

INSIDE THIS EDITION Lisa Camilleri Update Squash Australia's New CEO Mackay Club Championships Queensland Junior Championships Where are they now? Excelling Master REDSTAR Awards



www.northernregionsquash.net/

HELLO & WELCOME



It was great to catch up with the NR team on the last day of the Individual Championships. It was also nice to put a face to some wonderful names who have made valuable contributions to our Newsletter in the past.

Congratulations **Hayley Hankinson** on winning your second State Title. Back in 2013 Hayley won the 11YAG.

Townsville's **Alex Fox** won the Chris Robertson Encouragement Award.

Nice to see Lisa Camilleri taking time out of her busy schedule to check in on the Redbacks. With 12 Junior State Titles to her name it was fitting that Lisa made the presentations to the winners and place getters on the final day of the championships.

Looking forward to the Teams Championship ... GOOD LUCK NR!





TEAM UPDATE

Sadly, Ingham's **Sean Motti** won't be able to take his place in the NR Under 17 team.

He will be replaced by club mate Justin DiBella. This means that all three DiBella boys will represent NR in the Team's Championship.

That is a fantastic achievement for the family and Ingham.

Contributions are always welcome. Please send stories and photos to kim@queenslandsquashmanagement.com.au

WORLD RANKINGS

1 July 2015

TM: This Month - HWR: Highest World Ranking



NR MEN: TM: HWR: Steve Finitsis 79 45



NR WOMEN: TM: HWR: Lisa Camilleri 73 28



LISA CAMILLERI UPDATE



Turn Set Backs Into Opportunities

I started imagining my sporting career as trying to catch that perfect wave into shore.

I accelerate through a series a waves ducking, crashing and tumbling almost all the way in ... leaving me a little bruised and battered!

But every time that wave crashes into me no matter how hard, I always get back up and try again.

I'm currently coming back from yet another injury as I've been off court battling with some severe bursitis to my right hip.

My plan is to be back playing on the Australian Tour this year with the Tasmanian Open to be my first tournament back followed by the Australian Open.

I would dearly like to play in the Mackay Open this year.

During my time off court with my injury I always try my best to turn set backs into opportunities. To use the down time to broaden my personal skills in doing

something else that I am passionate about, learning more about how to become a better me.



Besides working part time in the office of Squash Australia, Marcus and I have started our very own business called **Backyard Birdies**.





Alternative, Holistic Health, Market, Textiles Providing our customers with great quality products!

www.backyardbirdies.com or email lisa.camilleri1@gmail.com

BACKYARD BIRDIES

Backyard Birdies is all about offering high quality consumer products which we personally use and have 100% confidence in.

We are mostly excited about a range of alternative health products called "Miracle Products" that we are currently selling. The Miracle products that we currently stock are:



Did you know that taking Magnesium through the skin is 80% more effective then taking a tablet? Some of the benefits include its great for muscle cramps, helps to relieve stress, helps with sports recovery and tired sore muscles from work. Did you know you need Magnesium to allow your bones to absorb calcium? If you're magnesium deficient, calcium will crystallise in your body not allowing your bones to absorb it.

MSM

The list of benefits for MSM goes on and on but it is fantastic for joint pain, reducing inflammation and creating more oxygen into your blood stream for added energy and stronger immune system. Its also great for chronic pain. Studies have shown people using MSM are finding that their pain either diminished or disappeared altogether.

Camu Camu

Is the richest form of Vitamin C on the planet having 30 to 50 times the ORAC value of an orange. Vitamin C is great for supporting the immune system, acting as an antioxidant and is used for allergies to name a few.

"Alkalise for life"

A fantastic alkalise pack which is a combination of the Magnesium Chloride oil and Organic Sodium Bicarbonate to help with digestion and nutrient absorption, increasing energy levels as well as detoxification of the cells.









To read more about our products please go to our website at www.backyardbirdies.com or send me an email - lisa.camilleri1@gmail.com

www.northernregionsquash.net/

JUNIOR RANKINGS



CONGRATULATIONS to all the juniors who are featured on this page. Page 5 is dedicated to the Top 5 NR ranked players in each age group. These rankings were updated following the 2015 **Compulsory** qualifier in Mackay.













