

SWAN

SQUASH WA NEWSLETTER : APRIL 2023

WA SQUASH AWARDS NIGHT



CONGRATULATIONS

The AGM preceded the Awards Night. To our retiring members: Michelle Classen and Deb Hoffrichter ... thank you sincerely for your service to WA Squash. A warm welcome to Brad Hibbs from Mandurah who has been elected to the Board.

Congratulations to all the Award Winners. We will cover the event in detail next month. The event took place on the 31st March so there has been very little time to cover the event appropriately in this edition.

Congratulations to Esperance, South West and Marmion for delivering 3 wonderful tournaments. It is so pleasing to see the care and attention Marmion gives to building their junior stocks. Love the mini midgets!

Also, go to page 28 to see what Daniel and Serena Richardson are doing for junior squash. Maybe not a big deal to some but in my opinion, absolutely fantastic for junior squash!



WORLD RANKINGS

27 March 2023

PSA PLAYER:

Mike Corren

Oscar Curtis

Remi Young

David Ilich

Dylan Classen

Erin Classen

Pascale Louka

TM:

244

282

384

420

736

157

232

HWR:

38

251

384

210

630

130

232

TM: This Month
HWR: Highest World Ranking

JUNIOR SQUASH DEVELOPMENT PATHWAY

WA Squash Academy,
National/International

WA Squash State Team

Events

- Tournament Tours
- School holiday clinics
- Squash-a-thon

Competition

- Pennants
- Tournaments
- National
- International

..or just for fun!

WA Squash Talent Squad

Club Development Squad

Junior Club Programs

Open Days

School Programs

SQUASH WA



Department of
Local Government, Sport
and Cultural Industries

healthway



Marmion Mini Midgets



I can't believe we have reached the end of the first quarter already!

After the launch of the **Junior Development Pathway** model in March (See Page 2) we also kicked off a [school programs](#) initiative which serves to boost junior numbers. Every single student that participates in either the Inflatable Courts program at their school, or attends a Just Squash It session at a centre, they are given a flyer. The information we will capture from this initiative will be invaluable in:

- **Measuring how many school program participants are taking the next step onto a squash court;**
- **Assisting with grant applications; and**
- **Making better, and more informed, decisions.**

Huge thanks to Cambridge, Mirrabooka, Belmont, Brentwood, and The Squash Factory for getting on board. If any other centres/Clubs are keen to be involved and boost their junior program, then please reach out to the office to discuss further.

The new **Talent Squad training sessions** have officially kicked off and three have taken place. This Squad will train together 17 times throughout 2023, building depth and improving juniors who want to improve. There is a selection criteria, and therefore, this squad is by invitation only.

To continue to build our junior pathway and support our WA State Juniors, **WA Squash is seeking sponsorship for the junior State Team** (including naming rights) to help cover travel and uniform costs. Please contact the office if you're interested in becoming a sponsor.

While we have spent a fair amount of time getting junior and coaching pathways together, and used Metro operations as the foundation, we are aiming to get out to country clubs more regularly in the second half of 2023 to assist with junior programs, governance, coaching and officiating. This is an area we are very excited to branch into, so watch this space!



A successful vote for change!! At the AGM on Friday 31 March 2023, feedback was provided and a vote cast by Member Clubs, on conforming with the other states in Australia, and **re-branding from WA Squash to Squash WA**.

For a bit of context, approximately two years ago, Squash Australia rebranded along with all the other states except for WA. The main reasons for not changing at the time were that we did not have the funds to rebrand, we were not in a good position with Squash Australia (affiliation was an issue) and the name WA Squash held sentimental value.

Circumstances have significantly changed in the last 18 months; we are able to use some grant funding for some of the rebranding, our relationship with Squash Australia is back on track (ie. we are receiving

2023 Registered Players				
As at 31 March			2022 full year	
Club	Adult	Junior	Adult	Junior
Belmont	55	11	69	8
Blue Gum	84	9	82	21
Broome			77	4
Bunbury			51	2
Busselton	47		49	2
Cambridge	34		51	16
Dampier			24	2
EGSRA (Kalgoorlie)			81	6
Esperance			100	6
Geraldton	3		59	7
Hilton	15		18	
Karratha	17	7	41	3
Katanning			29	3
Kensington	8		13	
Kununurra	63	6	73	6
Leschenault			39	9
Madd/Gosnells	8		12	10
Mandurah	6	1	63	9
Manjimup	3		25	2
Marmion	33	2	41	28
Mirrabooka	74	6	118	31
Moora			1	1
Narrogin			54	3
Scarborough	2		2	
Subi-Kings	3		5	
Tom Price			1	
Vic Park	6	3	89	17
Wickham	16	3	35	6
Wongan Hills			4	
Totals	477	48	1,306	202

Above is an update on **member registrations** per Club as at 31 March 2023:

Finally, don't forget to Save the Date for the 2023 WA Open to be played @ Squashworld Mirrabooka.

Lets make this event the best ever! You will see professional squash players and some of the best juniors in WA but most importantly, you will be able to compete at your level and win bragging rights!



more benefits and services for our affiliation, and there has been a lot of talk about squash making a comeback at the Olympics, and we need to be unified and aligned with the other states and our National body to assist with this process.



I, together with the Squash WA Board see opportunities in the rebranding of Squash, and we are all looking forward to rolling out a new, clean and sleek Squash WA logo throughout our squash community.

CONGRATULATIONS!! Following the AGM last Friday, we celebrated the people and achievements of 2022. A HUGE congratulations to the award winners as well as the nominees in all categories. We can't thank you enough for everything you do for our sport.

- **Coach of the Year: Tim Cowell**
- **Referee of the Year: Luke Jamieson**
- **Volunteer of the Year: Raelene Marriot**
- **Junior Player of the Year: Oscar Curtis**
- **Junior of the Year: (joint winners) Daniel Marsh and Josie Jones**

Another HUGE thank you needs to go to **Serena Richardson**, who works tirelessly for squash, and does many more hours than what she's paid for. Thank you Serena, for putting the Awards night together.

Looking to play squash more often?

