

**SQUASH WA NEWSLETTER : SEPTEMBER 2023** 

# eschenault Squass

## Leschenault Classic



## WELCOME

#### © Squash WA - September 2023 - ISSUE 90

28 August 2023	WORLD TOUR WORLD TOUR WORLD TOUR WORLD TOUR	<b>PSA PLAYER:</b> Mike Corren Oscar Curtis Remi Young David Ilich Dylan Classen Erin Classen Pascale Louka	TM: 242 287 324 535 773 145 196	HWR: 38 251 324 210 630 130 196
----------------	--	--	--	--

I enjoyed reading Tim's Coaches Corner article this month. Firstly, to Tim and all the coaches ... **thank you** for helping prepare our next generation of players. Secondly, I would like to **thank** the court owners who allow many of our kids to practice for nothing and/or for very little compensation.

Sadly, without generous court owners and coaches our sport would struggle immensely. Given our population Australia did very well in the early days of squash but over the last 30 plus years we have declined significantly in terms of world standing. The Commonwealth Games kept the light burning for a while but even that has now dimmed. Access to courts, travelling distances and costs, competition from other sports, limited prize money and access to world class coaching continue to impact on our ability to climb the world rankings ladder.

Today, an **Aussie Squash player** needs to be "somewhat freakish" to make it on the world stage ... it simply isn't an easy road. I can't stress enough how important it is that as a player you have a back up plan!

Facilities, funding and coaching are the key ingredients to addressing all our various challenges. Squash WA needs coaches and opportunities exist right now to get paid!

To be honest I think I got more out of helping others than chasing any title or ranking. Personally, I think it is an even greater accomplishment in life to be able to impart your knowledge, experience and strategies into others and then watch them grow and ultimately, succeed.

So if you are a coach I encourage you strongly to step forward and begin a journey of teaching and helping others to enjoy our great game. It is a very fulfilling experience. So if you enjoy coaching, and in particular kids, I urge you to take advantage of the opportunities that are presenting themselves right at this moment.



*My favourite photo from August 2023 The future can be shaped by a shirt!* 

## BEHIND THE SCENES with Leigh Kaye

Well 2023 is showing no signs of slowing down as we find ourselves in September, approaching Country Week and the Australian Junior Championships.

I'd like to express my sincere gratitude to all the Club Administrators who worked with me on getting everything set up in the background for our migration to MySquashAus (Revo). I'm proud to tell you that Squash Australia has reported that Western Australia is miles ahead of the rest of the country in the roll out. This is a credit to everyone who has assisted (and you know who you are), doing the right thing for Squash in WA. I'm still working with a few clubs to get them on board, and no doubt will have you up and running in no time.

In roughly three weeks' time, Country Week 2023 kicks off at Squashworld Mirrabooka. The biggest tournament in the country is celebrating its 57 th year and is set to be bigger than ever. Teams are travelling from all corners of the state to compete in this friendly, social event over the September long weekend, which culminates in a Sunday night function before everyone waves goodbye on the Monday public holiday. We'll have a full report for you with photos in the next SWAN!

2023 Registered Players				
As at 31 August			2022 full year	
Club	Adult	Junior	Adult	Junior
Esperance	121	17	100	6
Mirrabooka	97	42	118	31
Blue Gum	96	15	82	21
East'n Goldfields	91	20	81	6
Vic Park	79	15	89	17
Kununurra	78	6	73	6
Broome	72		51	2
Mandurah	68	14	63	9
Bunbury	63	3	51	2
Belmont	57	14	69	8
Busselton	51	17	49	2
Marmion	46	27	41	28
Geraldton	45	6	59	7
Katanning	40	3	29	3
Narrogin	40	1	54	3
Karratha	39	8	41	3
Cambridge	38	9	51	16
Leschenault	36	4	39	9
Manjimup	35	2	25	2
Wickham	30	8	35	6
Dampier	22		24	2
Hilton	12		18	
Moora	10	1	1	1
Madd/Gosnells	9	8	12	10
Kensington	9		13	
Subi-Kings	8		1	
Wongan Hills	4		4	
Totals	1,296	240	1,273	200

Flights and accommodation have been finalised for the Junior State Team's expedition to Daisy Hill, Queensland, the day after Country Week finishes up. The team, along with myself and Tim Cowell as Coaches, and a couple of carers to assist with meals and transport, are departing Perth on the Monday.

