

SQUASH WA NEWSLETTER: FEBRUARY 2023





- West Coast Open & New Year's Bash
 - Mandurah 1000 British Junior

For nearly two decades I have been hoping Squash Australia would take a group of juniors to the British Junior Open ... it has finally happened and I hope it becomes an Annual event. So firstly, congratulations to everyone who made that possible.

The BJO is the best Junior Open Championship in the World. Besides the World Junior Championships this event attracts the best juniors from around the planet but most importantly, the Egyptians in mass!

This level of competition is vital if we are ever going to return to the top of world squash. Our two best junior players in Australia: Oscar Curtis finished 28th (111) and Madison Lyon 21st (57) ... so Australia has a lot of work to do over the next decade!





30 January 2023

PSA PLAYER:	TM:	HWR:
Mike Corren	272	38
Oscar Curtis	269	251
David Ilich	428	210
Remi Young	456	394
Dylan Classen	672	630
Erin Classen	159	130
Pascale Louka	284	250

TM: This Month
HWR: Highest World Ranking





Welcome Tim!

Coach Tim Cowell has become a monthly contributor to the SWAN. Check out his first story on Page 19

Keep an eye out for the

WA SQUASH SWAN ANNUAL 22



It's Out Now!



BEHIND THE SCENES with Leigh Kaye

As we dive into a fresh, new year, we are thrilled to think about all the events and initiatives on the horizon for our great sport!

We hit the ground running in January with an Open Day for girls on Wednesday 18 January, followed by the annual two-day junior clinic on the 19 and 20 January. We had 11 girls attend the Open Day who all had an absolute ball. Clare did a fantastic job of coordinating the day seamlessly, with Hannah, Caitlin, Pascale and Josie as assistant coaches.

Sue also did an amazing job running the clinic, as always. Her years of playing and coaching experience, combined with her endless wisdom, gave a whole new dimension to the kids' thought patterns around the game. There was even a session on nutrition where the kids were taught about hydration and how to analyse food labels. There were many surprises for the kids who thought certain foods they ate were 'healthy'!

An astounding amount of progress has been made with the state centre upgrades. We now have two fully operational glass back courts, a fresh lick of paint throughout the building, new lighting and more. Stage two is likely to commence in March /April which will include the installation of an elevator, disabled toilet/shower room and much, much more. If you haven't been here since before Christmas, feel free to drop by – I can personally guarantee your jaw will drop as soon as you walk through the door!

In the office we continue to develop and refine the Junior Development Pathways Model. Thanks must go to our Junior Coordinators and hugely experienced Sue Hillier and Tim Cowell for providing feedback, time, and effort into putting this Model together. We hope this more visible approach with additional stepping stones to reach higher levels, will help everyone understand what is achievable, and importantly, that there is a pathway for those juniors who wish to play squash for fun, and just enjoy the game. While the Model is still in draft format, there are a few things we're excited to be implementing, such as:

- Tournament Tours' involve a group of juniors being brought to a country tournament, cared for by a male and female adult/parent. Tournament Tours will provide additional opportunities for juniors to compete in tournaments, gain more experience and confidence; remove the requirement for parents to take time off work, organise travel, meals, etc.; and promote friendship and camaraderie among our junior players. To test the waters, we will be focusing on the South West Open (24-26 March), Mandurah Open (21-23 April) and Geraldton Open (5-7 May).
- Dates for 2023 Talent Squad training sessions have been set. We are working on securing a coach to run these and will advertise as soon as they are confirmed. The Talent Squad is an additional pathway stage between Club Development Squads and the State Team, and will be run and delivered by WA Squash at hopefully no, or very little, charge to the juniors who are selected to participate.
- Additional two-day clinics in the April and July school holidays.

BEHIND THE SCENES with Leigh Kaye

The WA Squash Annual Awards night and AGM will take place at WA Squash HQ in Belmont, on Friday 31 March 2023. I can't think of a better way to recognise and show appreciation for those who go above and beyond! Nominations can now be submitted via the website here: https://wasquash.com.au/wa-squash-annual-awards/ for all four



categories: Volunteer of the Year, Coach of the Year, Referee of the Year, and Junior of the Year.

We're getting closer and closer to the launch of our new competition and membership software platform revolutioniseSPORT. Most of the online training sessions have been completed with a couple more 'super user' ones coming up in the next few weeks. If you missed the 'Intro' or 'Getting Started' sessions, you can still view them via the Squash Australia website here:

https://www.squash.org.au/w/revolutionisesport-training

... and on a final note, WA Squash is on a mission to grow Squash in WA. In order to do this, we need YOU!!!

If you have a passion for squash and would like to help make a difference, whether it be on the Board or as a volunteer, please get in touch with the office and let us know you're out there.

A new initiative is to track our registration base on a quarterly basis, commencing this year, and using last years numbers as a reference point.