Pennant and League Competitions

7.00pm or 7.30pm start time, 3x 12-14 week seasons per year, home and away style, mixed or ladies competitions available, beginners welcome!

Current options are:

- Monday nights
- Tuesday nights
- Wednesday day
- Thursday nights

Can't play every week? Got holidays planned? A FIFO worker? No problem! Just let us know what dates you can't make and we'll work around it.

We are always in need of reserves, so you don't have to wait for the next season to start playing!

<https://wasquash.com.au/pennants-leagues/>

Scan here to find out more:



WA
SQUASH

Tournament Tour for Juniors

Mandurah Open: 21–23 April 2023

AJST BRONZE EVENT

**7
SPOTS
LEFT!!**

10 seats available on the bus.

Email info@wasquash.asn.au NOW!!



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

2023: April to July

APR	16	Masters Tussle	Masters		TBC
APR	21 - 23	Mandurah Open	Senior & Junior		Mandurah
APR	22 - 24	Australian Junior Open	Junior	Platinum	MSAC - VIC
MAY	5 - 7	Geraldton Open	Senior & Junior	Bronze	Geraldton
MAY	13 - 14	Hilton Classic	Masters		Hilton
MAY	19 - 21	Broome Invitational			Broome
MAY	20	Marmion Junior Team Challenge	Junior		Squash Factory
MAY	26 - 28	WA Open	Senior & PSA		Mirrabooka
MAY	27 - 28	HEAD Junior Classic (Ability)	Junior	Silver	Mirrabooka
JUN	2 - 4	Golden Open	Senior & PSA		Kalgoorlie
JUN	19 - 21	SouthWest Masters Teams Tournament	Masters		Busselton
JUN	27 - 28	Interschool Squash Competition	Junior		Mirrabooka
JUL	1 - 2	State Junior Championships (Aged Based)	Junior	Gold	TBC
JUL	3 - 4	State Junior Championships Teams Event	Junior	Gold	TBC
JUL	14 - 15	Cambridge Open	Senior		Cambridge
JUL	21 - 23	State Masters Championships	Masters		Mirrabooka



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



Thanks Sue Cowell: Proudly sponsored by IN FRONT AUSTRALIAN BUSINESS SOLUTIONS, the 2023 Marmion Junior Squash Classic was held on Saturday 11 March 2023. This year we had 37 juniors participate representing Marmion, Mirrabooka, Cambridge, Belmont, Vic Park, Blue Gum and Mandurah squash clubs. We had many 4 and 5 game matches which made the event very exciting as the juniors were evenly matched up.

Marmion Junior Squash Classic			The Squash Factory 11 March 2023
Event	Winner	Runner Up	Third
Division 1	Alexander Marsh	Jonathan Groenewald	Andreas Christou
Division 2	Kyle Mascaro	Sydney Ennis	Luke Scott
Division 3	Jasmin Legge	Conall Fletcher	Teagan Scott
Division 4	Indigo Stapledon	Abby Barnes	Ruby Foo
Division 5	Joey Scott	Emmy Dunstan	Chelsea Hawke
Mini Midgets	Amelia Ward-Massey	Logan Daka	= Mia Savic and Amyra Behl

A unique aspect of our tournament this year was our 1 hour MINI MIDGET tournament that featured our 5-7yr olds. Coaches Josh Blakey and Carolyn Bunting put our Mini's through their paces with 4 different activities. We certainly have some squash stars of the future!!

Tournament Sponsor Jason Rawling presented the Sportsmanship Awards to Domenic Christou (Vic Park) and Kayla Clarke (Blue Gum).

At the conclusion of the individuals we then had 24 juniors compete in our timed doubles event. Our best number of entries ever!!! We created 2 Divisions: "Doubles Guru's" and "Doubles Apprentices". In each Division we had two pools of 3 teams who played a round robin of 6 minutes each match. The top teams in each pool then played a 10 minute match in the final. Results were:

DOUBLES GURU'S: Mathys Edery (Marmion) & Jacob Curry (Belmont) defeated Alexander Marsh (Cambridge) & Conall Fletcher (Marmion) 19pts - 18pts

DOUBLES APPRENTICES: Jasmin Legge (Vic Park) & Joey Scott (Belmont) defeated Evie Clark (Marmion) & Zander Jupp (Marmion) 24pts - 17pts

Thanks to our wonderful parents for manning the canteen and providing some yummy food throughout the day. (Peyton's chicken & salad sandwich was THE BEST!)



MARMION JUNIOR SQUASH CLASSIC

8

Once again thanks to our major sponsor Jason Rawling representing In Front Australian Business Solutions for the amazing trophies. We also thank our host venue The Squash Factory and the awesome support of the Marmion Squash Club.

We look forward to seeing everyone at our next junior event being the 2023 Marmion Junior Teams Challenge on 20 May 2023.

Photos courtesy of Katy Scott and Jaco Groenewald





PROUDLY PRESENTS THE

2023 MARMION JUNIOR TEAMS

3 player teams (reserve optional)

Teams graded by combined SPORTY HQ points of the 3 players

Event is mixed grade ... no separate girls or boys event

\$75 per team

Saturday 20th MAY 2023

Entry is via your Club Junior Coordinator

ENTRIES CLOSE 8:00pm TUESDAY 16th MAY 2023

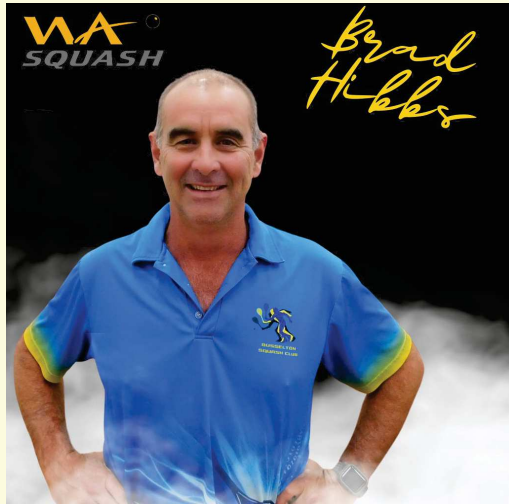
No late entries will be accepted

Tournament Director: Sue Cowell

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

SQUASH FACTORY

18 Garino Rise, Wangara



Continuing with our 'Meet the State Graders' series, we are excited to introduce another six of the gentlemen who are competing in the state's highest-level competition.