I wish all the competitors travelling from Western Australia, whether on the State Team or not, all the very best of luck. We'll have a report for you with photos in the next edition of the SWAN as well.

The Squash WA State Centre upgrades continue with the roof repairs almost complete, an elevator ordered, and the ladies change room renovations about to kick off. As always, we welcome any visitors that would like to have a look. The courts are available to hire from 9am weekdays and 9.30am weekends, so if you've got a day off or are a FIFO worker, come and have a hit on one of the alass back courts.

As per Tim's article further on in this edition of he SWAN, we are in need of Coaches to help run Squash WA programs and activities.

If you are a Level 1 (FKA Club Development) or above accredited Coach and are looking for a career change, or even just some additional, part time work, we'd LOVE to hear from you.



## **BEHIND THE SCENES** with Leigh Kaye

**WE NEED MORE COACHES** and have enough capacity to employ full time Coaches.

On the same topic, we've also launched a brand new area of the website which showcases a number of certified coaches, giving you a bit of information each one, along with a profile photo.

Image links to: https://squashwa.asn.au/current-wa-coaches/





Fuel to Go & Play

GET READY FOR ANOTHER 24 HOURS OF NON-STOP SQUASH AND SILLINESS AT SQUASHWORLD MIRRABOOKA!!

RAISE VITAL FUNDS FOR JUNIOR SQUASH IN WA HELP US KEEP A BALL IN CONTINUOUS PLAY FOR 24 HOURS STRAIGHT REGISTRATIONS OPEN NOW!!

\*SLEEP OPTIONAL

SQUASH, FWORLD

The Racquet Shop

4

## **JUNIOR STATE TEAM RAFFLE**

Here is a wonderful opportunity to help the 2023 WA State Junior Squash Team raise much needed funds to travel to Brisbane in September for the Australian Junior Individual and Team Championships.

SQUAS

**BONUS** ... WA Squash will also display a one page advertisement for the winning business in the SWAN until June 2024.

## JUNIOR STATE TEAM SPONSORSHIP RAFFLE

Want to become the 2023 Junior State Team official sponsor? Entries are \$150 for one, or \$100 each for two or more.Don't miss out on your chance to gain extra exposure for your business while helping our State Team get to the Australian Junior Championships in Queensland at the end of September



The winning sponsor will receive: Recognition as the major sponsor of the 2023 Junior State Team. Business logo embroidered onto team uniform. Business logo and contact details prominently displayed on the Squash WA website in the Sponsors and Juniors sections until 30 June 2024. Acknowledgement by each team member who win an event, that your business is a major sponsor of the 2023 Junior State Team. Invitation to attend the presentation of uniforms to the 2023 Junior State Team. Invitation to attend the junior awards at the annual Squash WA Awards Night.



#### VISIT THE SQUASH WA WEBSITE FOR MORE INFORMATION

5

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

2023: September to December					
SEP	8 - 9	Vic Park Open Senior Vic Park			Vic Park
SEP	16 - 17	Cambridge Junior <i>Teams</i> Event	Junior		Cambridge
SEP	23 - 25	WA Country <i>Teams</i> Championship	Seniors & Juniors		Mirrabooka
OCT	7-8	Junior Squashathon: 24 hours: 2pm to 2pm	Junior		Mirrabooka
OCT	13 - 14	Cambridge Open	Senior		Cambridge
OCT	27 - 29	Busselton Invitational			Busselton
NOV	11 - 11	Code v Code <i>Teams</i> Event			Belmont
NOV	17 - 19	Great Southern Wheatbelt Teams Event			Katanning
DEC	1-3	WA Closed	Senior		ТВС
DEC	1-3	WA Closed	Junior	Silver	ТВС
DEC	2 - 2	WA Annual Awards Night			ТВС
DEC	10 - 10	Belmont Junior Tournament	Junior		Belmont





Department of Local Government, Sport and Cultural Industries







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

## **FeNaCING Teams**



Thanks Kelsie Docking ...