UNDER 9 BOYS NORTHERN REGION

1 Jack Butcher 2 Jackson Korte

UNDER 9 GIRLS NORTHERN REGION

- 1 Ally Rhodes
- 2 Kyana Van Kerkwyk
- 3 Kayce Hoani-Vincent
- 4 Sarah Brazier
- 5 Olivia McDermott

UNDER 11 BOYS NORTHERN REGION

- 1 Lachlan Erba
- 2 Evan Girgenti
- 3 Ethan Van Kerkwyk
- 4 Gavin Palmer

UNDER 13 BOYS NORTHERN REGION

- 1 Brendan MacDonald
- 2 Jordan DiBella
- 3 Matthew Brazier
- 4 Alex Fox
- 5 Ben Russell

UNDER 11 GIRLS NORTHERN REGION

- 1 Kate Butcher
- 2 Kiara Stublev
- 3 Mackenzie Rhodes
- 4 Payton Douglas

UNDER 13 GIRLS NORTHERN REGION

- 1 Hayley Hankinson
- 2 Gemma Brownsey
- 3 Grace Brownsey
- 4 Charlotte Erba
- 5 Hannah Atherton



UNDER 15 BOYS NORTHERN REGION

- 1 Wesley Dyer
- 2 Bradley Martin
- 3 Jake Webb
- 4 Kurtis Solari
- 5 Kyle Hoani-Vincent

UNDER 17 BOYS NORTHERN REGION

- 1 Michael Hains
- 2 Sean Motti
- 3 Brody DiBella 4 Justin DiBella
- 5 Ben Hobbs

UNDER 19 BOYS NORTHERN REGION

- 1 Ivan Jensen
- 2 Lucas Nielsen
- 3 Callan Menzies
- 4 Zac Thomson
- 5 Max Dunsmore

UNDER 15 GIRLS NORTHERN REGION

- 1 Tia McLennan
- 2 Danielle Hankinson
- 3 Bianca VanVuren
- 4 Kaci Newman
- 5 Chloe Thompson

UNDER 17 GIRLS

- NORTHERN REGION
 1 Jessica Green
- 2 Abbey Butcher
- 3 Summer Palmer
- 4 Courtney Nipperess
- 5 Caitlin Purcell

UNDER 19 GIRLS NORTHERN REGION

1 Ozanna Beckmann

Squash Australia's New CEO



David Mandel, President of Squash Australia recently announced the appointment of a new Chief Executive Officer, **Richard Vaughan**, with a starting date in late July after all Visa requirements had been met.

Mr. Vaughan (37) is a former World Top Ten badminton player. Cardiff-born and capped 107 times by Wales, he competed at the Sydney 2000 and Athens 2004 Olympic Games and won European and Commonwealth medals. His highest world ranking was No. 7.

When his playing career was over, he held consultancy roles for Badminton Europe and the Badminton World Federation, and specialised in Digital marketing for Gravit-e. He joins Squash Australia from Badminton Ireland, where he was Chief Executive Officer.

Richard Vaughan joined Badminton Ireland in 2011 as CEO and oversaw the introduction of a number of innovative programmes - among them the Shuttletime schools project, a number of major events, the development of a National Badminton Training Centre in Dublin, Badminton Ireland TV and major funding initiatives.

The result has been a dramatic change to the organisation, with increases in affiliation and income despite the economic downturn. Irish players are at the highest rankings of all time challenging for three titles this summer at the Baku European Games.

"I am delighted to be joining Squash Australia," said Vaughan. "I've been a player, coach and administrator, and I share Squash Australia's vision of squash as a sport for all.

Australia has a great Squash history and we want to win medals on the world stage, but we also want to increase participation at all levels – junior, club and masters - and increase understanding and recognition amongst the general public.



Since the introduction of squash to the Commonwealth Games in 1998, Australia and England have fought for the majority of medals, and Australia was the leading squash nation at Glasgow last year.

I hope to build on that success, and make Squash Australia a leading force in Australian sport."