We spoke to Hilton Squash Club's **Eric** Gray, **Daniel** Hartigan and **Chris** Chan, Mandurah Squash Club's **Brad** Hibbs, Mirrabooka Squash Club's **Mark** Ardley, and



Belmont Saints Squash Club's **Gavin** Sutherland.

Chris was born in a small town in the North Island of New Zealand, **Mark** was born in Chelmsford, in Essex, UK, **Daniel** is from Tauranga, New Zealand, and **Gavin** is from Aberdeen, Scotland. Australian-born **Eric** and **Brad** were born in Canberra and Brisbane respectively.

We asked them how they first got into squash.

Mark's parents played in the late 1970s when squash was super popular, "it was a great social sport and an opportunity for families to catch up. There were so many juniors involved and a lot of group coaching", he shared.

Similarly, **Chris'** mother had him in his bassinette above the court when she was playing. Chris moved through a few different sports however gravitated back towards squash when he was around 13 years of age.

Daniel's grandmother used to take him and his siblings down to their local squash courts during the school holidays for some fun, and **Gavin's** father took him along to squash one Sunday where he became instantly hooked.

After dabbling in a bit of tennis when his family moved to Townsville, **Brad** saw the light and gave squash a go – and rest is history! **Eric** gave squash a try when he was just eight years of age while on a family holiday and was instantly hooked. Upon returning home, he joined his father and his work mates when they would play a couple of evenings a week.

All up, **Eric** has been playing for roughly 12 years, **Daniel** since he was 14 years of age, **Gavin** for almost 27 years, **Brad** for 37 years, **Chris** for 38 years, and **Mark** for 43 years.

What does a typical week look like for these gentlemen?

Well, they certainly put in a lot of work to be their very best! **Mark** trains once per week, plays State Grade on Thursdays, AND runs 12km each week – phew!

Chris plays Tuesday Pennants, Thursday State Grade, trains on Saturday mornings, as well as getting in a light hit on Mondays at his home Club Hilton. **Daniel** plays pennants on Tuesdays and Thursdays, and trains twice a week on top of that. **Gavin** also plays twice per week however due to having a very young family, is unable to play or train any more than that for the time being.

Eric is certainly a very active young fellow, "to start the week I play in the Monday night King of the Court social at Hilton. On Tuesday nights I play Division 1 pennants for Hilton. On Thursday nights I play in the State Grade competition. I usually like to get in a training session on the weekend if I



can, either doing drills with a partner or practicing solo. On my days away from Squash, I like to do a mixture of running, resistance training and Muay Thai (Thai Kickboxing), to improve my strength, fitness and overall health."

Brad plays twice per week which includes State Grade on Thursdays and trains one other day each week as he is



able – it's tough to squeeze much more than that in when you manage your own business and have a young family!

We then asked the gentlemen **what they love most about squash**. **Chris** shared, "when I was young, I didn't realise it so much, but it has become very clear as the years have rolled on that squash keeps me sane. I have always LOVED the physical and mental challenge it represents. Playing well means you have to leave your baggage at the door and focus on the match, and of course try and rise to the physical challenge as well. I was also always grateful I could go do almost any other physical activity because squash was keeping me fit."

Mark echoed Chris' sentiments, simply adding that he loves the "competitiveness of the sport, and that it's such a fantastic cardio workout." **Daniel** shared, "it's better than the gym! It's just a great way to keep fit and I find it seems to physically push me more than any other sport."

Gavin said that he loves how "it's like fast chess; ideally you're thinking 2 or 3 shots ahead. I've had the privilege of meeting some of the greats over a beer – you can't get that in many sports. I've met some great people through squash, people I'll be friends with for life. ..and you can have a brilliant workout in 40 minutes!"

Brad eagerly shared, "the people!" but also loves the challenge of playing an individual sport. **Eric** shared, "I love the combination of skill and physical capability that it takes to play squash. The mixture of competition and camaraderie also makes the squash community a great thing to be a part of. I have many fond memories from my time as a Junior that will make it hard to ever give the sport up". We certainly agree with those sentiments guys!

Finally, **we asked what advice they would impart on a junior currently travelling along the development pathway**.

Mark joked, "don't hit the tin," but more seriously encourages our up and coming stars to, "join pennant squash as soon as you can, and enter as many tournament as possible. Just keep involved in the sport!"

Chris expanded on this with, "at first glance squash may look like a 'run and hit' kind of game. You certainly can do that, but it will limit how successful you are. Getting a strong understanding of what good technique and movement looks/feels like will mean your game will never be limited by either of those facets. From there, work on the mental aspects – discipline and point construction as it's basically a chess game – you can't win a match with a single strike of the ball or rally. Whatever your Squash journey ends up looking like, enjoy the game, play it for fun or as seriously as you want. Get what you can from the game and the community, to help you on your journey, then give back what you can when you're able." **Daniel** encourages juniors to, "play as much as possible, and try to find a mentor to assist you/train you. You need to enjoy the game and friendships that



come with it, and don't get put off by bad results or a bad run in form. If you keep pushing and stay determined the results will come."

Gavin said to "always strive to play people better than you. Or if you can't, structure a session so you get the most out of it. Watch the pros – it's amazing how much you can learn from just watching



them." **Brad** encourages juniors to, "enjoy your squash! If you smile while you're playing, you will always play better."

Eric said "to be grateful, and take full advantage of the opportunities you will be given in this sport. Some of my greatest memories include the trips I did with the state team when I was younger." Now that is some fantastic advice!

Thanks so much for chatting with us guys – and best of luck for the rest of the season!