202	2023 Registered Players			
Quarter 1 2023			2022 full year	
Club	Junior	Adult	Junior	Adult
Belmont			9	69
Blue Gum			21	82
Broome			4	77
Bunbury			2	51
Busselton			2	49
Cambridge			16	51
Dampier			2	24
East'n Goldfields			6	81
Esperance			6	100
Geraldton			7	59
Hilton				18
Karratha			3	41
Katanning			3	29
Kensington				13
Kununurra			6	73
Leschenault			9	39
Madd/Gosnells			10	12
Mandurah			9	63
Manjimup			2	25
Marmion			28	41
Mirrabooka			31	118
Moora			1	1
Narrogin			3	54
Scarborough				2
Subi-Kings				5
Tom Price				1
Vic Park			17	89
Wickham			6	35
Wongan Hills				4
Totals			203	1,306

Our goal is to publish the SWAN on or as near as possible to the first day of each month. The junior rankings are generally not available to meet that deadline and can take upwards of a week to be processed. So from now on we will publish them retrospectively. Therefore the March edition will include the February Rankings.

Your quick guide to squash events being held in WA in coming months:

2023: February to April

FEB	3	Masters Tussle	Masters		ТВС
FEB	10 - 11	Red Hot Teams Challenge			Mirrabooka
MAR	3-5	Esperance Open	Senior & PSA	T85	Esperance
MAR	11	Marmion Junior Squash Classic	Junior		Squash Factory
MAR	24 - 26	South West Open	Senior & Junior	T85	Bunbury
APR	21 - 23	Mandurah Open	Senior & Junior		Mandurah
APR	22 - 24	Australian Junior Open	Junior	Platinum	MSAC - VIC



March 3-5



ESPERANCE OPEN

Esperance



March 11

MARMON
JUNIOR CLASSIC

Squash Factory

March 24-26



SOUTH WEST OPEN

Bunbury

March 25-27

MANDURAH OPEN

Mandurah

April 22-24

IIINIOR OPEN CHAMPIONSHIPS

MSAC Victoria

The full 2023 Tournament Calendar is available on the WA Squash website https://wasquash.com.au/events/

Autumn Pennants and Leagues kick off this year as follows:

2-Feb Tuesday State Grade and State Reserve

8-Feb Wednesday Day League

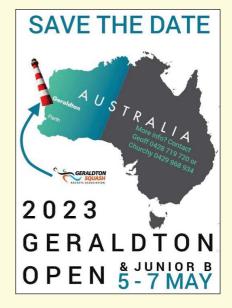
13-Feb Monday Night Mixed Pennant

13-Feb Monday Night Mixed League

14-Feb Tuesday Night Mixed Pennants and Ladies Pennants

16-Feb Thursday Night Mixed League

Please send your tournament poster to kim@squashmedia.com.au as soon as possible











MIRRABOOKA AND MARMION SQUASH CLUBS PRESENT:

THE NORTHERN KNOCK OUT



OPEN TO REGISTRATIONS FROM JUNIORS OF ALL AGES AND ABILITIES FROM THE TWO NORTHERN NICKS ZONE CLUBS - MIRRABOOKA AND MARMION.

EACH PLAYER WILL HAVE 2 OR 3 PARII BEST OF 5 MATCHES, THEN A KNOCK OUT FORMAT DOUBLES TABLE TENNIS TOURNAMENT!

COST: \$20 (INCLUDES HEALTHY MORNING TEA AND LUNCH, PRIZES AND SPORTSMANSHIP AWARDS.

REGISTER VIA SPORTYHQ HERE:
HTTPS://WWW2.SPORTYHQ.COM/TOURNAMENT/VIEW/THE-NORTHERN-KNOCKOUT-JUNIOR

EACH YEAR THE LOCATION OF THIS TOURNAMENT WILL ALTERNATE BETWEEN MIRRABOOKA AND MARMION
RUT WILL KICK OFF IN 2023 AT MIRRABOOKA









4 January 2023

WA superstars Erin Classen, Oscar Curtis, Isla Harris and Aiden Finlay-Mulligan recently competed in the 2023 British Junior Open. Super-coach/mum Amanda Hopps did a stellar job in reporting back to us with photos and updates. Mirrabooka President Rich Grain (aka Grainy) just happened to be in town visiting family for Christmas so sent us some updates and photos while he was there. Huge thanks to both of our British correspondents!

5 January 2023

Aiden Finlay-Mulligan and Erin Classen cruised through their first-round matches against locals Olly Samuel (11-2, 11-8, 11-4) and Amy Royle (11-3, 11-6, 11-3), respectively. Oscar Curtis took out Pakistani Muhammad Azlan Khawar in four fairly convincing games (11-7, 11-2, 11-13, 11-6) whilst superstar Isla Harris took on the #1 seed in the Girls U17 Barb Sameh (Egypt). Isla went down in three but gained more and more confidence as the match progressed (2-11, 0-11, 4-11).

The GU19 #2 seed, Egyptian Fayrouz Abouelkheir, was too strong for Erin unfortunately, who went down in three (4-11, 5-11, 2-11). Likewise, England's George Griffiths proved too strong for Aiden (7-11, 1-11, 6-11). Oscar beat Ioan Sharp (Wales) in straight (11-2, 16-14, 11-3).