David Mandel said that they were looking forward to Richard Vaughan using his skills and experience to take Australian Squash to the next level of Performance, Participation and Profile



0

MACKAY CLUB CHAMPS





MENS A 1st Darryn Dyer 2nd Grant Polley 3rd Andrew Ollett Plate Rian DeWaal

MENS B 1st Wes Dyer 2nd Quinn Osborne 3rd Rian DeWaal Plate Tom Houston

MENS C 1st Cohen Osborne 2nd Sam Thomson 3rd Tom Houston Plate Michael Sutherland

MENS D 1st Zac Houston 2nd Jack Matthews 3rd Addison Beckmann Plate Kyle Haoni-Vincent

MENS E 1st Jack Matthews 2nd Addison Beckmann 3rd Peter Bourke Plate Lance Dyer









WOMENS A 1st Rachel McDermott 2nd Karen Cumming 3rd Bree Adams Plate Gillian Nielsen

WOMENS B 1st Nikki Hains

2nd Summer Palmer 3rd Hayley Hankinson Plate Lisa Adams

WOMENS C

1st Hayley Hankinson 2nd Summer Palmer 3rd Danielle Hankinson Plate Julie Currie

WOMENS D

1st Narissa Andrews 2nd Cyan Osborne 3rd Chloe Thompson Plate Julie Currie

WOMENS E

1st Alice Climpson

2nd Gemma Brownsey 3rd Grace Brownsey Plate Payton Douglas

CONGRATULATIONS
TO ALL THE WINNERS

TIMED JUNIOR TOURNAMENT FOR BEGINNERS

All 8 juniors played each other. The format of the tournament was play over two halves:

First half play - 7 minutes
Drink Break - 2 minutes
Second half play - 7 minutes.

BOYS

1 Charlie Jackson 262 pts 2 Quinn Douglas 172 pts

GIRLS

- 1 Kayce Hoani Vincent 272 pts
- 2 Jordan Benson 229 pts
- 3 Sarah Brazier 217 pts
- 4 Kyana Van Kerkwyk 196 pts
- 5 Taylor Connor 189 pts
- 6 Olivia McDermott 144 pts

MACKAY CLUB CHAMPS



The 2015 Mackay Club Championships were held over the June 13-14 weekend at the Mackay Leisure Centre.

With bleak weather conditions outside, inside was almost ideal for running around in. Humidity was on the high side, but with temps in the low 20s, there wasn't too much to complain about.

Our juniors who are traveling to the QJC in Brisbane later in the month, used the tournament to assess how they were playing and to work on their match fitness and strategies. Many of them took out placings in the lower grades.

None of our juniors were strong enough to trouble either **Darryn Dyer** or **Rachel McDermott** who took out the Men's A Grade and Women's A Grade respectively.

Jayden Wadd was given clearance to compete in the Men's A Grade, but lack of preparation due to knee injuries meant he was relegated into 4th position. He has promised to be back next year, stronger and faster, so will be a force to reckon with.

The Men's A Grade final was a nail-biting 5setter between Darryn Dyer and Grant Polley, with neither opponent giving the other any easy points. Next year should prove very interesting with a fit Jayden Wadd thrown into the mix; it will be hard to pick a winner.

Most entertaining matches of the weekend were between best mates **Addison Beckmann** and **Jack Matthews** who came up against each other twice in D & E Grade round robins.

With Jack taking the first victory, Addison was on a redemption mission literally throwing himself around the court as only the young and foolish can. Unfortunately it was to no avail with Jack securing a second victory to take a 2-0 lead in the "mate against mate" stakes. It will be interesting to watch how this rivalry pans out in the future.

Hayley Hankinson again proved a handful to her opponents, taking out the Women's C and coming 3rd in Women's B Grades. Not much seems to rattle this young lady on the court as she takes on stronger players, sticking to her guns while remaining cool, calm and collected throughout. We wish her well as she continues to improve.

Wes Dyer took out the Men's B Grade by defeating Quinn Osborne in a hard fought match. Wes is another up and coming junior to watch out for. Having already traveled overseas with the Australian squad, he is well on his way to success if given the right opportunities in the future.

Kay Barclay ran a mini tournament for some of our beginner juniors on the Saturday which was a great success. We hope to have some of these players competing next year in the main tournament.

Many thanks to Kay for taking this on, her commitment to our juniors is immense and greatly appreciated.

A big thank you to Lucas Nielsen who ran a successful tournament without too many hiccups.

Thank you also to the club members who quietly work behind the scenes making everything flow smoothly.

We look forward to making 2016's championship another great success.







The 2015 QJC Individual Championship has concluded with **Hayley Hankinson** the only NR player to win a State Title.

Proudly coached by Kay Barclay the talented youngster continues to grow in confidence.

A recent trip to NZ representing Australia has boosted her self belief and Hankinson lived up to her #1 seeding with strong 3-0 victories in each of her Under 13 match ups.

