welcome you all to Langnau, Switzerland for the 2023 edition. Around 112 players in the individual event and 16 countries for the team event are participating and I'm sure we will experience some great squash over the next 10 days.

I have always believed that one of the strongest benefits with sport, and Squash in particular, is that it gives an opportunity to unite young players across all of Europe; not only to play squash, but to meet and have

a chance to share thoughts and ideas from different cultures.

I would also like to welcome all the coaches, managers, parents, and supporters, because our young squash players need your support in order to achieve their goals.

The European Squash Federation is very grateful to Swiss Squash and especially to Sihlsports and Michael Müller for organising these Championships. Michael is supported by his organising committee as well as the ESF Junior Committee with Chair Rosie Barry together with Seeding Panel director Michael Gaede, The ESF Event Director Pavel Sladeczek and Tournament Software Operator Marcel Borst. I hope all of you- players, coaches, and parents can appreciate their effort and time.

All of us would like to thank the sponsors that support these Championships and the many volunteers who make them successful.

This is also a very special year as both Swiss Squash and European Squash Federation celebrate their 50th anniversary. We have come a long way since 1973, but we need to try harder to make squash more visible and an attractive choice for more people.

I wish you all a great time in Switzerland with many good and fair matches and above all, lots of fun.

Thomas Troedsson

President European Squash Federation

Top seeded players

- Girls
 - Asia Harris – 1, ENG
 - Lauren Baltayan – 2, FRA
 - Franka Vidovic – 3/4, CRO
 - Amelie Haworth – 3/4, ENG
- Boys
 - Jonah Bryant – 1, ENG
 - Rowan Damming – 2, NED
 - David Bernet – 3/4, SUI
 - Melvil Scianimanico – 3/4, FRA



Squash ESF European under 19 Individual & Mixed Teams Championships 2023

Langnau am Albis, Switzerland, April 1 – 4 Individual, April 6 – 9 Team

Programme

- Friday, March 31
 - o Arrival Day Individual Event
 - o Managers Meeting 20:00 @SIHLSPORTS)
- Saturday, April 1
 - o Words of welcome 10:00
 - o Round 1 Individual 10:00 – 14:30
 - o Round 2 Individual 14:30 – 19:00
- Sunday, April 2
 - o Round 3 Individual 10:00 – 14:30
 - o Quarter Finals / Round 4 Individual 14:30 – 19:30
 - o 50 years Swiss Squash – Apéro 17:00
- Monday, April 3
 - o Round 5 Individual 10:00 – 18:30
 - o Semi Finals 15:00 – 18:30
- Tuesday, April 4
 - o Round 6 Individual 10:00 – 15:30
 - o Finals with Flower Ceremonies: 15:30 – 17:30
 - o Official Dinner – Medal awards ceremony from 19:00

- Wednesday, April 5
 - o Rest Day
 - o Departure Day Individual Event
 - o Arrival Day Mixed Team Event
 - o Try Squash Tournament
 - o Managers Meeting 20:00 @HOTEL)

- Thursday, April 6
 - o Opening 14:00
 - o Pool Stage Team 14:30 – 19:00
- Friday, April 7
 - o Pool Stage Team 10:00 – 19:00
- Saturday, April 8
 - o Knock out Stage & Quarterfinals Team 10:00 – 17:00
 - o Event Swiss Olympic Talent Card National Holders 16:00
 - o Semi Finals Team 17:00 – 19:30
- Sunday, April 9
 - o Knock out Stage Team 10:00 – 15:00
 - o Final Team with Medal award ceremony 15:00 – 17:30
 - o Official Dinner & Party from 19:00
- Monday, April 10
 - o Departure Day

Locations

- SIHLSPORTS AG, Sihlstrasse 63, 8135 Langnau am Albis, www.sihlsports.ch
- HOTEL IBIS, Zürichstrasse 105, 8134 Adliswil, www.ibiszurich.ch