After Erin's tough match against Fayrouz Abouelkheir, Amanda shared with us: "Erin tried her hardest to stay in the points, but Fayrouz had amazing ammunition at all times. It was very impressive to watch! Erin will have to be very determined against Madi – it's the one she really wants to win."





Grainy shared, "Oscar went down in an unbelievably close three" (9-11, 8-11, 6-11) against 3/4 seed Mohamed Hassan Zakaria (EGY) and unfortunately, also lost his next match in four against Canadian Jacob Lin (7-11, 5-11, 13-11, 5-11). Aiden lost in

three against Switzerland's Nick Greter (9-11, 3-11, 7-11). "It was a tough match for them both," he said.

Amanda reflected, "Hats off to Madi Lyon winning 11-9, 11-4, 11-7. Great application across the T, forcing the play and moving the ball into all four corners. Showed up when the big points arrived. Erin is gutted but a great learning experience!"

"Erin started strong but then the nerves kicked in," added Grainy. Isla lost her match against Hungarian Nora Juhasz in three. You can see from the final scores that she fought hard right to the very end (9-11, 4-11, 10-12)!

6 *January 2023*

Amanda shared, "Aiden lost in a tight five setter against Finland's Raphael Orphano: 12-14, 7-11, 11-7, 13-11, 7-11. Aiden fought HARD. He found his accuracy in the 3rd and 4th game but was tired in the 5th and made errors due to it. A great fight overall!"

"Oscar has a bye this round as his opponent withdrew." Isla sprung back, winning quite convincingly in three against England's Zoe Tanner 11-3, 11-5, 11-4!

Erin won in four against India's Vasudha Surange (11-6, 11-3, 3-11, 11-8). Amanda shared with us that Erin "played convincingly in the first 2 then played passively in the third, before controlling the T again in the fourth". Erin's next match against Welsh lass Alyx Kelleher was a more confident win (11-6, 11-3, 11-8), "Most relaxed and controlled she has played this far. Volleyed well and played plenty of variety." Erin then took on France's Ana Munus at 7.10pm that night for 25th place out of 58 players. She won 13-11, 6-11, 11-7, 11-9.

After Oscar took a bye when his opponent pulled out, he fell ill before his next match so was unable to play. "Very unfortunate for him," Amanda shared. Sadly, Oscar was then out of the competition. He officially finished 28th out of 111 players.

Isla beat England's Grace Winton in three. While the first two games were convincing (11-3, 11-2), Grace appeared to find her fire in the third, pushing it out to 14-12! Another English lass in Amelie Brooke was next. It was an exciting and VERY close match, however, Isla went down in five in the end (6-11, 11-7, 11-9, 10-12, 8-11). Isla was then scheduled to take on Germany's Yasmin Cherian for 51st place, out of 64 players. The match was not played.







Meanwhile, young Esperance lad Aiden Finlay-Mulligan was running marathons! After his five-setter against Finland's Raphael Orphanou, he backed it up with an intensely close match against Welshman Archie Davies-Clarke (11-9, 2-11, 11-13, 15-13, 11-8). George Barker was next on the list, with the Englishman coming out on top in three (3-11, 4-11, 3-11). Aiden's final match was scheduled against Spain's Pedro Rodriquez Segovia for 59th place out of 91 players but was not played.

Amanda shared, "We had a great day today – a few Aussies played this morning and then we all went to the glass court to watch the finals. It was so much fun as we all sat together on the side of the court chatting and watching. Oscar was again sick and spent the day in his hotel room.

Both Aiden and Isla didn't have to play any matches today – so Isla was 51st and Aiden 59th. Erin won 3-1 today and finished in 25th place. She was satisfied with her experience – winning 4 and losing 2. Every day was a new player and she seemed to play more confidently the more matches she had.

The Aussie contingent was such a great group that had amazing fun together! The coaches were Stewart Boswell (former world #4), Vicky Boswell (Botwright) (former World #5), Cassie Thomas (Jackman) (former world #1) and Donna Lobban (Urquhart) (former World #13 and Commonwealth Games Gold Medalist).

The kids are taking home with them some invaluable experiences. They now have a definite idea of their own games at the very present, measured in the qualities shown by their opponents/competitors. It is now up to them to pin-point the areas of development that they would like to see in their games and work hard to achieve them. This tournament — being subjected to seeing and playing the best in the world in all age groups — far surpasses anything that they could have experienced in Australia. The BJO is an unforgettable experience and I urge other juniors in WA to play the tournament next year."

I think we speak for everyone across Western Australia when we say how proud we are of these kids. They fought some REALLY tough opponents, ran some marathons, and had some heartaches, but we know they have come out smarter and stronger than ever before. We can't wait to watch

https://britishjunioropen.com/







Ladies social squash coaching



°⊗ 9-10am Fridays



\$10 per person



Coaching by triple World Champion, Sue Hillier

Book online at victoriapark.wa.gov.au/squash

AqualifeLeisurelife victoriaparkleisure.wa.gov.au



Masters Squash Battle of Belmont 2023







BELMONT SQUASH CENTRE 144 ROBINSON AVENUE BELMONT

Friday 3rd February

7pm Start

- Entry: \$15 (pay on the night)
- 4 games per player
- Teams of 8 on two courts
- Supper and prizes included.
- Masters' Bar no BYO

To enter - contact ...

