

We are the Swiss Squash junior squad. By accepting our national team nomination, we confirm that we have read and actively live the following rules of conduct:

General interaction with each other:

1. We are a team! We support each other and help each other as much as possible.
2. We always deal openly and honestly with each other.
3. We learn from our mistakes.
4. We listen carefully when an announcement is made.
5. We ask questions when we don't understand something.
6. We help our teammates by giving them constructive feedback.
7. We are capable of accepting criticism and thank our "critics" for their help.
8. We arrive at the agreed meeting point on time and well prepared.

Lifestyle in competitive sports

9. We pay attention to a healthy and athlete-friendly diet.
10. We use the breaks between training sessions to regenerate.
11. We make sure we always get enough sleep.
12. We deal with illnesses and injuries professionally and seek medical and physiotherapeutic help as quickly as possible.
13. We try to prevent colds or similar illnesses by wearing appropriate clothing (dry, warm clothing, possibly a hat, etc.), especially in the cold season.
14. We abstain from doping, illegal addictive substances and tobacco and only consume alcohol – if at all – in moderation.

“Alcohol and tobacco have no place during sport. It is very detrimental. For competitive sports you need maximum performance.”

–David Bernet, No. 5 of Switzerland

All about squash (tournaments, training, etc.)

15. We prepare for our training or matches in a timely, independent and appropriate manner and independently develop a plan for the upcoming training or match.
16. We take the initiative independently to prepare for matches with our coach or to debrief.
17. We actively prepare for our training sessions and matches and complete an appropriate cool-down program.
18. We work individually on our weak points and try to eliminate them. We also use the time before, after or between the "official" training sessions.
19. We are good players!
20. We always have all the equipment we need for a training session or a tournament in perfect condition.

Many people neglect the preparation and follow-up work. No matter whether it's a tournament or training, it's not just the court time that counts.

-Cindy Merlo, No. 1 in Switzerland

Dealing with Swiss Squash

21. We read, consider and respond to information/inquiries from Swiss Squash.
22. We inform our responsible national coaches about all illnesses, injuries, etc. that force us to take more than three days off from sports at a time.
23. We adhere to all rules set by the responsible Swiss Squash national coaches for the respective activity.
24. We respect Swiss Squash's nominations.
25. We are aware that we not only play for ourselves at all representative events, but also represent Switzerland and Swiss Squash and strive to do this in the best possible way with decency, dignity and professional appearance.

First name, last name, signature, place, date