Belmont Saints Squash Club

50th Anniversary Sundowner



SATURDAY 20TH MAY 2023

4:30PM – 7:00PM

144 Robinson Avenue
BELMONT, WA 6104

Exhibition Squash Game at 4:45pm

Finger food provided & drinks to be purchased at bar

RSVP through Eventbrite



WA
SQUASH

2023 WA OPEN PSA SATELLITE

AND HEAD JUNIOR CLASSIC (SILVER)



26–28 MAY 2023

@ SQUASHWORLD MIRRABOOKA

**SIGN UP NOW VIA
SPORTYHQ**

HEAD





Thanks Luke Jamieson: The Esperance Open returned with a bang in 2023! A whopping 140+ players competed which included 30 Masters and Junior players taking the plunge and competing in two events. Most of the players found themselves in a 16-person Swiss draw.

The Masters divisions just added to the already amazing vibe of the Esperance Open, and fish and chips provided by one of the sponsors on the Saturday night went down an absolute treat.

Saturday seemed to be all about Jason Patmore; everyone wanted to play Patmore! The opening match of the day was between Jamie Herring and Dan Jones, with the winner to play Patmore in the over 35s final. Then an epic one-hour cliff-hanger between Tim Cowell and Remi Young meant the winner would play yep, you guessed it, Patmore! This saw Tim take the win and line up in the much-anticipated Saturday night Patmore showdown. Although Patmore was unable to pull off the fairy-tale finish and take the match against Tim, the rolling, flat-as-a-pancake nick in the fifth resulted in a close second.

With Tim going into the Men's PSA final with two gruelling five-set matches under his belt, he was battle-hardened. Mike Corren had just come off a good win against Dave Illich in the semi-final, and proved too strong in the end, taking the final in three games and claiming another PSA title.

Mike Corren def Tim Cowell 11-5, 11-3, 11-1

The final match of the tournament, the Ladies Open Final between Pascale Louka and Zoe Petrovansky drew a huge crowd in anticipation. Zoe started strong, taking the first two games, but Pascale struck back to make it two-all. At 8-all in the fifth, it was anyone's title! Pascale took it in a nail-biting finish, so while Saturday belonged to Patmore, Sunday was definitely a Pascale kinda day! **Pascale Louka def Zoe Petrovansky 8-11, 4-11, 11-9, 11-8, 11-8**



The tournament was a roaring success, with such a huge number of competitors and the excitement and entertainment at all levels of squash. It was an event to remember which ended with a night of great food and even better company, making it the perfect end to a perfect tournament. Esperance Squash Club – what a weekend!

Oh, and if you were wondering who won out of Jamie and Patmore in the over 35s final, yep – Patmore!

Juniors & Ladies



Mens



Esperance Open Championships			Esperance 3-5 March 2023
Event	Winner	Runner Up	Third
Mens Open	Mike Corren	Tim Cowell	David Ilich
Mens Div 1	Aiden Finlay-Mulligan	Shane Leknys	Derek Nunn
Mens Div 2	Alvaro Blackall	Kyle Back	Eric Marsh
Mens Div 3	William Gentsch	Chris Chiappazzo	Kieron Finlay-Mulligan
Mens Div 4	Ashton Clement	Mike Genders	Luke Scott
Mens Div 5	Jarrold Ennis	Mitchell Wells	Tahi Andrews
Ladies Open	Pascale Louka	Zoe Petrovansky	Hannah Slyth
Ladies Div 1	Jacqui Tonkin	Michelle Hodge	Tracy Marshall
Ladies Div 2	Josie Jones	Hannah Rowe	Kylie Siebert
Ladies Div 3	Stephanie Levy	Grace French	Jane Richardson
Ladies Div 4	Teagan Scott	Joey Scott	Sally Perren
Masters:			
Mens 35-44	Jason Patmore	Jamie Herring	
Mens 45-49	Brendan Marsh	Tom Grieve	Greg Blycha
Mens 50-59	Steven Jones	Paul Stephan	Craig Taggart
Mens O60	John Tetlow	Colin McArthur	Bernie Stokes
Ladies U65	Rebecca Herring	Katy Scott	Deb Hoffrichter
Ladies O65	Pat Barker	Therese Kenny	Alison Williams
Juniors:			
Boys Div 1	Daniel Marsh	Aiden Finlay-Mulligan	Eric Marsh
Girls Div 1	Hannah Slyth	Caitlin Pratt	Josie Jones



Masters



Action





*We are delighted to introduce you to Miss April - the fantastic **Bunbury Squash Club!***

Bunbury Squash Club is based out of the South West Sports Centre in Withers, which is a suburb of Bunbury.

We first asked them what makes their Club the best in Western Australia?

"We have a great member base that continues to grow and bring in new experiences and ideas. It's great to see regional squash on the upwards trend, especially amongst some of the younger people! Our Tuesday nights have divisions for all levels, and we cater for everyone, from lifelong players to people just picking up a racquet."

Last year the club really tried to focus on giving back and being a part of the wider community. We asked for members to nominate different charities close to their hearts, and held fundraisers for them on Tuesday nights. We raised over \$1,000 for mental health, Cystic Fibrosis and Breast cancer which we are very proud of."

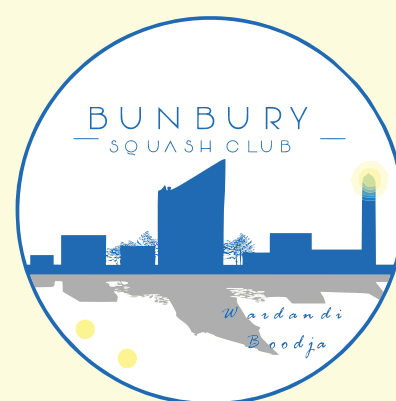
What does a week in the life of Bunbury Squash Club look like?

Apart from the Tuesday night competition, they have recently started a junior program on Tuesdays after school. On Wednesdays they have introduced a training day - 'SquashFit', where players can come down and get some one on one coaching with senior members, or do some drills between themselves on a court.

These initiatives have really helped the newer players starting out and has fostered a great club culture.

The major events run by Bunbury Squash Club are the South West Open, which was a PSA event this year for the first time, and their club championships which also include Leschenault Squash Club.

*Plans are underway to include Busselton to create a 'South West Champs'. **#squashfamily at its finest!***





We asked the team who the backbone of their Club is, and like most, it was the Committee and army of volunteers!

