



USSLE the ERRACE
ENDS IN A DRAW!

## **EDITORIAL**

Well the Masters kicked off their year with the Tussle on the Terrace. The traditional North of the River (NOR) verses the South of the River (SOR) ended in a DRAW!

Season 1 of the Friday Night Masters has also commenced. If you would like to play it isn't too late. Give Phil a call on 0412 778 345.

The first WA Junior Event for 2017 was played at the Hilton courts. The Hilton Exploder attracted 47 juniors keen to kick start their 2017 season.

A number of Junior Awards have been decided for 2016. Jade Woods, Will Curtis and Greg Chan scooped the pool. Congratulations to you all.

The **Busselton Junior Open** will **NOT** be played on the 1st of April. This is not an early April Fools Day joke!

A revised poster is currently being produced.

So the first event for the Southern Grand Prix Series will be the Katanning Junior Champs on Saturday 20th May 2017.

This event is also an Australian Junior Squash Tour Bronze event.

Kim Schramm
Squash Media
0407126911
kim@squashmedia.com.au





### **WORLD RANKINGS**

1 March 2017

WA MEN:	TM:	HWR:
Mike Corren	200	38
William Curtis	390	359
David Ilich	309	300
Tim Cowell	462	178

TM: This Month

**HWR: Highest World Ranking** 



ANNUAL GENERAL MEETING

Please be advised that the AGM for the Squash Rackets Association of Western Australia (Inc) will be held on Wednesday 29th March 2017 at the Acra Room, Leisurelife Centre, Corner Kent and Gloucester Streets, East Victoria Park. The meeting will commence at 7.00pm.

#### **SQUASH AUSTRALIA AWARDS**

Greg Chan Tim Cowell Renae Dalton

Please vote for either or all of our Western Australia nominees:

www.squash-australia.com/vote-squash-australia.php



# NEWS FLASH ... NEWS FLASH The Busselton Junior Champs has been postponed to the second half of the year.

Busselton Junior Champs Saturday 1 April
Katanning Junior Champs Saturday 20 May
Grays Squash Bunbury Junior Classic Saturday 17 June
Narrogin Junior Champs Saturday 19 August
Manji Mozzies Junior Open Saturday 25 November







junior squash fun supported by







Firstly, thank you to Isabella French and her family for sharing her story with the squash public. It is a journey of personal pain, rehabilitation and ultimately, success.

One can only admire the courage of Isabella to embrace her situation, do the painstaking work to rebuild and get back to what she loves ... playing squash. She was 13 when her world came crashing down.

Isabella was training well and getting ready to compete in a Mike Cornish led trip to compete in tournaments in Japan and Penang in August 2016. Her Mum Leanne and Dad Nigel had even booked the flights to go, on what was going to be the biggest adventure of her life.

As part of the build up to traveling overseas Isabella was playing in the Kalgoorlie Golden Open when she began complaining that her back was sore.

At the time it didn't seem to be a major factor and later that month she competed in the Grays Squash Bunbury Junior Classic. Even though she did well winning her Division, Isabella's back was beginning to

really hurt.

Leanne made an appointment to see a sports doctor in their home town of Bunbury. An MRI was requested straight away. The MRI revealed Isabella had a L4/L5 central disc prolapsed which needed rest to recover from.

Her hopes of playing in the WA Junior State titles in July were immediately dashed but there was still hope she could recover in time for the Japan and Penang trip. At that early stage of diagnosis, Isabella was expecting that she would be definitely be back for the Nationals in September.

Her Doctor recommended Bella work with a local physiotherapist who works with young athletes. Unfortunately, the physio couldn't see her until mid July.

Isabella withdrew from the State Championships with a medical certificate but based on her results up to the 18th June she was still selected to play for WA.

On a family trip to Adelaide in early July it was decided to see a specialist

## Welcome back Isabella French

physiotherapist while they were there. The specialist had a lot of experience and had done a lot of research with complex problems, including working with young athletes. She had even played competitive squash in her younger days! The family left the appointment feeling very confident that Bella would return to good health quickly and be able to play in Japan.

