



« FSL National Programme Agreement »

Prelude

The FSL offers a training programme within the Centre de Formation, designed to create a pool of players from which the FSL can select players for the European Team Championships (ETC) and the ESF Junior tournaments. This programme is financially supported by the FSL and the Ministry of Sport. Its aim is to provide players with a high-level training environment and support system.

In a context of continuous improvement, this Agreement is intended to foster the development of players, strengthen team spirit within the FSL national squad and, ultimately, guarantee the best possible result at all tournaments.

The programme is governed by this Agreement defining the rights and obligations of the participants and the commitments of the FSL. This Agreement allows the smooth running and organisation of the training programme. Respecting or not respecting the terms of the Agreement will be taken into account by the Federation for

- the selection of the national teams for the tournaments
- the selection for the national squad
- endorsements for tournaments
- financial support
- administrative support



Clause 1

- **The FSL undertakes to:**

- Provide players with a training environment that stimulates the development of their performance with a high level internationally experienced Coach
- Provide fair support and equal opportunities for all selected players,
- Organise training sessions in conjunction with the National Coach,
- Pay particular attention to the planning and timing of training sessions,
- Communicate official information to all players in the squad by email and/or WhatsApp group in due time.
- Give feedback to players to help them develop their technical, tactical, mental, and physical objectives,
- Provide coaching and support during team tournaments,
- Provide coaching and support during key ESF tournaments chosen in advance by the FSL, based on its budgetary possibilities,
- Provide a member of the CCF as a contact person in case of questions (ccf@fsl.lu), as well as designate a men's and ladies' captain,
- If necessary, provide a "letter of excuse" to justify absences on school days for ESF and ETC tournaments,
- Organise additional training with regards to nutrition, mental strength, physical testing, if appropriate,
- If possible, provide financial support,
- Provide access to various structures like LIHPS, INS, CK courts.

Clause 2

- **The player undertakes to:**

- Focus on development as a national team player,
- Be an ambassador for the sport and the FSL,
- Be determined and motivated to improve in every way possible,
- Behave in an exemplary manner during training sessions and competitions,
- Show up with a willingness to follow the coach's instructions,
- Attend training sessions,
- Email and inform the CCF (ccf@fsl.lu) and Coach of all training sessions and competitions in which they are taking part outside the FSL national programme,



- Inform the Coach and CCF P (ccf@fsl.lu) in advance of any training cancellations (justification),
- Play, if possible, in the ESF tournaments selected and recommended by the National Coach during the season,
- Respect the Anti-Doping rules imposed by ALAD (Agence Luxembourgeoise Anti-Dopage),
- Wear an FSL national team t-shirt at every national training session and at the ETC where applicable and if available,
- Wear protective eyewear on court as required by the European Squash Federation (juniors only),
- Participate to all obligatory events (ref: Season information), and if not available inform and justify the absence to the CCF,
- Be available for activities to promote squash,
- Fill in the Fiche de Renseignement provided by the FSL by 15th October 2024.

Clause 3

- **FSL players and FSL representatives undertake to :**
 - Work together in a positive and harmonious atmosphere,
 - Be respectful of each other and interact in a professional manner,
 - Communicate appropriately and in a timely manner on matters relating to schedules, training and competitions using email and/or WhatsApp,
 - Accept all final decisions made by the FSL representatives,
 - Fulfil and respect the commitments set out in this Agreement.

Clause 4

This Agreement is valid for the season 2024-2025.

Clause 5

The FSL expects the parties involved to respect the commitments set out in this Agreement to the best of their abilities.

Any player wishing to withdraw from the programme may do so by simply sending an email (ccf@fsl.lu), without recovering their registration fee. In exceptional circumstances of non-compliance with this Agreement, the FSL reserves the right to take appropriate measures, including unilaterally excluding a player from the programme or from the national team for a specified period.



Clause 6

Players selected for specific events by the FSL, according to the selection policy, agree to sign the additional player's agreement.

Clause 7

Players will read and note the various events' dates in the *Season Information* document and will do their best to be present at the required events or provide the necessary information, at the appropriate deadline.

Signatures

Player

Name : _____

Date : _____

Representant of the FSL

Name : _____

Date : _____

Appendix

Organisation of the programme (confirmed weekly with the coach):

The season will start on Monday the 30th of September. Training will be held on Mondays and Tuesdays and once a month on a weekend (dates set in the Season information document) and players are expected to make themselves available. The first training session will be announced in the Whatsapp group. Following that, the training will continue according to the same fixed schedule, unless otherwise discussed and organised between a player and the National Coach. The CCF needs to be informed as well. Other important dates and information regarding mandatory participation in events are provided in the Season Information document.

Rates

Description	Cost	Registration
FSL Programme Registration Fee 5to be paid after signing this agreement)	250* €	
ETC contribution Fee (to be paid after selection)	300 €	
Court Reservations at CK Kockelscheuer via ccf@fsl.lu min 1 week in advance**	Free	

* The registration fee is not applicable for players residing outside of Luxembourg.

** Please note, courts can be booked for players to train solo or with their other national team players and cannot be booked for casual playing with friends or training with personal coaches.