Another bright star on the horizon is **Kiara Stubley** from Cairns. In her first QJC Kiara narrowly lost the Under 11 Girls Round Robin event on games won and lost.

Mackay's **Wes Dyer** and **BJ MacDonald** finished 2nd and 3rd in their respective age groups.

Also from Mackay Lucas Nielsen won the Special Plate and Zac Thomson won the Plate in the Under 21 Mixed Championship.

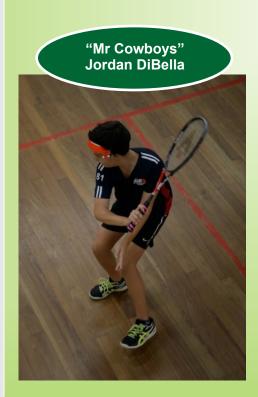
Commendable Top 8 finishes where there were 8 or more competitors included:

Jordan DiBella 7th in BU13, Bradley Martin 5th in BU15, BJ MacDonald 6th in BU15, Gemma Brownsey 8th in GU13, Tia McLennan 4th in GU15, Hayley Hankinson 7th in GU15 Danielle Hankinson 8th in GU15 Abbey Butcher 6th in GU17 Jessica Green 8th in GU17 Ozanna Beckmann 6th in GU19 Summer Palmer 7th in GU19.

Alex Fox from Townsville was awarded the Chris Robertson Encouragement Award.



Brody DiBella and Lucas Nielsen in action



Wes Dyer reached the Under 15 Boys Final



































DAY 1: 24 Winners

116 players are competing for 11 State Titles on offer at the QJC from 28th June to 1st July 2015.

There are 52 entries across 10 events from NR. Unfortunately, NR has no U11 Boys competing.

Our top seeded players are Hayley Hankinson #1 in the U13Girls, BJ MacDonald #2 in the U13 Boys, Tia McLennan #2 in the U15 Girls and Wes Dyer #2 and Brad Martin #3 in the U15 Boys.

BU13 Jordan DiBella [8] def Ruben McIntyre BC 11-1 11-2 11-9

BU15Q Kyle Hoani-Vincent [16, Q] def Jack Simons BC 11-1 11-5 11-7

BU15Q Jake Webb [15, Q] def Alex Fox NR 11-5 11-1 10-12 11-6

BU15Q Jordan DiBella [14, Q] def Jack Burfoot BC 11-4 11-4 11-2

BU15 BJ MacDonald [5] def Osker Deacon BC 11-9 11-8 11-8

BU15 Bradley Martin [3] def Jordan DiBella NR 11-1 11-5 11-0

BU15 Wesley Dyer [2] def Jake Webb NR 11-4 11-4 11-1

BU17 Wesley Dyer [13] def Jakota Darcy-Townsend SR [20] 11-3 11-6 9-11 11-3

BU17 Bradley Martin [15] def Kaden McClintock CR [19] 11-9 11-6 11-7

BU19 Lucas Nielsen [14] def Drew Nuttall-Smith SR [19] 14-12 9-11 11-5 11-6

BU19 Jeremy Barnes [11] def Brody DiBella NR [22] 11-8 11-5 11-5

GU11RR Kiara Stubley [4] def Charlotte Stephenson BR [3] 3-11 11-4 7-11 11-7 13-11

GU13 Hayley Hankinson [1] def Maddie Davies BR [16] 11-2 11-5 11-4

GU13 Gemma Brownsey [7] def Jessamay Prior SR [10] 11-4 11-3 11-1

GU15 Hayley Hankinson [8] def Kaci Newman NR [10] 17-15 13-11 11-4

GU15 Danielle Hankinson [9] def Rachael Wood SR [7] 11-1 11-2 11-6

GU15 Tia McLennan [2] def Danielle James CR [15] 11-3 11-0 11-3

GU17 Abbey Butcher [8] def Zoe Lockton BC [9] 11-8 11-6 11-6

GU17 Jessica Green [5] def Caitlin Purcell NR [12] 11-3 11-0 11-2

GU19Q Summer Palmer [8, Q] def Caitlin Purcell NR [9, Q] 11-4 11-3 11-5

GU19Q Ozanna Beckmann [7, Q] def Zoe Aust BC [11, Q] 11-4 11-4

MU21 Zac Thomson [9] def Samantha Calvert BC [8] 11-3 11-3 11-5

MU21 Lucas Nielsen [5] def Brenda-Lee Mather CR [12] 12-10 11-3 11-7

MU21 Callan Menzies [7] def Tom Fox NR [10] 14-12 11-2 11-3

Match of the Day: Kiara Stubley winning against a higher seed, overcoming a nervous start in her first QJC and recovering from 1-2 down to take out the Round Robin match 13-11 in the 5th.