Unfortunately, the follow up letter from the specialist, once she had more time to

consider and assess all her notes, painted a picture more serious than what the family initially thought requiring a much longer recovery time.

Here are two snippets from her letter:

"Isabella is tall, meaning she has long levers, putting more stress on her back than if she were shorter. The lack of good hip and core control is partly a product of her age and her height she must have grown fast at some stage relatively recently where it is very

common for adolescents to go through a period of reduced coordination and control while their brain and nervous system adjusts to the increased height.

My concern is that if she were to go and to play through the full intensity of an International tournament, she may actually do herself more harm, thus putting her chances of reaching her full potential as a senior player at risk".

Isabella's world was caving in. Japan and Penang were now out of the question. She had to accept that she would have to spend time managing her pain and rehabilitating herself. In short, she wouldn't be able to return to the court until she could move without pain.

She began working with her local physio from mid July. Once Bella progressed to a point where she had more control over her muscles and core, the consultations turned into two functional Pilates classes per week.

Her physio has since made the comment that squash is most likely not the cause of Isabella's injury, but the rapid growth spurts

> that Isabella's body seems to produce. In other words, the bones in Bella's body kept outgrowing the muscle.

Naturally Bella kept playing and training while she was growing, until eventually her body said enough, "I can't keep up with what you're asking of me without waiting for the muscles to catch up and get stronger". Bella has had multiple growth spurts since June 2016.

Isabella made a tentative return to the court in late August early September but she still

experienced some tenderness in the lower back.

The following week, whilst at school Isabella's back went into spasms again and she felt extreme pain. Following medical advice, the decision was made to withdraw Isabella from the National Championships.

Isabella continued to work with her physio and at home on strengthening all her core, back, leg and shoulder muscles. The recovery this time was much quicker and Isabella made the decision to compete in Country Week for Bunbury in late September/October. It was a good competition to see how her back went,



# Welcome back Isabella French

without any pressure of having to win.

Following Country Week, Bella played squash once a week but did not participate in any consistent formal training. With the offer of irresistible flight specials to Darwin a decision was made to book for the AJO in January as Bella felt confident, by then, she would be playing again and wanted to compete to see how she went.

In mid November her physio gave her the all clear to begin training again and by mid December Bella was back on court in full training with Mike Cornish plus an additional 3-4 times per week on court and feeling strong.

Isabella competed at the AJO in Darwin. Her goal was to win her first round and finish the tournament injury free. She said anything after that would be a bonus. She was quite shocked and delighted to find herself in a semi-final, having never made it past the first round before.

Unfortunately, Bella wasn't able to secure a

finals spot this time, but she did win the Playoff for 3rd place! Isabella was back and on the podium again and feeling on top of the world. She had finished 3rd in a National event in Under 15 girls as a 13 year old. It was just her second AJO. The result has sown a seed ...

Bella turned 14 on 3rd February and currently stands at 175cm!

Isabella would like to thank her Physio Therese Reeves for getting her back on court and her ongoing support.







Two Awards shall be presented to WA Juniors each calendar year, the aim being to reward the year's outstanding contribution made to Junior Squash in WA and also excellence in playing achievement in the period. The awards may be given to the same individual.

1. Junior of the Year for all-round contribution

The Selection Criteria:

- A. Demonstrated Commitment to Junior Squash in WA
- B. Good Sportsmanship
- C. Leadership Qualities
- 2. Player of the Year for playing achievement

The Selection Criteria:

- A. Consistency in Playing Achievement.
- B. Playing Excellence

#### JUNIOR OF THE YEAR

#### JUNIOR PLAYER OF THE YEAR

2001 Brodie McLean

2002 Neeraj Aggarwal

2003 Tim Cowell

2004 Tim Cowell

2005 Robbie Reilly

2006 Luka Stroop & Tim Cowell

2007 Mikayla Maricic

2008 Liam Bailey

2009 David Cowell

2010 David Cowell

2011 Alex McLean

2012 Josh Fiorentino

2013 Kylie Sierbert

2014 Damon MacMillan

2015 Damon MacMillan

2016 Jade Woods

2005 Sam Brown

2006 Jake Davidson

2007 Emily Bunting

2008 Tim Cowell

2009 Sam Brown

2010 Walter Koteka

2011 Walter Koteka

2012 Eloise O'Connor

2013 Zoe Massam

2014 Will Curtis

2015 Will Curtis

2016 Will Curtis and Greg Chan

# SQUASH 2016 JUNIOR AWARDS

#### Junior of the Year: Jade Woods

Jade is a quite person who has taken herself out of her comfort zone to run the junior squash club at Kalgoorlie this year, showing her commitment to the juniors in her area and for WA Squash.