Organisation Committee

- Championship Director (CD): Michael Müller
- ESF Event Director (ED): Pavel Sladeczek
- ESF Tournament Software Operator (TSO): Marcel Borst
- Tournament Referee (TR): Tomáš Fořter
- Tournament Manager Individual (TMI): Diego Staub
- Tournament Manager Team (TMT): Philipp Schaller
- Media & Press Official (MO): Alexander Kühn

Championships Adjudicating Panel – CAP

- ESF Event Director: Pavel Sladeczek
- Championship Director: Michael Müller
- Team Manager: Yann Menegaux

Refereeing

- There will be official and qualified referees at the tournament.
- In unlikely circumstances players might be asked to referee.
- The referees' corner is situated next to the entrance in the shop.

Referees

- ESF nominated referees:
 - o Alicja Ciszewska POL
 - o Iana Kovalska UKR
 - o Peter Hindmarsh ENG
 - o Ash Patel NED
 - o Joaquim Risetto FRA
- Swiss Squash nominated referees:
 - o Sven Widmann
 - o Shivray Singh
 - o Lukas Gadola
 - o Rino Mathis
 - o Rudy Pelgrims
 - o Michael Ernst
 - o Nicolas Müller
 - o Dimitri Steinmann
 - o Nils Rösch

Tournament Office

- Opens daily at 8:30 and closes 1 hour after matches have finished.
- The tournament office is situated next to the entrance behind the reception.
- Europeansquash@hotmail.com

Seeding

- The seeding and draw will be carried out by the Seeding Panel under the direction of the ESF EventDirector and in accordance with Section W5 of the Championships Regulations.
- Member nations have no right of appeal against final seeding or draws.

Draws

- Individual:
 - o Boys 64 draw, 64 players
 - o Girls 64 draw, 48 players
- Mixed Team:
 - o Pool stage: Pool A, Pool B, Pool C, Pool D
 - o Knockout Stage: Top 8, Positions 9 – 16

Eligibility

- Player eligibility for the Championships is shown in Regulations - Section B2.

Scoring

- PAR 11 scoring will be used (to 2 clear points).

Squash balls

- The Dunlop PRO XX ball will be used.

Bags

- Please use the marked areas to leave your bags:
 - o next to Court 9 (and in Court 9 from Monday)
 - o next to Court 3
 - o main hall

Warmup & Upstairs Gym

- The warmup area is in Squash Court 3. If not occupied by groups, the group fitness room may be used for warm up and cool down reasons.
- The gym must not be used by players, except by quarterfinalists, semi-finalists and finalists upon request.

Practice facilities

- Arrival day and rest day:
 - o On request, not much availability in the evening, no availability after 20:15
- Individuals:
 - o on request, not much availability
- Mixed Team:
 - o Allocated courts for practice – See schedule
 - o additional availability on request

Live Scores

- Live Scoring for all matches.

Streaming

- Live Streaming will be available from Court 1 and optionally from Court 2.

European Squash ID (ESID)

- All players, coaches, managers and other officials must be registered with ESF. This must be approved and validated by the relevant MNF. The MNF is responsible for ensuring that all players, coaches, managers, and other officials are registered with ESF prior to entry, and their entry is fully supported.
- Register for a ESID through the ESF tournament software website: European Squash Federation

Nations in the Mixed Team Event:

Belgium



Croatia



Czech Republic



England



France



Germany



Greece



Ireland



Netherlands



Norway



Poland



Portugal



Scotland



Spain



Wales



Switzerland



Additional Nations in the Individual Event:

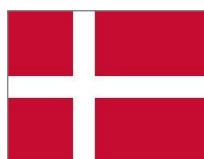
Austria



Bulgaria



Denmark



Hungary



Israel



Italia



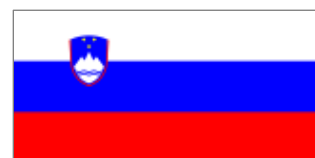
Luxembourg



Romania



Slovenia



Ukraine



Sustainability (Nachhaltigkeit)

- We do have a concept for sustainability:

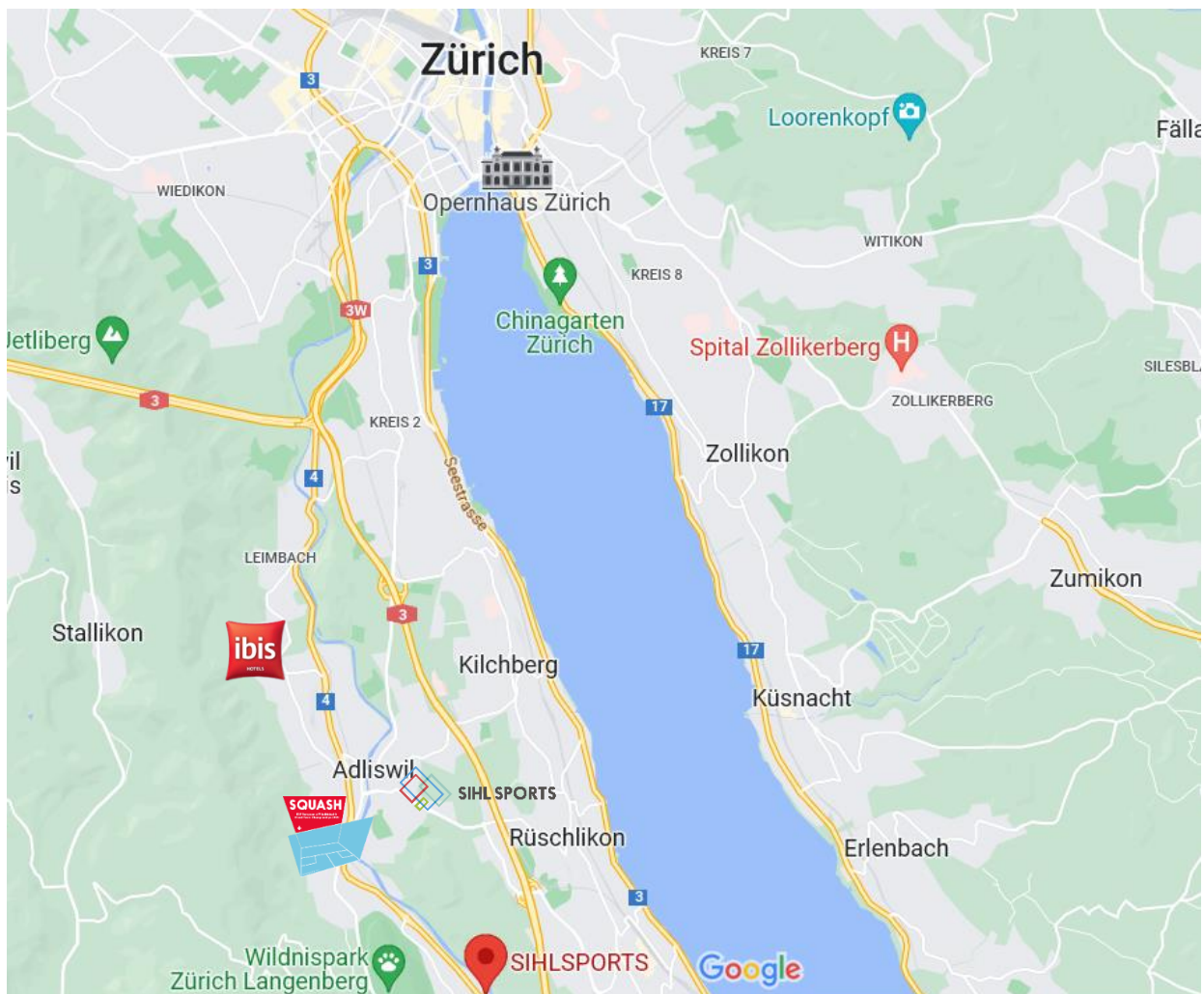


Dope testing

- The ESF and the hosts reserve the right to implement compulsory dope testing for any player participating in the Championships.
 - o Dope testing may be carried out in line with the doping regulations published by the WSF
 - o Member nations are responsible for informing all their participants (including managers, coaches and physiotherapists) about the latest WSF policy on doping; and must impose the standard WSF suspension from all forms of competitive squash upon a player who has used banned substances or practices.
- Swiss Sport Integrity
 - o The aims of the Swiss Sport Integrity Foundation are to combat doping, ethical misconduct and wrongdoing in sport in a sustainable and effective manner. <https://www.sportintegrity.ch/>
- Alcohol and Smoking
 - o There will be no alcohol available to players during the tournament and smoking on the premises of venue and hotel is forbidden.



Map



Food

- Food is usually available at the Sihlsports bar.
- There is one menu with a vegetarian option per meal. If you have special requirements, please ask in advance.
- Arrival Day:
 - o Dinner 18:00 – 20:00
- Individual:
 - o Lunch 12:00 – 15:00 (Sat, Sun, Mon, Tue)
 - o Dinner 18:00 – 20:00 (Sat, Sun, Mon)
 - o Finals Dinner – from 19:00 @PARK IM GRÜENE (Tue)
- Rest Day:
 - o Brunch: Rich breakfast till 11:00 @HOTEL (Wed)
 - o Dinner is served in the HOTEL (Wed)
- Team:
 - o Lunch 12:00 – 14:30 (Thu, Fri, Sat, Sun)
 - o Dinner 17:30 – 19:30 (Thu, Fri, Sat)
 - o Finals Dinner – from 19:00 @SIHLSPORTS (Sun)

Transport

- Public transport:
 - o The venue SIHLSPORTS is reachable by train S4, the two stations “Wildpark-Höfli” and “Langnau-Gattikon” are in walking distance to the venue
 - o The hotel IBIS is reachable by busses 184 & 185 from Adliswil or Zürich
- Own transportation:
 - o We appreciate teams using their own minibuses and cars for shuttle
 - o We appreciate offering free spaces in cars to other players and officials
- Arrival Day:
 - o Pick up at the airport / train station on request