"Special mention must go to the committee and the volunteers who keep the place running each week. Recently, we awarded five Life Memberships for outstanding and continued contribution to the Club, which was special. They went to Lorraine Grassie, Kelvin Carmichael, Mark Lush, Kerry Partridge and Brad Ginter."

I think you'd agree that Clubs are nothing without their members and sponsors, so here's a big shout out to the legends who continue to support their club:

"All our sponsorship comes from people within the club and their local businesses and contacts, which is an amazing effort. We would love to thank all our sponsors:

Platinum: Top Coat Painting and Harcher

Gold: Amol Agrawal (Loan Market), Matta Modifications and Warthog Washers.

Silver: Coastline Homes

Bronze: Bunbury Diesel Mechanic, Last Slice, Ford and Doonan, Emerge, and Umbrella Realty."

Thank you so much for chatting with us team, and keep up the fabulous work!!



Amol Agrawal
0435 040 986



EASTER SCHOOL HOLIDAY JUNIOR CLINIC



9.00AM - 2.00PM, MON 17TH - TUE 18TH APRIL

RUN BY SQUASH PRO TIM COWELL

PERSONALISED COACHING, TEAM CHALLENGES AND OTHER FUN ACTIVITIES

MORNING TEA AND LUNCH INCLUDED

\$88 PER JUNIOR

REGISTRATIONS CLOSE 10 APRIL 2023



**BELMONT SQUASH CENTRE,
144 ROBINSON AVENUE**

WA
SQUASH



Department of
Local Government, Sport
and Cultural Industries

Fuel to Go & Play.



**FOR MORE INFO OR TO
REGISTER, VISIT SPORTYHQ**

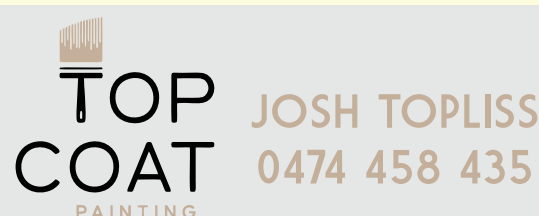
Bunbury Squash Club hosted the 2023 Top Coat Painting South West Open with a 126 player 'packed to the rafters' draw. Everyone was treated to a weekend of great squash, tasty pizza delights at Last Slice and a table of kids learning Canasta!



With big upsets everywhere in this tournament, Remi Young snatched his first ever win over David Ilich in a 62 minute battle (11-9, 8-11, 11-9, 8-11, 11-13), likewise Daniel Marsh over Jason Patmore in 56 minutes (7-11, 11-9, 11-7, 8-11, 7-11). These two match results certainly gave the tournament a different flavour going into the pointy end of the Mens PSA draw. The audience was then treated to a tightly contested Mens Open Final between the young gun Remi and statesman Mike Corren. Mike's deadly accurate shots proved too much for Remi, and Mike won the match in straight sets (11-7, 11-5, 11-5).

The crowd was taken on a roller coaster of emotions during the Ladies Open Final between Hannah Slyth and Pascale Louka. Hannah displayed great skill and maturity well beyond her years, taking the first two games, but Pascale dug deep, weaponised her drop shots with brutal effect, eventually winning the 39 minute match in five (7-11, 6-11, 11-8, 11-6, 11-2).

The super star pick of the weekend surely went to Jessie Ward-Thomas. Jessie's Division 1 Ladies final was a match to behold against running machine Kat Tonkin! Throughout all the twists and turns, not an inch was given. Jessie's tenacity got her over the line (12-10, 6-11, 11-6, 7-11, 11-4).



South West Open Championships			Bunbury 24-26 March 2023
Event	Winner	Runner Up	Third
Mens Open	Mike Corren	Remi Young	David Ilich
Mens Div 1	Lee Sorfleet	Sean Brockman	Jeremy Church
Mens Div 2	Aiden Finlay-Mulligan	Brendan Marsh	Oliver Godson
Mens Div 3	Eric Marsh	Paul Griffith	Neil Page
Mens Div 4	Alexander Marsh	Tom Grieve	Richard Grain
Mens Div 5	Hamish Melvin	Mark Lush	Andreas Christou
Mens Div 6	Brendan Scott	Ethan Reeve	Dominic Christou
Mens Div 7	Russell Blackall	Tim Currey	Luke Scott
Mens Div 8	Mathys Edery	Jacob Templeton	Jay Sedgwick
Mens Div 9	Justin Heyward	Andy Fell	Phil Drain
Ladies Open	Pascale Louka	Hannah Slyth	Fiona Whooley
Ladies Div 1	Jessie Ward-Thomas	Katherine Tonkin	Isabella Van Emden
Ladies Div 2	Nikki Wilson	Bec Ilich	Josie Jones
Ladies Div 3	Stacey Meredith	Lauren Smith	Teagan Scott
Ladies Div 4	Joey Scott	Aliviya Arends	Kay Uchiyama
Juniors Div 1	Daniel Marsh	Aiden Finlay-Mulligan	Hannah Slyth
Juniors Div 2	Jacob Curry	Luke Jamieson Jnr	Dominic Christou
Juniors Div 3	Charlie Richardson	Justin Heyward	Teagan Scott
Juniors Div 4	Hayden Knox	Olivia Hibbs	Leo Van Straaten



Mens



Juniors & Ladies



Juniors Division 1



Juniors Division 2



Juniors Division 3



Juniors Division 4



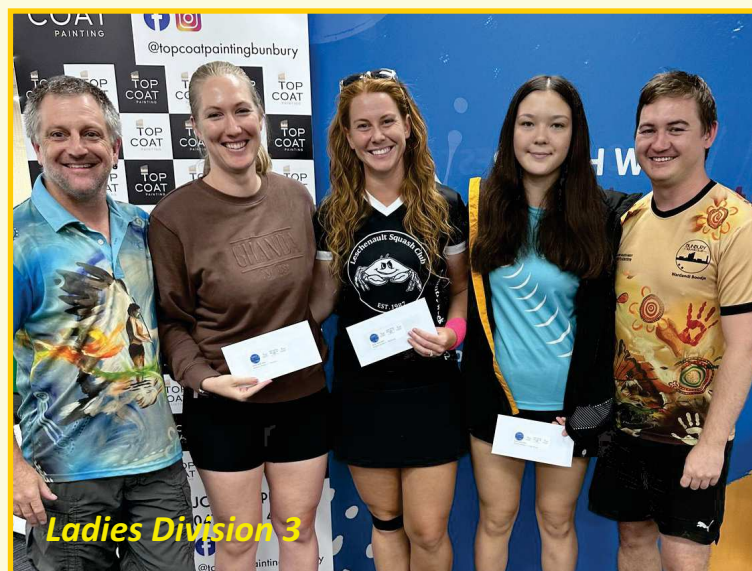
Pascale Louka



PSA Open Ladies



Ladies Division 2



Ladies Division 3



Ladies Division 4

'Get a Grip Man' One of the most common things you might hear from coaches revolves around feedback on someone's grip. They aren't holding it correctly or they could be so much better if they changed their grip.