Jade always shows good sportsmanship both on and off the court and always tries to lead by example.

She is a very valuable member of the Eastern Goldfields Squash Association and was the recipient of the Eastern Goldfields Sports Star of the Year award.

To add to her collection she has been awarded the 2016 WA Squash Junior Year award.



### Junior Players of the Year: Will Curtis and Greg Chan

This year saw outstanding achievements from two players

**Will Curtis:** (also won this award in 2014 and 2015). Continued his commitment to the sport entering as many tournaments as possible and traveling interstate to improve his squash. He won the U17 Oceania Squash Championships at the beginning of the year. His perseverance and commitment to training was rewarded in 2016 by his selection in the 2016 Australian U19 Boys team that traveled to Poland in August where he won 3 out of his four matches, Australia finishing 7th. He has since been awarded a scholarship to Avon Old Farms School in Connecticut, USA.

**Greg Chan:** Started the year winning the U13 Australian Junior Open stopping fellow West Aussies Oscar Curtis and Eric Gray from winning. He also won the U13 State Championships in July and also received the Chas Renner Medal for the best and fairest at the event. In August he won the U13s at the Hong Kong Junior Open. In September he was runner up in the U13 Japan and Borneo Junior Open events. He then came back to Australia to win his third Australian Junior Championship and was a member of the U13 WA Team that took the team's title.





## Kiara Rogers

### Girls U17 AJO Champ

**Kiara Rogers** began her 2017 campaign at the Australian Junior Open in Darwin.

"I got back into training after Christmas and worked hard on areas that needed to be brushed up on, so I was ready to play the best matches I could. I was trying to achieve a personal best".

Her first match was against Carley Norris from Victoria which she won comfortably in straight. Her second match was against Lauren Stieler from Queensland which again she won comfortably in three.

Into the semi-finals, #2 seed Kiara had to play her WA teammate and #3 seed Jade Woods. The match had it all - it was tense, tough and tight. Kiara got home 11-13, 12-10, 11-7, 13-11 in 29 minutes.

"I was now in a position I had never been in before or experienced - the big Grand Final for a National title! I had a few nerves but I was excited! I was playing one of my close friends, #4 seed Olivia Lindsey also from WA who had knocked out the #1 seed Sarah Quinlivan".

"I started a bit rusty in the first game going down narrowly 9-11, but I then came back firing in the second game and then again in the next 2 games to win in 4".

Kiara won her first National title 9-11, 11-4, 11-6, 11-5 in 28 minutes.

"I had never experienced winning a title this big, so I didn't know what to feel once we had finished but I was now the 2017 AJO U17 champion. Truly an amazing feeling."

"I'm very honored and extremely happy that I had this opportunity, and to have my my Mum and Dad there watching me and Dad coaching me was very special. A huge **Thank You** to them and everyone else who supported and helped me on this journey. I'm now looking forward to a great year of squash."









# MIXED GRADED TOURNAMENT CIRCUIT

47 Juniors participated in the Hilton Exploder. Four players were seeded in Division 1. Eight players were then seeded in Division 2 to 5. A Qualifying Round was played in each of those Divisions with the 4 winners being elevated to the higher division and the 4 losers remained in their initial Division to meet the 4 winners from the Division below.

Greg Chan was the Division 1 winner. It was a BIG day for Greg because he was also the recipient of the **WA Squash Junior Player of the Year Award**.

Quaide Kieser (Division 4) and Augustus Davis (BUN) upset their more fancied rivals to the finals of their respective Divisions.