 - o Please send in relevant travel information in due time
- Individual Event:
 - o 08:30 – 11:00 ongoing (approximately every 15 minutes)
 - o 11:00 – 18:00 on request (within 30 minutes after booking)
 - o 18:00 – 20:00 ongoing (approximately every 15 minutes)
- Rest Day:
 - o On request.
- Mixed Team Event:
 - o Thursday noon: 11:30 – 13:30 ongoing (14:00 opening)
 - o Friday – Sunday morning: 1 hour before your scheduled practice courts
 - o Evenings: 1 hour after your tie has finished
 - o Other transports on request
- Departure:
 - o Drop of at the airport / train station

Photographs

- An official photographer will take team and actions photos.

Physio / massage

- We do not have a physio offer. If you need one, we can try to arrange appointments. Due to Easter time, not easy.
- We do offer some slots for sports massage – See schedule for time slots.

Safety / Medical

- We do have a concept for incidences & emergencies.
- Medical staff at venue: Ria Luck (Individual), Luca Wilhelmi (Mixed Team).
- Tournament officials: Michael Müller, Philipp Schaller, Diego Staub.
- Important numbers:

- o Seespital Horgen, Notfall, 044 728 11 11
- o Stadtspital Triemli, Notfall, 044 416 31 01
- o Universitätsspital, Notfall, 044 255 11 11



- Defibrillator and first aid kit at the tournament office.

➔ See also “Incident & Emergency Concept”, [Krisen und Notfall-Konzept Swiss Squash](#) (in German), ESF [Rules & Guidelines](#) with Code of conduct, [Full regulations](#).

Insurance and Risks

- MNA's enter the event at their own risk, in case of force majeure the hosting MNA nor the ESF can be held responsible for all the caused damage.
- Players enter and play in the Championships at their own risk.
- Neither the ESF, the Host Association, the Host Club nor the Organisers will accept any responsibility for injury or other damages arising from participation in the Championships.
- ESF recommends that all officials and participants have full travel, medical and possessions insurance when travelling to any Championships.