- Terry Brookes 0423 496 588
- Ray Bell 0419 900 045
- Email:wamstournament@gmail.com





TEAMS OF FIVE - ABILTY BASED

REGISTER VIA SPORTY HQ

\$45 JUNIOR | \$55 ADULT

TOURNAMENT SHIRT INCLUDED

VENUE - SQUASHWORLD MIRRABOOKA

FRI 10TH - SUN 12TH FEB 2023



PROUDLY PRESENTS

2023 MARMION JUNIOR CLASSIC

Abilities Based Junior Tournament PLUS "Classic Cup Doubles" (Saturday afternoon after the individuals)

11th MARCH 2023

Enter via Sporty HQ

ENTRIES CLOSE 8:00pm TUESDAY 7th MARCH 2023 No late entries will be accepted

Tournament Director: Sue Cowell

Enquiries: Sue Cowell on 0416 082 778 or sjcowell@hotmail.com

SQUASH **FACTORY**

18 Garino Rise, Wangara



Mandurah J	unior 1000		Mandurah 14 January 2023
Event	Winner	Runner Up	Third
Division 1	Ashton Clement	Jacob Curry	Luke Jamieson Jnr
Division 2	Sydney Ellis	Lucas Curry	Bryan Prinsloo
Division 3	Vera Bruce	Jessica Jellis	Teagan Scott

Thanks Brad Hibbs - Last weekend saw juniors take a road trip south for the Mandurah 1000. The entries were strong and were set across 3 divisions for the one-day event. It was great to see so many more attend compared to last year with some amazing young talent on court. A healthy morning tea and lunch was provided for all in attendance and went down a treat!

Congratulations to all the winners on the day and a special SPECIAL thank you to Mandurah Squash Club Vice President Narns Williams and silent Committee Member Maria Hibbs for organising the wonderful prizes.

We can't wait to see you all, as well as all the big kids, back again for the Mandurah Open from 21 to 23 April 2023.

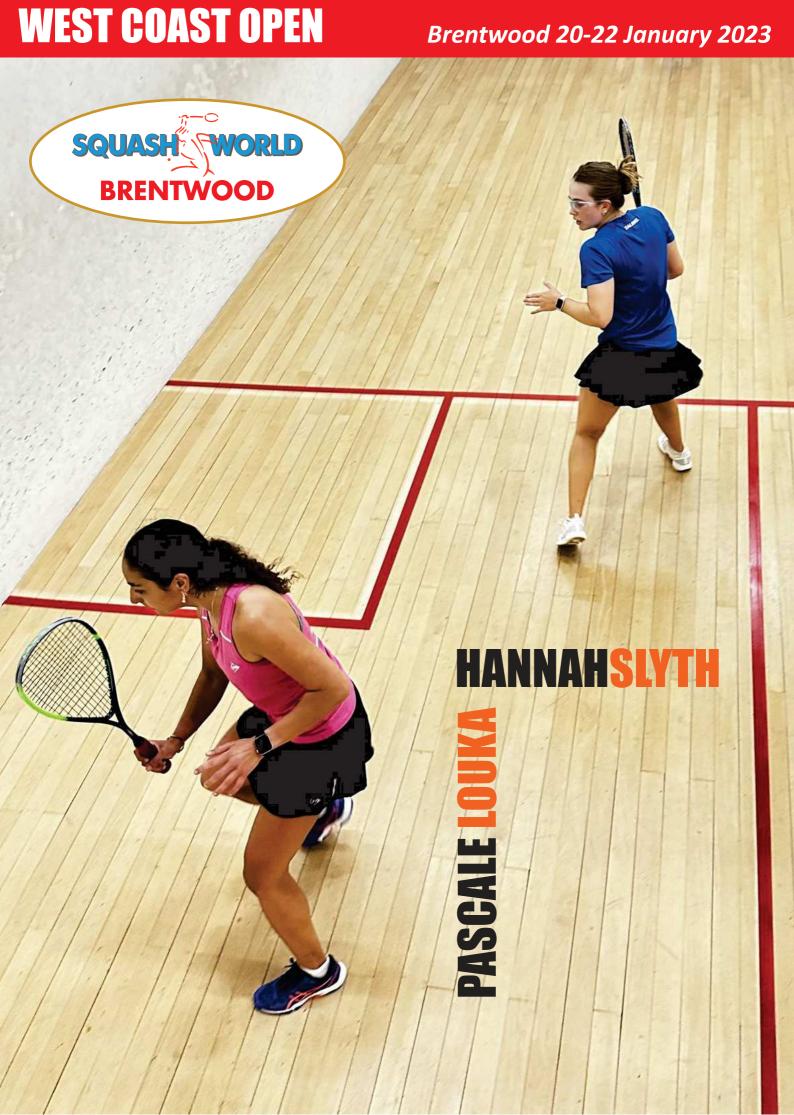
Squash on !!!