DAY 2: 17 Winners

MAIN DRAW

BU13 BJ MacDonald [2] def Lachlan Woodforth BC [7] 11-6 11-5 11-8 BU15 Wesley Dyer [2] def Declan Cashman BC [10] 11-3 11-2 13-11

GU13 Hayley Hankinson [1] def Katie Davies BC [9] 11-1 11-3 11-3 GU15 Tia McLennan [2] def Danielle Hankinson NR [9] 11-1 11-2 11-7

MU21 Jeremy Barnes [2] def Callan Menzies NR [7] 7-11 8-11 11-8 11-8 11-4



DAY 2: Continued

MAIN DRAW

BU13 BJ MacDonald [2] def Lachlan Woodforth BC [7] 11-6 11-5 11-8 BU15 Wesley Dyer [2] def Declan Cashman BC [10] 11-3 11-2 13-11

GU13 Hayley Hankinson [1] def Katie Davies BC [9] 11-1 11-3 11-3 GU15 Tia McLennan [2] def Danielle Hankinson NR [9] 11-1 11-2 11-7

MU21 Jeremy Barnes [2] def Callan Menzies NR [7] 7-11 8-11 11-8 11-8 11-4

OTHER MATCHES

BU13 9-16 Alex Fox [12] def Nathan Turner CR [13] 11-9 3-11 11-9 11-9
BU13 9-16 Matthew Brazier [11] def Mackenzie Mutton BC [14] 11-4 11-4 11-0
BU17 9-16 Brody DiBella [9] def Benjamin Dowling CR [16] 11-6 11-9 15-13
BU17 9-16 Michael Sutherland [18] def Jake Webb NR [23] 11-3 11-9 11-3
BU19 9-16 Lucas Nielsen [14] def Jeremy Barnes NR [11] 6-11 11-5 11-8 11-5
BU19 17-24 Callan Menzies [21] def David Mullin BC [20] 11-3 11-3 11-8
BU19 17-24 Brody Di Bella [22] def Drew Nuttall-Smith SR [19] 11-5 11-3 11-7

GU17 5-8 Abbey Butcher [8] def Jessica Green NR [5] 13-15 14-12 11-4 11-4 GU17 9-16 Kaci Newman [13] def Caitlin Purcell NR [12] 11-4 11-3 11-4 GU17 9-16 Danielle Hankinson [11] def Chloe Thompson NR [14] 10-12 11-8 11-0 11-7 GU17 9-16 Summer Palmer [10] def Alice Climpson NR [15] 11-2 11-2 11-5 GU17 9-12 Summer Palmer [10] def Danielle Hankinson NR [11] 11-7 11-9 4-11 11-8

DAY 3: 17 Winners

MAIN DRAW

BU15 Wesley Dyer [2] def Joshua Penfold SR [6] 11-4 5-11 11-4 12-10

GU11RR Kiara Stubley [4] def Madison Lyon BC [1] 11-5 11-8 11-4 GU11RR Payton Douglas [5] def Sarah Brazier NR [6] 11-2 11-0 11-3 GU11RR Kiara Stubley [4] def Payton Douglas NR [5] 11-3 11-3 11-4 GU13 Hayley Hankinson [1] def Lauren Luck SR [4] 11-4 11-5 15-13

OTHER MATCHES

BU15 5-8 BJ MacDonald [5] def Robert van der Kreek BC [8] 11-13 11-8 11-6 11-6 BU15 5-8 Bradley Martin [3] def Declan Cashman BC [10] 11-8 11-2 11-3 BU15 13-16 Jake Webb [15] def Jordan DiBella NR [14] 11-5 12-10 7-11 12-10 BU17 9-12 Brody DiBella [9] def David Turner CR [12] 9-11 8-11 11-6 11-9 11-8 BU17 13-16 Wesley Dyer [13] def Benjamin Dowling CR [16] 11-2 11-5 11-9 BU17 21-24 Jake Webb [23] def Samuel James CR [22] 8-11 11-9 11-8 14-12