Event	Winner/Score	Second/Third
Division 1	Greg Chan (VPK)	Abel Jin (VPK)
Premier	4-11, 11-8, 11-9, 11-9	Oscar Curtis (VPK)
Division 2	Josh Mitchell (BUN)	Ethan Baldwin-Wright (VPK)
	11-6, 9-11, 11-7, 11-9	Pascale Louka (VPK)
Division 3	Kaleb Sands (MAR)	Michaela Pratt (NAR)
	11-7, 11-6, 12-14, 3-11, 11-9	Max Forbes (MAN)
Division 4	Quaide Kieser (HIL)	Ethan Wynbergen (MAR)
	4-11, 11-7, 13-11, 8-11, 11-8	Kai Whittaker (MAN)
Division 5	Augustus Davis (BUN)	Elliot Martin (HIL)
	8-11, 11-8, 11-4, 11-5	Isla Harris (MOO)
Division 6	Madison Ponton (MAR)	Ruby Brandon-Stewart (MAR
	11-9, 11-9, 11-13, 11-7	Zebedee Glover (HIL)







## MIXED GRADED TOURNAMENT CIRCUIT

Photos courtesy of Rita Baldwin











Six Western Australians have been selected to represent Australia at the 2017 Trans-Tasman Junior Challenge to be held in Auckland, New Zealand on the 18th and 19th April.

The players will also compete in the Oceania Junior Championships beforehand.

U13B: Dylan Classen U13B: Oscar Curtis U13G: Erin Classen

Congratulations

U15B: Greg Chan U15B: Remi Young U17G: Jade Woods

In sensational late news Greg Chan has withdrawn from the team as a result of breaking his finger. One of our best young prospects actually played with and won the Hilton Exploder Premier Division not knowing his finger was actually broken! It even looks like it was broken at the AJO in January where Chan finished runner up in the Boys U15 Championship.



All enquiries should be directed to Sue Cowell 0416 082 778



MARMION JUNIOR CLASSIC
WHEN: 19 MARCH 2017
WHERE: SQUASH FACTORY
ENTRIES CLOSE: 15 MARCH 2017

ABILITIES BASED
JUNIOR TOURNAMENT

## event posters

As soon as you have a poster prepared for your event, please send it to <a href="kim@squashmedia.com.au">kim@squashmedia.com.au</a> You can either send a pdf or jpg file of the poster. We recommend you promote your event 3 to 6 months prior to its commencement. After the event we encourage you to send Squash Media a short report with separate good quality images of presentations, court action or social shots. Ideally, we would like to receive images greater than 100kb that are not blurred.



#### Story by Janis Haswell

Once again, the Tussle was an energetic, fun, teams event with games played in the true Masters spirit, and with the surprising result of a draw between the NOR and SOR teams ... again!

The turnout was great with just under 60 entrants; a big thanks to everyone who participated, it made all the efforts of the committee members worthwhile.

A huge thanks to the committee for donating their time to successfully bring the event together again with lots of food, lots of festivity and lots of healthy rivalry ... what more could a squashy ask for?

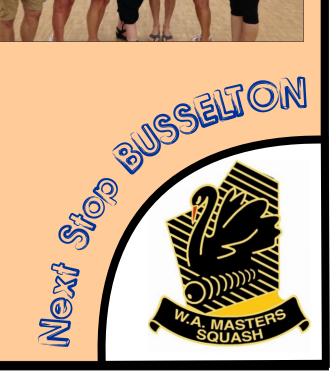
What would make it even better is if everyone entered the tournament earlier when it appears in the first WAMS newsletter of the new year.

As it is, only a handful of members do this leaving the committee to personally contact people to enter, which then makes it difficult to have the draw done in time and to arrange the courts, catering and all the other fiddly logistics that are part of running a tournament.

As with all tournaments, early entry by players means more time to consider match-ups, and an earlier release of the draw. Ideas of how we could better reach members to enter early and get this to happen would be most welcome.

All in all though, I think everyone would agree that the Tussle is a great way to kick off the Masters Calendar, and to reinforce the wonderful thing that is the WA Masters family.