What are they talking about exactly and why is it such a big deal?

Before we delve into squash, have a quick look at other racquet sports, in particular tennis and badminton. What do you notice about their grips and the way they swing? Tennis players shift their grips depending on if it is a forehand or backhand shot, or if they are hitting with topspin or slice. Badminton players will do the same for different shots and situations as well. These players are trained to assess and judge a situation very quickly and know how they are going to approach the shot.

Where does squash fit in this? We are possibly the most fortunate in that the neutral 'shake hands' grip covers pretty much the whole court and array of shots without having to make major changes.

'The Shake Hands Grip'. Shake hands with the racquet as if you are shaking hands with someone else. Your fingers are spread facing up the grip, so you aren't trying to hold it like a hammer. This gives you more control over the racquet whilst if you keep it neutral in your hand then at the point of impact, you should have an open racquet face to get the ball up onto the front wall. The way we hold the racquet does set off a chain reaction in terms of the required footwork and swing action to be successful.

When working with casual players, particularly adults and having a look at the way they swing, I can see that a change of grip could potentially work wonders for them ... but that would also mean a potentially complete overhaul of the way they swing. If they had a 'closed' grip (racquet face angling towards the floor) and we tried to open it up, the first few shots they hit are often sliced very heavily and going out on the front wall. A few shots later they start to adapt the swing and footwork to find success. This is the chain reaction of how many things potentially have to be adapted as a result of hitting with a different grip.



This can be too big of a change for some people who just want to beat their mate, so we try to find the best-case solution, which is understanding their strengths and weaknesses with such a grip. A closed face at the front of the court can result in hitting the ball hard and flat, but will suffer in the back corners where you will be forced to boast a lot sooner or struggle for height. Meanwhile a grip too far the other way (really open) may not provide that brute force power, but will allow you to get more height and can make the back corners easier.

And for the record, I change my grip situationally on court, you might see experienced players shortening and opening their grip in the back corners to play recovery shots that a neutral grip might not quite be able to, but then its straight back to neutral.

And don't forget to keep an eye on your racquets grip, change it before it gets too slippery forcing you to grip it too tightly so that it doesn't slip out!

MIRRABOOKA AND MARMION SQUASH CLUBS PRESENT:

THE NORTHERN KNOCK OUT



**9AM-4PM,
WEDNESDAY 12 APRIL 2023**

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 PARTI 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 SPORXYHQ HERE:

[HTTPS://WWW2.SPORTYHQ.COM/TOURNAMENT/VIEW/THE-NORTHERN-KNOCK-OUT-JUNIOR](https://www2.sportyHQ.com/tournament/view/the-northern-knock-out-junior)

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



2023 MANDURAH OPEN

**Friday and Saturday
21st and 22nd April**



**MANDURAH
SQUASH CLUB**

Open and Graded events*

Entry form available on the Sporty HQ - Entries close 17/04/23

All enquiries - mandurahsquash@gmail.com

Entry - \$35 Juniors - \$25

Saturday night Dinner \$30pp (drinks not inc.)

Dudley Park Bowling Club - 6:30 Presentations

* Entries will be capped

GERALDTON OPEN

5 - 7 MAY 2023
all grades + junior b
\$40 entry (\$20 juniors)

Plus! for an extra \$30 ... all of this!

Friday night sausage sizzle

Saturday night dinner and function

FREE MINIBUS Friday AND

Saturday NIGHT

ENTER ON:
 SportyHQ

DONGARA

**OCEAN
CENTRE
HOTEL**

SOUTH SIDE
Mechanical Services

The Racquet Shop

**Jaffle
Snack**
Cafe

Sunset Beach House

Warthog
WORKSHOP WASHERS

**GERALDTON
SQUASH**
RACKETS ASSOCIATION

Quote 'SQUASH25' for 25% discount off Ocean Centre Hotel accommodation

To book Sunset Beach House AirBNB call Peter on 0456 258 165



LEISURE LIFE

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

**TOWN OF
VICTORIA PARK**

We've now settled into 2023 with plenty of events coming up on the Masters squash program to keep us fit, busy, and looking forward to some cooler temperatures for pennant nights and Masters events.

Mid-Season Battle of Belmont – Friday 14 April 2023

Venue: Belmont Squash Centre: 7pm start: Entry \$15pp (includes supper and prizes).

We all enjoy this tournament so much that a decision has been made to include a 'mid-season' version this year. It's fantastic for our sport that the Belmont courts are saved and operational. It's a reasonably central venue, and has much to offer in terms of facilities, atmosphere and memories spanning over many years, especially when filled with Masters players, so let's do our best to support the courts.

This tournament began its life as 'the Battle of North v South', and was originally played at the Hyatt squash courts. It has always been very well supported and offers plenty of competition and fun. While the venue has shifted, the format remains pretty much the same: match-ups with similar standard players, play of 4 games to 15. While the competition remains (largely) fierce, the enjoyment of this event is truly tangible in the way the players embrace the spirit of the night. Like our other tournaments, it's important to confirm your intention to play as soon as possible to allow the committee time to get the draw 'just right'. The earlier the better.

Please confirm your intention to play ASAP by contacting **Terry Brookes** on **0423 796 588**
Hope to see you all there!