Clothing and Advertising

- The ESF clothing and advertising regulations will be adhered to. In all matters of judgement or opinion arising from the interpretation of this clothing regulation, the decision of the Championships Referee shall be final.

Eye protection

- The ESF clothing and advertising regulations will be adhered to. In all matters of judgement or opinion arising from the interpretation of this clothing regulation, the decision of the Championships.
- All junior players (under 19 years of age) must wear protective eyewear (manufactured to an approved national safety standard) properly over the eyes at all times during practice and match play. The list of WSF Certified Eyewear allowable at the time of participation can be viewed on the WSF website.

Visa procedures

- Please note that visas may be required to enter the country. It is the responsibility of the member nation to ensure all players and officials have the appropriate documentation and that visas are applied for in good time before the Championships.

Privacy Policy

- The tournament shall be run under the terms and conditions as set out in EUROPEAN SQUASH FEDERATION PRIVACY POLICY as published on the ESF web.

50th Anniversaries ESF and Swiss Squash

- 50 years Swiss Squash
- 50 years European Squash



Deadlines & Dates

Deadline	date
INDIVIDUAL	
Publication of seeding and draw information by ESF (Regulation W4.2)	By 18 March 2023
Arrival date	Fri 31 March 2023
Managers meeting at the venue SIHLSPORTS	Fri 31 March 2023, at 20.00
Start Day	Sat 1 April 2023
Day 2	Sun 2 April 2023
Semi Final Day	Mon 3 April 2023
Finals Day	Tue 4 April 2023
Departure Day	Wed 5 April 2023
Rest Day	Wed 5 April 2023
TEAM	
Final changes to squad order to be submitted to ESF (Regulation D2)	By 23 March 2023
Publication of squad orders (Regulation D7)	By 25 March 2023
Objections to player eligibility / playing order to be submitted (Regulation D7)	By 27 March 2023
Arrival date	Wed 5 April 2023
Managers meeting - next to the hotel IBIS	Wed 5 April 2023, at 20.00
Random draw of playing order for mixed team playing days	Wed 5 April 2023
Pool Stage 1	Thu 6 April 2023
Pool Stage 2	Fri 7 April 2023
Knock Out stage	Sat 8 April 2023
Finals date	Sun 9 April 2023
Departure date	Mon 10 April 2023
TEAM ORDER	
Hand in your line up 1 hour before the scheduled start of a tie. If nothing is received, managers shall be deemed to have selected their top players	One hour before start of tie europiansquash@hotmail.com

Rest Day Recommendations

Activities

- Walk the Zurich City Centre, Old town and Lakeside
- Take a boat trip to Rapperswil on the Lake of Zurich
- Have Fun and relax in the Alpamare Water Park, Pfäffikon SZ
- Visit the Technorama in Winterthur, scientific exhibition
- Make a day trip to Stoos SZ, ride the world's most modern mountain railway and enjoy the breath-taking view from Fronalpstock
- Make a day trip to Appenzell, visit a show dairy of the famous Appenzeller cheese and enjoy the fantastic view from Säntis

Squash ESF European under 19 Individual & Mixed Teams Championships 2023

Important numbers and Contacts

- Championship Director (CD): Michael Müller
 - o mobile +41 78 621 34 15
 - o venue +41 43 377 70 00
- ESF Event Director (ED): Pavel Sladeczek
 - o europiansquash@hotmail.com
- ESF Tournament Software Operator (TSO): Marcel Borst
 - o europiansquash@hotmail.com
- Transport on request
 - o Mobile +41 78 621 34 15
- Emergency



- Hospitals
 - o Seespital Horgen, Notfall, 044 728 11 11
 - o Stadtspital Triemli, Notfall, 044 416 31 01
 - o Universitätsspital, Notfall, 044 255 11 11
- Swiss Sports Integrity
 - o <https://www.sportintegrity.ch>