Thanks Luke Jamieson. The 2023 West Coast Open and WA Squash New Year's Junior Bash wrapped up on Saturday with 86 players competing in the tournament. The extreme heat at Squashworld Brentwood made the tournament a real test of endurance as well as skill.

In the Men's Open, **Mike Corren** defeated David Ilich in a three-game match, 11-2, 11-6, 11-7. Mike's pin point accuracy was on full display taking the title in 31 minutes.

In the Ladies Open, **Pascale Louka** won a very close opening game against Hannah Slyth before running away with the title in 25 minutes, 13-11, 11-5, 11-5. Louka was able to use her experience to outplay Slyth in the hot conditions.

Jacob Curry was the standout player of the tournament. He won the Boys Division 2 final, defeating Ashton

Clement in a super close 3 games 11-9, 12-10, 14-12. He also won the Men's Division 6 final, defeating Dean McLeod 11-4, 11-2, 11-6. His performance shows how much work he is putting into his squash. Nice work!

Congratulations to all the players who survived the West Coast Open and New Year's Junior Bash! Scorching hot atmosphere, close matches and plenty of amazing squash.

Thanks Neil Butler for being the Tournament Referee. Thanks also to Serena, Yvette & the kitchen team for the healthy choice foods ... they were superb.

The West Coast Open and New Year"s Junior Bash will be back again next year!









West Coast Open Championships		Brentwood 20-22 January 2023	
Event	Winner	Runner Up	Score
Mens Open	Mike Corren	Dave Ilich	11-2, 11-6, 11-7 (31m)
Mens Div 1	Jinseok Kim	Chris Chan	10-12, 11-5, 13-11, 15-13 (49m)
Mens Div 2	Christiaan Haseldonckx	Brendan Marsh	11-8, 11-3, 12-10 (21m)
Mens Div 3	Eric Marsh	Amos Bruce	11-9, 11-6, 12-14, 12-10 (41m)
Mens Div 4	Tom Everett	Roger Schmidlin	8-11, 11-6, 12-10, 11-6 (25m)
Mens Div 5	Andreas Christou	Phillip Abercrombie	9-11, 11-9, 11-2, 11-8 (23m)
Mens Div 6	Jacob Curry	Dean McLeod	11-4, 11-2, 11-6 (13m)
Ladies Open	Pascale Louka	Hannah Slyth	13-11, 11-5, 11-5 (25m)
Ladies Div 1	Michelle Hodge	Cindy Parsley	11-5, 11-6, 11-9 (17m)
Ladies Div 2	Sydney Ennis	Jasmin Legge	11-7, 11-1, 9-11, 8-11, 11-6 (RR)

WA SQUASH NEW YEAR'S BASH

Brentwood 20-22 January 2023











WA Squash.	Junior New Year's Bas	sh	Brentwood 20-22 January 2023
Event	Winner	Runner Up	Score
Boys Div 1	Daniel Marsh	Waldo Vorster	12-10, 11-2, 11-3 (17m)
Boys Div 2	Jacob Curry	Ashton Clement	11-9, 12-10, 14-12 (25m)
Girls Div 1	Caitlin Pratt	Isla Harris	11-7, 11-8, 11-6 (RR)
Girls Div 2	Jessica Jellis	Jasmin Legge	11-9, 6-11, 11-2, 9-11, 11-6 (33m)

SHORT & SWEET with Serena Richardson

Annual Awards Night and AGM

It's time to start thinking about who you will be nominating from your Club for the annual WA Squash Awards! What better way to recognise and show appreciation for those who go above and beyond? Click here to be taken to the new Annual Awards area of the WA Squash website:

https://wasquash.com.au/wa-squash-annual-awards/

There is a separate form (with selection criteria to guide you therein) for each of the five categories: Volunteer of the Year, Coach of the Year, Referee of the Year, Junior of the Year, and Junior Player of the Year.

The event will take place on Friday 31 March 2023, straight after the Annual General Meeting, for which we're also inviting nominations for Board positions. Forms are also now online here: https://wasquash.com.au/board/.

If you have skills or knowledge in a specific area, we'd love to hear from you.

Let's start 2023 with a BANG and get squash back on the map!!



State Centre Upgrades

Renovations are well underway at the state centre. Check out these sneak peaks... **Photos:** https://wasquash.com.au/2023/01/06/hq-upgrades-progress-update/

revolutioniseSPORT Super User Training

The next revolutioniseSPORT training sessions are coming up, the third of which is scheduled slightly later than the others to cater for WA.

This 'Super User' training is a deeper dive into utilising five or six of the platform's additional features, including governance tools, events, and classes, and also covers more complex Member reporting and management.

The dates and links to register are as follows:

February 8th - 3pm AWST (Meeting ID: 428 085 019 751, Passcode: yGTFMM) Click here to join. February 14th - 5pm AWST (Meeting ID: 492 742 809 774, Passcode: E7QzqQ) Click here to join.

You can also view the previous two sessions 'Intro' and 'Getting Started' here: https://www.squash.org.au/w/revolutionisesport-training

LET'S PLAY FAIR with Neil Butler

History: Whilst cleaning out past records and documentation of WA Squash I managed to rescue a rule book produced by the "Squash Rackets Association of WA" around 1964.