GU13 13-16 Grace Brownsey [14] def Molly Hansen BC [15] 11-6 11-4 11-4 GU17 13-16 Chloe Thompson [14] def Alice Climpson NR [15] 12-10 11-0 11-6 GU19 5-8 Ozanna Beckmann [7] def Courtney Mather CR [6] 6-11 10-12 11-7 Retired

MU21 Plate Zac Thomson [9] def Brenda-Lee Mather CR [12] 11-6 11-7 11-5 MU21 SP Lucas Nielsen [5] def Samantha Calvert BC [8] 12-10 11-8 18-16 MU21 SP Callan Menzies [7] def Ben van der Kreek BC [6] 7-11 2-11 11-8 11-3 11-2



DAY 4: 17 Winners

MAIN DRAW

GU11 RR Kiara Stubley [4] def Sarah Brazier NR [6] 11-1 11-1 11-3 GU13 Hayley Hankinson [1] def Ashlyn Barclay BC [3] 11-8 11-1 11-4

OTHER MATCHES

BU13 3-4 BJ MacDonald [2] def Campbell Jones BC [4] 4-11 11-6 11-5 11-5 BU13 7-8 Jordan DiBella [8] def Lachlan Woodforth BC [7] 12-10 11-5 11-6 BU13 11-12 Matthew Brazier [11] def Alex Fox NR [12] 11-9 11-7 11-8 BU15 5-6 Bradley Martin [3] def BJ MacDonald NR [5] 11-5 11-7 11-9 BU15 15-16 Jordan DiBella [14] def Kyle Hoani-Vincent NR [16] 11-3 11-4 7-11 12-10 BU17 19-20 Michael Sutherland [18] def Samuel Thomson NR [17] 11-6 8-11 11-5 13-11 BU19 11-12 Lucas Nielsen [14] def Zachary Dowling CR [13] 12-10 4-11 11-8 2-11 11-6 BU19 19-20 Callan Menzies [21] def Brody DiBella NR [22] 10-12 11-8 11-4 8-11 11-9 BU19 25-26 Samuel Thomson [26] def Tom Fox NR [25] 14-12 11-6 12-10

GU13 13-14 Grace Brownsey [14] def Kiara Stubley NR [13] 11-6 14-12 9-11 11-6 GU15 7-8 Hayley Hankinson [8] def Danielle Hankinson NR [9] 11-9 11-8 11-8 GU15 11-12 Kaci Newman [10] def Kurstyn Mather CR [14] 13-11 11-8 9-11 11-9 GU17 11-12 Danielle Hankinson [11] def Kaci Newman NR [13] 11-7 3-11 11-6 12-10 GU17 13-14 Chloe Thompson [14] def Caitlin Purcell NR [12] 11-7 11-4 8-11 11-9

MU21 Plate Zac Thomson [9] def Bree Dunn CR [11] 11-7 11-8 12-10

Match of the Day: Without doubt the match of the day was Hayley Hankinson winning the U13 Girls.



Under 13 Girls State Champion - Hayley Hankinson Under 11 Girls Runner Up - Kiara Stubley Under 15 Boys Runner Up - Wes Dyer Under 15 Boys Third - BJ MacDonald

Chris Robertson Encouragement Award - Alex Fox

WHERE ARE THEY NOW?





Dijo Sexton

From a very early age, Dijo became a key member of the mighty Queensland Sharks!

In Ballarat in 2005 she became the 13YAG Australian Champion.

She represented Queensland from 2004 to 2010 for a record 7 straight appearances. She captained the team in 2010 leading the Sharks to their 7th straight team victory.

This young lady had it all. She had a big heart and a fighting spirit rarely seen in young female squash players. She was a delight to watch and coach.

She understood the importance of dominating the T and had a killer cross-court drive. As with most champions she could confidently play all the shots with a very high degree of accuracy.

Today, Dijo lives in Atherton and still has squash aspirations. "I moved to Cairns for a year then moved back to Atherton. Atherton tablelands is such a beautiful area, close to family ... won't be leaving for a while!"

"I'm currently training to hopefully play a series of WSA tournaments next year. I'd like to try and get into the top 100 but that will largely depend on me being able to raise the necessary funds."

"At the moment I'm coaching myself and hitting with my friends John and Angie. I train at **"Everybody's Gym"** in Atherton and hopefully, in the next few months, I will begin going down to Cairns to see Marc Forster."