# **USSLE the ERRACE**



**NOR Team 5**-Peter Paice, George Fiorentino, Dave Croft, Barb Mills, Julie Audas, Paul Hutflesz, Chris Reston, Michelle Nys.

### DREW WITH

**SOR Team 7**-Jeff Beale, Johnny Del Bianco, Nola Willams, Anne Marie Hood, Steve Barrow, Terry Brookes, Moya Credaro, Laura Jones.

# Friday Night Masters

The new season has recommenced but it isn't too late to join!

Simply contact Phil on the MASTERS HOTLINE 0412 778 345

### WAMS + WA MASTERS SQUASH + WAMS

## **2017 MASTERS CALENDAR**

	A NIE A	1-4 B		
Friday	/ NIC	Int N	พลรา	ers
I IIGG		110 1		.010

Season 1 Feb 10 to Jun 23 7:30pm Blue Gum Squash Season 2 Jul 28 to Nov 24 7:30pm Blue Gum Squash

#### **Tournaments**

Tussle on the Terrace Feb 3 Terrace Squash Centre **Busselton Squash Centre Busselton Teams** Mar 4, 5, & 6 May 6, 7 Hilton Squash Centre Hilton Classic WAMS State Championships Jul 21, 22, 23 Venue TBA Masters/Junior Tournament **Jul 28** Squash Factory, Wangara Aust Individuals Championships Sep 4 to 8 **Ballarat VIC** Aust Teams Championships Sep 11 to 15 **Ballarat VIC** 

Nov 18, 19

#### **Social Events**

**Spring Teams Tournament** 

WAMS Dinner Dance Aug 5 **Venue TBA**Christmas Function Nov 25 or 26 **Venue TBA** 

#### **AGM**

Annual General Meeting Nov 18\* Venue TBA

\* To be confirmed

SEASON 1 - COMMENCES 10 February 2017 from 7:30pm Guests and reserve players are always welcome.

# Friday Night Masters

- · Fun and social atmosphere
- Teams of 6 or 7 players in appropriate grades
- Mixed grades with opponents of similar ranking
- · Matches: total of 4 games, PAR-15 scoring
- Supper/refreshments available

Blue Gum Squash Centre, Disney St, Brentwood.

Contact Masters Squash 0412 778 345



Squash Factory, Wangara



# JUNIOR RANKINGS

### **March 2017**

#### **BOYS U19**

- 1. Tye Harland ESP
- 2. Remi Young MAR
- 3. Trey Mackenzie ESP
- 4. Abel Jin VP

#### **BOYS U17**

- 1. Remi Young MAR
- 2. Trey Mackenzie ESP
- 3. Abel Jin VP
- 4. Gregory Chan VP

#### **BOYS U15**

- 1. Remi Young MAR
- 2. Gregory Chan VP
- 3. Oscar Curtis VP
- 4. Eric Gray HIL

#### **BOYS U13**

- 1. Oscar Curtis VP
- 2. Dylan Classen MAR
- 3. Kaleb Sands MAR
- 4. Mitchell Ferrari EXM

#### **BOYS U11**

- 1. Eric Marsh MG
- 2. Jaxon Wells MAR
- 3. Augustas Davis BUN
- 4. Jonathon Groenewald MAR

#### **GIRLS U19**

- 1. Kiara Rogers MAR
- 2. Jade Woods EG
- 3. Pascale Louka VP
- 4. Olivia Lindsey MAR

#### **GIRLS U17**

- 1. Kiara Rogers MAR
- 2. Jade Woods EG
- 3. Pascale Louka VP
- 4. Olivia Lindsey MAR

#### **GIRLS U15**

- 1. Erin Classen MAR
- 2. Isabella French BUN
- 3. Michaela Pratt NAR
- 4. Bayley Ponton MAR

#### **GIRLS U13**

- 1. Erin Classen MAR
- 2. Caitlin Pratt NAR
- 3. Aiyana Morris BUN
- 4. Isla Harris MOR

#### **GIRLS U11**

- 1. Isla Harris MOR
- 2. Hannah Slyth SUB
- 3. Ruby Brandon-Stewart MAR
- 4. Matilda Blakey MAR



MAR 4-6 Busselton: Masters Busselton Team Tournament
MAR 4-6 Esperance: Esperance Junior Open (AJST Silver)

MAR 4-5 Esperance: Horizon Power Esperance Open (AST PSA

Closed Satellite)

MAR 19 Marmion: Marmion Junior Classic (AJST Bronze)

MAR 25-26 Wickham: Northwest Junior Championships (AJST

Bronze)

APR 1 Busselton: Busselton Junior Championships (AJST Bronze)
Southern Grand Prix Series - POSTPONED ... POSTPONED !!!