Hilton Classic – Saturday 20 May and Sunday 21 May 2023.

Venue: Hilton Squash and Fitness Centre

The Hilton Classic Masters is an Individuals tournament. It runs over the weekend 20 - 21 May. Players will be placed in divisions according to their WA Squash ranking. This tournament is generally very popular, so it pays to get your entries in early. Hope to see everyone there over the tournament weekend!

Further details plus the entry form are available from the WA Masters website:

www.wamasterssquash.com Email your completed entry form to wamstournament@gmail.com

2023 South West Masters Teams Tournament –23, 24 and 25 June

Venue: Sebel Resort, Busselton

You will recall from the previous SWAN and WA Masters Newsletters that the venue and date of the Busselton Masters tournament have been changed due to a clash with the Esperance Tournament, which now includes a Masters category, and which many Masters have shown interest in attending.

The SW Masters Teams event will now go ahead over Friday (pm) 23 June, Saturday 24 June and Sunday 25 June, and will be played from the Sebel Resort Busselton. If you choose to stay at the

Sebel (bookings still available at this point – book directly with the Sebel) the tournament entry fee will be waived. You're advised to book as early as possible as entries are limited to 60 players. Warren and the Busselton Squash committee have done their utmost to be able to put on the Busselton Tournament for us despite the changes, so let's fully support the Busselton Club – they've been so very good to us over all these years.

For more information or any enquires contact **Warren Oliver** directly on **0422 598 093**.

2023 Squash Calendar

- Geraldton Squash Open: 5-7 May
- WA Masters State Championships: 21-23 July
- WA Masters Mid-season Function: 6 August (venue to be confirmed)
- 2023 Australian Masters Games: 7-14 October (Adelaide)
- November Masters Teams Event: 11-12 November
- WA Masters AGM: 11 November (Squash Factory, Wangara)

Friday Night Masters: commenced Friday February 11.

Venue: Squashworld Brentwood, Disney Street, Brentwood: Time: 7pm: Cost \$16 (includes supper)

This is just my usual friendly reminder of the Friday Night Masters competition. LETS GROW THE NUMBERS FOR THIS FRIENDLY, FUN, AND OFTENTIMES, FRENETIC NIGHT. Remember, it's WA's only weekly Masters competition, so please support it.

If you're interested in joining the FNM, please contact **Dave Ilich** at the courts on **9364 2874**, **Sharon** on **0414 932 445**, or by email to masters@squashworld.com.au to register your interest.

And ... don't forget to contact the Masters Committee if you would like to see the format of the competition change. We want to keep Masters alive and kicking. How we can improve or change up the format for you, to increase everyone's enjoyment of the evening. Open to all suggestions! Please contact thoughts or ideas to Graham at rgfollington@bigpond.com



**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!*

Thanks Daniel and Serena Richardson. Over the weekend of 24 to 26 March 2023, WA Squash kicked off the 2023 Tournament Tour initiative, visiting Bunbury for the South West Open. Eight juniors travelled south in our two cars, departing Belmont HQ at 4pm on Friday. While one car ride was fairly quiet with Hannah Slyth, Josie Jones, Ashton Clement and Mathys Edery either sleeping or playing games on their phones, the other was a riot, with Charlie Richardson, Jacob Curry, Justin Heyward and Hayden Knox taking turns in sharing hilarious stories about what goes on at their respective high schools. Although the common denominator for both car rides was some good ol' Spotto

Due to the very heavy traffic on the freeway, the journey took almost three hours. We arrived a few minutes shy of 7pm, at which time several of the crew had to step on court for a match right away. After matches were played we took the kids to our AirBnB in Australind, a 15 minute drive away. Upon arrival, the kids were DELIGHTED to discover a games shed in the backyard of the property containing an arcade machine, PS3, pool table, dart board, and more. After a lot of persuasion and bribery we eventually managed to drag them out of the shed for quick showers and a MYO burger dinner. We then retired for the evening.

The next morning we woke the kids up just before 7am with aromas of buttery toast and scrambled eggs cooking on the stove top. We then hit the road back to the courts for the first round of matches at 8am. Seven out of the eight kids were playing in both adult and junior divisions so A LOT of squash was played over the weekend.



The kids certainly got their money's worth at the Saturday night function at the Last Slice Pizza Bar, eating close to their body weight in food. As we left to get an early night, they all looked on longingly at the Timezone situated right next door as we walked away. The second we walked through the door back home, you can guess where all the kids went – back to the games shed! The early night we intended turned into a 10pm lights out, however we suspect Justin and Ashton kept chatting in their twin single room for much longer!

On Sunday the kids played their final matches for the weekend before presentations commenced at around 3.45pm. Most of them either won or placed in their respective divisions, walking away with hundreds of dollars' worth of cash between them.

It was the first country tournament for some of them, and for one, their very first tournament experience! They were sad to leave the place we stayed at, and one of them even said they wished they could stay for a week. We both worked around the clock to make sure that "Team Tournament Tour" watched and supported each other at all times, even if it meant interrupting a game of cards or chess to make sure each and every one of them was cheered for and coached between games.

On top of the national AJST points earned, the kids walked away from the weekend with full bellies, and some incredible memories.

We both had an absolute blast and are looking forward to repeating the process for Mandurah, Geraldton, and all going well, Kalgoorlie.

The theme was METAL MANIA for the 2023 Term 1 junior pennant competition, which wrapped up on Sunday 2 April 2023 at Squash WA HQ in Belmont. We did things a little differently this time around, introducing doubles squash to the division 1 kids. Each week they played a doubles match, followed by a pennants match. We also tried something similar with the division 2 kids in scored rounds of Chance but after a couple of minor incidents, we decided to pull it and continue with two rounds of pennants for them each week.

The doubles matches turned out to be a highlight of the season. The kids had an absolute blast, and provided much entertainment for parents and other players who were watching. We'll continue with this format into Term 2 and are hoping to build numbers up to get even more kids playing competition squash, over and above participating in their respective Clubs' junior program.