Dijo's current training regime:

30 min gym and 30 min bike riding in the morning Play with a partner for about 2-3 hours or 30 min solo practice

Dijo's advice for young players:

Challenge yourself ... play up against stronger, tougher and overall better competition. It will keep you humble. If it seems impossible it isn't. Stick to it even when it seems hard.

I have always admired Serena Williams and she once said:

"All you need is a racquet and a dream."

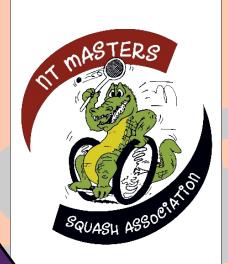
I would like to **thank** a lot of people that have helped me out over the years:

- Mum & Dad
- ► Gravs
- Skins
- Alan Rockley Memorial Fund
- Payless Timbers
- Kay Barclay
- ▶ John Arcidiacono
- Owen Davies-Griffiths
- ► Lion & Lioness Club
- Rosa Lee Long
- Moratis Banana's

EXCELLING MASTER









JUNE 2015

Innisfail's Barry Hall has just finished runner up to Barrie McDevitt at the QMSA State Titles which were held over the Queens Birthday long weekend at Club Coops in Brisbane.

Barry won all his preliminary matches in three to reach the final of the Over 70 age group but found the winner McDevitt too good losing 1-3.



QMSA

APRIL 2015

At the NTSMA ANZAC Day Tournament in Darwin in April Innisfail's Barry Hall won the 70-74 age group.

Barry defeated Vince Yuen (R) 9-2, 9-1, 9-3 in the final.

Well Done Barry ...
NR and Innisfail are
very proud of you!







NORTHERN REGION SQUASH AWARDS

Excellence REDSTAR Encouragement

wo NR players will be selected each month to receive either the **REDSTAR** Excellence Award or the **REDSTAR** Encouragement Award. To qualify for the excellence award a player must finish on the podium. To qualify for the encouragement award a player needs to show a level of improvement or a performance that pushes their opponent all the way.

REDSTAR Excellence => Hayley Hankinson



Hayley Hankinson is this month's **Redstar Award** winner. Hayley has just won her second State Title.

The #1 seed in the U13 Girls was too good for her opposition beating them all 3-0.

Hayley continues to grow in confidence and is looking forward to representing Queensland at the 2015 AJC in Cairns in September.

Hayley's Road to Glory:

R1 Defeated Maddie Davies BR [16] 11-2 11-5 11-4 QF Defeated Katie Davies BC [9] 11-1 11-3 11-3 SF Defeated Lauren Luck SR [4] 11-4 11-5 15-13 Final: Defeated Ashlyn Barclay BC [3] 11-8 11-1 11-4

REDSTAR Encouragement => Alex Fox



Alex Fox is this month's Redstar Encouragement Award winner.

Alex was voted by the managers and coaches of each region as the worthy recipient of the Chris Robertson Encouragement Award.

The Encouragement Award is based on a person's attitude, determination and heart in a losing situation. The recipient must be chosen from those participants in the Boys Under 13 or below.

The Chris Robertson Encouragement Award is one of four Eagle Awards presented at the QJC Individual Championship for outstanding achievement and participation.

Alex finished 12th Overall in the Boys Under 13 event.

CONGRATULATIONS

SQUASH NOTICEBOARD





Q SQUASH NORTHERN REGION

2015 Tournament Calendar

2014 COMMITTEE:

President: Alec MacDonald VP: Jayden Wadd

Secretary: Kay Barclay

Treasurer: Rachel McDermott

28 JUN - 5 JUL QJC in Brisbane - Aspley

26 SEP - 4 OCT AJC in Cairns

17-18 OCT NR Qualifier #1 in Ingham

29 OCT - 1 NOV Mackay Open PSAWSA

Kay Barclay 0432 572 712

BREAKING NEWS:

The 2016 Queensland Junior Championships will be held in Northern Region. Q Squash has just announced a change to the rotation system.



17-18 OCT15 INGHAM

20-21 FEB16 MACKAY



19-20 MAR16 TOWNSVILLE

compulsory
30 APR1 MAY16
MACKAY

KYNNIKYNN KYNNIKYNN KYNNIKYNN KYNNIKYNN

If everyone supports, everyone gains!

Contact your centre operator for more information



Junior Pathway
Junior Rankings

Queensland Sharks

Player, Coach and Referee Development

Player Accident Insurance



Your affiliation to squash is invited and would be very much appreciated.