Firstly, it was pre-decimal and the cost was 2s/6p (two shillings and sixpence) equivalent to 25 cents in today's money. Secondly it was 4-1/2 inches x 6 inches (11cm x 150cm), 36 pages and contained 1) The Rules of Squash Rackets 2) Instructions to Referees and Markers and 3) By-Laws for Pennant Competition.

There were 24 Rules (now we have 15) but the intent of the rules basically remain the same. The Rules contained the two-serve rule which the interpretation was written about previously.

In the Instructions to Referees and Markers the following was written as a Foreword note "Over the years in Australia, a different brand of refereeing and marking developed from which was the original intent of the rules. For example, because it is difficult, calling of faults was dropped and virtually the onus put on the receiver to decide whether a service was a fault or not. Because of the strong influence and interest of tennis players non-authorised calls of 'single-fault and 'double-fault' crept into the technology".

It then went on to give the following advice: "Faults must be called so as to do justice to the receiver and to avoid confusion. Remember that some rules cannot be applied unless the marker calls faults. A marker can simplify his job considerably by concentrating his gaze on the service line well before the ball is struck by the server. Following the line of flight from racket to wall makes it difficult for most to determine a fault and to call quickly enough for the call to be effective."

Some things don't change!

In a Note to the Referee the following advice was given: "it is recommended that, with both a referee and a marker, the referee shall appoint the marker to call faults and foot faults and that the referee shall indicate if necessary, the box from which hand-in shall serve".

In the current rules the marker must call faults (including foot-fault) and must inform the player of the correct box from which they are to serve from if the player is unsure or is moving to the wrong box to serve. If there is a dispute about the correct service box the referee must rule. The intent is the same but the duties of the marker and referee are now clearly spelt out.

Finally, if anyone has rule books preceding 1964 I would be interested to be able to have them if you do not want them or alternatively a scanned copy would be appreciated.

Question of the Month: Answer on Page 24 ... the 2nd page of the Masters Update

A ball hits the wall close to the outline. The Marker is unsure and says nothing. What should the Referee do if sure the ball was out?

- a) Wait until the rally ends
- b) Play a let
- c) Stop play and call the ball out



Quote for the month
"Those who fail to learn from history
are condemned to repeat it"

COACHES CORNER with Tim Cowell



Each month I hope to bring different bits of information or advice for coaches and players alike.

To start things off, there have been some substantial changes in the coaches area with Squash Australia adopting the World Squash Coaching accreditation, which will see new levels of accreditation rolled out nationwide. Sue Hillier and I attended the Tutor workshop in Sydney last December where it was great to get on the same page with the other tutors of where we see coaching education in Australia currently.

Squash Oz are currently finalising the cross over process for those with a current qualification (eg foundations, club

development or talent development) and what your new WSC level will be. There might be some small bridging units for us to deliver to get coaches into the appropriate level.

If you haven't checked out the learning centre, it is a great portal to be able to manage your various certifications from both a coaching and refereeing point of view. This means that you can complete all the prerequisites well ahead of time to be fully prepared for whenever the next practical coaching course is organised.

The Level 0 Coaching certification is available now which is a great introduction into coaching, especially for any parents or club members looking to get involved in your club's junior programs for 2023. You can find the learning centre at https://www.squash.org.au/w/squash-australia-learning-centre

What's the difference between the old accreditation and new? The current WSC content at level 1 has reduced the amount of technical knowledge required and instead is more focused on getting a beginner player to play simple rallies ASAP! The focus is on challenging them to figure out things a bit more rather than coaches jumping in straight away to answer their problems.

If you are interested in helping out at your squash club and not sure where to start ... then get in contact with the office who can help to direct you. Our junior programs state wide simply don't function without volunteer help! The more people able to chip in, the better future squash has!

VOTICE

Tournament Coordination Workshop – Sunday 2 April 2023 from 12.30pm to 2.00pm. We all love a fun tourney weekend, but have you ever wondered what goes on behind the scenes? WA Squash is hosting a workshop for anyone who is interested in learning the basic principles of coordinating a tournament at club-level. This informal and interactive workshop, facilitated by tournament-extraordinaire Luke Jamieson, will take place straight after junior pennants at Belmont on Sunday 2 April. If you would like to attend, please email info@wasquash.asn.au before Monday 27 March 2023 to let us know.

WA SQUASH ANNUAL SCHOOL HOLIDAY CLINIC



Thanks Sue Hillier. It was great to see 18 enthusiastic juniors attend the annual WA Squash junior clinic on two hot January days. The courts at Belmont are looking great, and once the renovations are complete, they will look fantastic!

Day One: The players were put through warm-ups, and then went on to several different shot productions within their groups. Coaches Pascale Louka, Remi Young, Caitlin Pratt, and Hannah Slyth used the World Squash Coaching tools to assist the players learning. Daniel Marsh also helped over the two days. Pascale, with assistance from Daniel, did a great job of helping those who have not been playing for long, to understand and practice the movement of squash, which is so different from other sports. Remi and Hannah were working with the juniors who play tournaments, focussing on their consistency, while Caitlin and I worked with the middle group, and their ability to have cooperative rallies, utilising the shot we were concentrating on.