APR 29-30 Mirrabooka: WA Closed

APR 29-30 Mirrabooka: HEAD Junior Classic (AJST Silver)

MAY 6-7 Hilton: Masters Hilton Classic

MAY 6-7 Geraldton: Geraldton Open & Masters

MAY 6-7 Geraldton: Geraldton Junior Open (AJST Bronze)

MAY 20 Broome: Kimberly Junior Championships (AJST Bronze)

MAY 20 Katanning: Katanning Junior Championships (AJST Bronze)

**Southern Grand Prix Series** 

MAY 20-21 Broome: Broome International

MAY 25-27 Terrace: WA Open

JUN 2-5 Kalgoorlie: City of Kalgoorlie Boulder Golden Open (AST

PSA M5/W5)

JUN 3-5 Kalgoorlie: Golden Junior Open (AJST Silver)

JUN 10 Exmouth: Exmouth Junior Championships (AJST Bronze)

JUN 17 Bunbury: Bunbury Junior (AJST Bronze)

**Southern Grand Prix Series** 

JUL 1-2 Mirrabooka: Squashworld Mirrabooka Open









JUL 1-2 Mirrabooka: WA Junior Championships (AJST Gold)

JUL 3-4 Mirrabooka: WA State Junior Teams

JUL 21-23 Venue TBC: Masters State Championships
JUL 28 Squash Factory: Masters/Junior Tournament

AUG 5 Brentwood: Squashworld Brentwood Junior (AJST Bronze)

AUG 5-6 Dampier: FeNaCIng Championships AUG 19 Narrogin: Narrogin Junior (AJST Bronze)

**Southern Grand Prix Series** 

SEP 2 Terrace: Prince Super Series #1 (AJST Bronze)
SEP 9 Terrace: Prince Super Series #2 (AJST Bronze)
SEP 16 Terrace: Prince Super Series #3 (AJST Bronze)

SEP 24-26 Venue TBC: WA Country Teams Championships OCT 3 Fitzpatricks: Maddington/Gosnells Junior Graded

(AJST Bronze)

OCT 22-23 Cambridge: Squashworld Cambridge Open OCT 22-23 Cambridge: Cambridge Junior (AJST Bronze)

NOV 4 Manjimup: Manji Mozzies Junior Open

**Southern Grand Prix Series** 

**NOV 18-19 Squash Factory: Masters Spring Teams Tournament** 

**AST: Australian Squash Tour** 

**AJST: Australian Junior Squash Tour** 

**WAMS: WA Masters Squash** 







# THE BACK MALL

## **WA SQUASH BOARD**

President: **Stephen Bowen** 

0418 919 704

stevepbowen1@gmail.com

Vice President: Ray Smith

Treasurer: Vacant

Secretary: Matthew Hansen

Board Member: Trevor Cruikshank Board Member: Carsten Frederiksen

Board Member: Jodie Ranieri

**Board Member: Vacant** 

### **ADMINISTRATION**

#### Office:

Level 1, Plaza Level West, Fortescue Centre, Terrace Road, East Perth WA 6004

**General Manager: Don Huffer** 

Phone: 9225 7599 Fax: 9225 7266 Email: TBA

### **OUR PARTNERS**



Department of **Sport and Recreation** 





**THANK YOU** 



## WA MASTERS COMMITTEE

Chairman: Phil Bradshaw

0412 778 345

wamasterssquash@gmail.com Secretary: Marion Bradshaw Treasurer: Louise Donnan

Committee Members: Terri Brookes, Di Cook, Janis

Haswell, Ed Jennings and Vanessa Powell