I would like to personally extend my sincere gratitude to the following contributors:

- The JUNIORS who played with a special shout out to the exemplary sportsmanship displayed by Mathys Edery, Ruby Foo and Nathan Thomson;
- The PARENTS who brought their juniors to each and every round, with a special shout out to Lisa, Yvette, Katy and Brad who went above and beyond to make sure everything ran smoothly;
- The CLUBS who hosted us: Belmont, Blue Gum, Cambridge, Mirrabooka and Marmion; and
- Luke Jamieson who helped run the entire season!

I'd also like to acknowledge that a few of the kids faced some really tough opponents each week, which is why we need to work together to increase the number of kids playing junior pennants. If a junior can serve without faulting (at least 80% of the time), then they can play – they don't need to be pros!

Sign up for Term 2 junior pennants is now open via SportyHQ:

<https://www.sportyhq.com/tournament/view/2023-WA-Squash-Term-2-Junior-Pennants-Sign-Up>

CONGRATULATIONS:

Div 1 Winning Pennants Team: VAN HALEN: 1. Andreas Christou 2. Ashton Clement 3. Varshan Ray

Div 1 Winning Doubles Team: DOMASH: Domenic Christou and Ashton Clement

Div 2 Winning Pennants Team: AC/DC: 1. Jerome Tan 2. Indigo Stapledon 3. Olivia Hibbs

Sportsmanship Awards: Ruby Foo, Mathys Edery, Nathan Thomson



Junior Pennants
TERM 2 2023

2 MATCHES PER WEEK
PAR11, BEST OF 3 GAMES

SUNDAYS FROM 9.30AM TO 11.30AM

\$40 PER PLAYER

FIVE WEEK SERIES
COMMENCING
30 APRIL 2023



Div 1 Winning Pennants Team – VAN HALEN



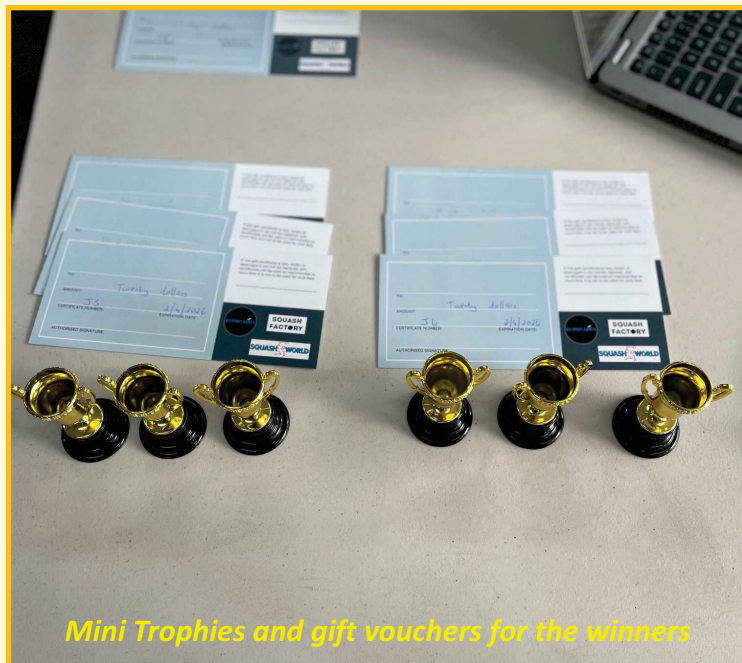
Div 2 Winning Pennants Team – AC/DC



Div 1 Winning Doubles Team – DOMASH



Sportsmanship Awards



Mini Trophies and gift vouchers for the winners



The inaugural Metal Mania Doubles Cup

STATE



Top 5 JUNIOR RANKINGS

31 March 2023

NATIONAL



U11 Boys	U11 Girls		U11 Boys	U11 Girls
Lucas Curry	Teagan Scott Sharuna Ray	1	Benjamin Boardman	Elizabeth Wang
		2	James Sanders	Riyo Kawabata
		3	Grayson Coleman	Teagan Scott
		4	Lewis Matthews	Yashica Jiwa Mohan
		5	Wesley Correa	Abbey Boswell
U13 Boys	U13 Girls		U13 Boys	U13 Girls
Alexander Marsh Domenic Christou Charlie Richardson Leo Van Straaten Darian Feast	Vera Bruce Joey Scott Renee Tan Ruby Foo Olivia Hibbs	1	James Boswell	Jaida Wigley
		2	Kieran Willathgamuwa	Olivia van Zon
		3	Thomas Wang	Vera Bruce
		4	Kaveen Kohombange	Nadia van Zon
		5	Max Jones	Ella Matthews
U15 Boys	U15 Girls		U15 Boys	U15 Girls
Aiden Finlay-Mulligan Andreas Christou Luke Jamieson Jr Jacob Curry Brendan Scott	Jessica Jellis	1	Kasper Cheung	Sarbani Maitra
		2	Marcus Wang	Tina Ma
		3	Joel Roshan Raj	Madison Nargar
		4	Henry Kross	Maeghan Wang
		5	Connor Haberecht	Jade Reynolds
U17 Boys	U17 Girls		U17 Boys	U17 Girls
Waldo Vorster Alvaro Blackall Jonathan Groenewald Trigg Barrett-Lennard Luke Scott	Hannah Slyth Josie Jones Sydney Ennis Jasmin Legge Laney Rawling	1	Darcy Hayes	Amelie Guziak
		2	Joshua Rahul Raj	Hannah Slyth
		3	Thomas Scott	Lijana Sultana
		4	Aryan Madan	Emmy Lamb
		5	Haider Naqvi	Katlyn Hall
U19 Boys	U19 Girls		U19 Boys	U19 Girls
Daniel Marsh Preston Munro Hamish Melvin Ben Robins Daniel Hebb	Caitlin Pratt Aiyana Morris	1	Oscar Curtis	Madison Lyon
		2	Daniel Marsh	Courtney Scholtz
		3	Harvey Allan	Shona Coxsedg
		4	Andre Lynn	Erin Classen
		5	Kenneth Lamb	Caitlin Pratt
			ACT NSW NT QLD	SA TAS VIC WA

**SQUASH
WA**



WASA
WA SQUASH ACADEMY

Western Australia Squash Association

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