After working through the shots, morning tea and lunch were healthy options to ensure they were fuelled for the day. After lunch we had a nutrition session supported by Fuel to Go & Play resources, that covered the water intake recommended for each age group. We then learnt how to read nutrition labels on the back of food packaging. Of all the packages we went through, there were only a few that were on the 'best choice' side, some more in the 'okay sometimes', but most were 'too high' even though the marketing said they were a good choice. A great lesson for us all. Thank you to **Healthway and Fuel to Go & Play** for their great resources. We finished day one with games and a good stretch session.

Day Two: We started with a good warm up and then dove into more practice on the serve and return; it was great to see the noticeable improvement from the previous day. We then split into two groups; One having a game planning session with me, and the other played some tic-tac-toe, connect 4, and other fun challenges. It was fantastic to see some of the players using the game plan tactics they learnt, in the New Year's Bash tournament that ensued that weekend.

After morning tea, we played some games/matches trying to put everything into practice. The afternoon session was the team '8 minutes to win it' challenge. The challenges required patience and teamwork. All the juniors scored incredibly well with all the challenges. We finished day two of the camp with another good stretch. Each coach selected a player from their group who they considered the fairest and best and awarded them a small prize. These went to Laney Rawling (Marmion), Olivia Hibbs (Mandurah) and Ella Clarke (Blue Gum).

A special thank you to **Serena Richardson** who managed the entries and our healthy food options. Thank you to the players who helped wash and clean up after lunch each day, fantastic work. Thank you to coaches **Caitlin, Hannah, Pascale, Remi, and Daniel** for their assistance over the two days. I enjoyed working with you all. Lastly, thank you to all the players who took part in the annual junior clinic!

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When you run a free event for the public, you never quite know how it will turn out; who will turn up, and whether they'll enjoy themselves. It really is a daunting experience. However, put Clare Slyth in charge of running the event, ably assisted by Hannah Slyth, Caitlin Pratt, Pascale Louka and Josie Jones, and you've got yourself a WINNER!

We advertised the event to the general public via Eventbrite and shared it to every relevant (and even some not so relevant) Facebook groups and pages and ended up with 19 girls registered. Of that 19 we had a lovely group of 11 girls turn up on the day, which we found very easy to manage with one head coach and four assistant coaches.

As the girls arrived, their parents signed them in, and they were handed a name badge to help overcome that initial shyness. Clare, with her obvious years of teaching experience, brought the girls out of their shells with a gorgeous little icebreaker, before kitting them out with racquets and eyewear, and sending them off into their groups.

After a healthy morning tea of fresh fruit, the girls returned to their groups to continue learning the basics of our great sport. After a lunch of MYO chicken and salad wraps, the girls were taken back onto court for some fun challenges, however before the coaches could finish explaining the activity, the girls all exclaimed, 'can we just play some squash?' The coaches all looked at each other in a delighted state of shock before splitting them up into groups of two or three to get stuck into some game play.

Just before 1pm the girls were asked to come upstairs for a quick chat before leaving. Clare promoted the junior programs closest to where each of the girls lived (Belmont, Vic Park, Blue Gum, Mirrabooka, and Marmion) and handed out court hire vouchers for each one, as well as three small racquets as encouragement awards.

It's safe to say the girls that attended all had a fantastic morning, thanks to the planning and execution from Clare and her wonderful assistant coaches. Hannah, Josie, Pascale and Caitlin were all patient, kind and caring with the girls and, we believe, have bright coaching futures ahead of them.

Special thanks to Healthway, Fuel to Go & Play, City of Belmont, Belmont Saints Squash Club, Blue Gum Squash Club, Vic Park Squash Club, Mirrabooka Squash Club and Marmion Squash Club for your incredible support!



CLUB OF THE MONTH

Once a month, WA Squash profiles one of our wonderful Clubs, alternating between Metro and Country. We do this to ...

- Promote awareness of facilities
- Increase facility usage
- Recognise people in the squash community that go above and beyond
- Give publicity to sponsors/supporters
- "Put faces to names"
- Promote pride in the Clubs people belong to





We are absolutely delighted to introduce Miss February to you – the totally AWESOME Leschenault Squash Club, which is based out of Leschenault Leisure Centre, Leisure Drive, Australind. We spoke to the Committee about what and who MAKES the Club.

"Our annual **Beerfarm Classic Teams Tournament** will be back for its fifth year this August! We love having the chance to invite the WA squash community to be part of our squash family and show off our fabulous club. We also run an annual Christmas Cup in the last three weeks of our December term. Each year ends with an awesome Christmas party where we celebrate the club, each other, and everything squash."

The regular goings-on at the Club are social squash & training every Monday, as well as a weekly pennant competition every Thursday. "Many of our members are squash fanatics and like to catch up with each other in their own time for ... you guessed it ... even more squash!"

When asked who their MVPs are, they simply couldn't narrow it down and exclaimed, "everyone is awesome!" Awww!

When asked why Leschenault is the BEST Club in WA, they proudly responded, "Leschenault Squash Club encompasses squash at its finest – good mates, good beer & good vibes." Well, we can't argue with that!! "At Leschenault Squash Club you will feel welcomed, valued and amongst friends."

Special shout out to the Club's major sponsors: **Beerfarm, Leschenault Leisure Centre, Pete's Chop Shop, Jason Windows, Ford & Doonan, Pool & Spa Mart, and Coastline Homes**. Thank you so much for chatting with us, and keep up the great work everyone at Leschenault!!



WA MASTERS UPDATE with Janis Haswell

Happy and Healthy New Year to all!

Well! We're now getting to the business of January – it's back to work and school for some and, of course, all squashies are now contemplating teams looking to the first Masters Competition of the year: The Battle of Belmont – the fast, frantic and fun Teams event that is a great kick-off to the Masters Squash competition year.

The Battle of Belmont

Where: Belmont Squash Centre – 144 Robinson Avenue BELMONT

When: Friday 3 February 2023 – 7pm start Entry: \$15 pp (includes supper and prizes)

To Enter: Contact Terry Brookes ASAP to confirm your intention to play -

Phone: 04 2349 6588 OR Email: wamstournament@gmail.com

This tournament is a great favourite of the squash year. It gives everyone the opportunity to catch up with squash friends you may not have seen over the holiday period, and to do that in a such a fun, team-supported way. How better to throw yourself back into our great game in 2023. Hope to see you all there.

Friday Night Masters

Event: The 2023 season of FNM will kick off on Friday February 11.

Cost: \$16 (includes supper)

Time: 7pm

Venue: Squashworld Brentwood, Disney Street, BRENTWOOD

We are always looking for more Masters players to join this competition, whether you want to play every week, or just want to register to reserve. All welcome. Let's keep this weekly Masters competition going. It's a great way to keep in touch with fellow Masters, and enjoy great squash at the same time. If you're interested in joining the FNM contact Dave Ilich at the courts on 9364 2874, Sharon on 04 1493 2445, or by email to masters@squashworld.com.au to register your interest.

A further note on Friday Night Masters, the Masters Committee are interested to know if members would like to see the format of the competition change. Let us know if you have any ideas about how we can improve or change up the format, or make changes to increase everyone's enjoyment of the evening. Open to all suggestions! Please feel free to pass on any thoughts or ideas to Graham at rafollington@bigpond.com

2023 Day League

This year's Day League will kick off on Wednesday morning 8 February, 2023. For the uninitiated, Day League is played each Wednesday, and all teams play at the same venue, which changes weekly. Generally, there are three or four divisions, so there's plenty of scope for all standards and skill sets, male and female. There is a reserve players list, so if you're unable to commit to every week of the competition, a fill-in can be found. Contact Lyn Chandler on 0400 766521, or by email to lynchandler123@qmail.com

WA MASTERS UPDATE with Janis Haswell

2023 South West Masters Teams Tournament - Special announcement

This favoured Masters tournament will be sporting some changes this year: a change of date and a change of venue. Due to a clash in dates with the Esperance Tournament (which will now include a Masters category), the SW Masters Teams event will move back to Busselton, and will break with 30 years tradition by no longer being held over the long weekend in March. The event will now take place this year on the 23 – to 25 June, and will be held at the Sebel Resort, Busselton.

The resort will be offering free tournament entry to any non-Busselton-ites who opt to stay at the Sebel. Entry numbers will be limited to 60, so it will pay to register quickly when the tournament is announced. Direct any enquires you may have in the meantime to Warren on 0422 598 093. Change is as good as a holiday. So, join in and be among the first to get on board with this new innovation.

Belmont Squash Centre

Exciting news! Belmont Squash Centre has had major renovations, including the installation of glass back courts, and the centre reopened on 16 January 2023. It's fantastic news after losing so many great centres over past years. Check them out and support the centre.

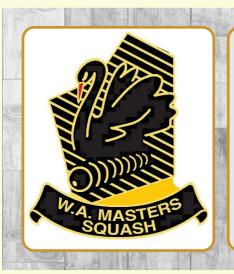
WA Masters Squash Website

For any Masters related information, including the squash calendar, entry forms, venues, etc, visit visit www.wamasterssquash.com Visit the website and see what's coming up in 2023.

If you would like a Masters-related article published, send it to the committee at wamasterssquash@gmail.com

A final note

We seem to be slowly emerging from the covid era into life that is not quite the same as it was. That's not to say it's not as good ... merely different, and maybe even better in many ways. More people are working from home and moulding work life around home rather than the other way round. Let's embrace the change and stay involved with our sport and our squash buddies. Enjoy the coming 2023 WA Masters events, stay involved and get your friends to join in.



DON'T FORGET TO PROMOTE WA MASTERS TO YOUR SQUASH FRIENDS!

THE SOCIAL AND PHYSICAL BENEFITS AND FUN OFFERED BY BELONGING ARE INVALUABLE.

AND YOU ONLY NEED TO BE 35 TO JOIN THE FUN!

THE BACK WALL





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