2023 marked the 34th annual FeNaCING Squash Tournament hosted by the Dampier Squash Club. Once again, the weather turned it on, and conditions were perfect for a weekend of squash.

Friday night saw the opening of the tournament by FeNaClNg Coordinator Kelsie Docking and tournament rules by tournament referee Neil Butler. This was followed by the renowned local seafood fiesta put together by Club president Cal Heath. A first for the tournament was live music by local talent Brodie Kenworthy and a photo booth to capture all the fun!

This year saw 90 players across 4 divisions make the trip north to battle it out for a trophy.

Games kicked off at 8am Saturday between the Dampier and Karratha squash courts and concluded with the A Grade grand final on Sunday afternoon at Dampier.

This year Anita Bull was awarded sportsperson of the tournament, we loved having you Anita!

Special mention to homegrown talent Cal Heath and Owen Stokell for taking out the Table Tennis Grand Slam!

Once again, thanks to our volunteers, sponsors, players, and families who made the weekend so successful. Special thank you to Neil Butler for supporting our tournament again this year.

It was a fantastic weekend of squash, sportsmanship, camaraderie, and good natured banter between players. We can't wait to do it all again in 2024!

Title &			
ADE	WINNER	Geraditon	Jeremy Church Geoff Watters Brad Grinter Dwayne Simons
A GRADE	A GR RUNNER UP EGSRA		Heddwyn Brahma Travis Kenna Luke Seinor
B GRADE	WINNER	Dampier	Guy Langdon Andrew Milliner Cal Heath Owen Stokell
B GR	RUNNER UP	Mirrabooka	Leigh Kaye Nicholas Doyle Richard Grain Marc Kaye
ADE	WINNER	Broome	Michael Leake Jesse Borlasse Candy Roberts Dan Barrett-Lennard
C GR	C GRADE RUNNER UP WIN Karratha Bro		Steph Brand-Smith John Craven Dylan Bird Declan Munro
ADE WINNER		Wickham	Tom Fry Sally Perren Leighton Trost
D GRADE	RUNNER UP	Wine-ers	Pamela Butler Chester Cutinha Erin Zolnier

## **FeNaCING Teams**

















## **FeNaCING Teams**



2023 FeNaCING Teams











## **PENNANTS & LEAGUES**

#### **STATE GRADE FINALS**

The **State Grade Grand Final** took place on Thursday 10th August 2023 at Squashworld Mirrabooka with Mirrabooka Stars reigning supreme, winning all three matches.

Remi Young, Scott Jerome and Gavin Treacy took on Blue Gum Sharks Francois Vorster, Daniel Har Igan and Eric Gray.

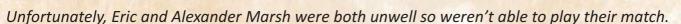
1. Remi def Francois 11-6, 11-7, 11-4

- 2. Scott def Daniel 7-11, 9-11, 15-13, 11-9, 14-12
- 3. Gavin def Eric 8-11, 11-9, 11-3, 11-7

In the **State Grade Challenger Grand Final**, Western Gold scraped through by one game to claim the top spot from ET Invaders.

ET's Bas Kuckelkorn took the win from Gold's Craig Jones in five, however, Gold's Brad Schirmer pushed the team across the finish line, winning in four against ET's Jaco DuPlessis.

1. Bas def Craig 12-10, 7-11, 6-11, 11-8, 12-10 2. Brad def Jaco 5-11, 11-4, 11-2, 11-4



Congratula in the Mirrabooka Stars and Western Gold, and well done to everyone for a great season!

#### MONDAY NIGHT MIXED PENNANTS GRAND FINAL

**Div 1 Winners: Flop Drops** *Luke Jamieson Jnr Richie Kitch David Bray* 

**Div 1 Runners Up: Lethal Weapons** Gabriel Schneider Leigh-Anne Kaye Marc Kaye

#### Div 2 Winners: Score!!! Jackson Towill Nicholas Doyle Mitchell Wells

**Div 2 Runners Up: Win Or Booze** *Ciaran Tangney Brayden King Christian Hetebry* 







## **PENNANTS & LEAGUES**

#### WINTER THURSDAY NIGHT LEAGUE





**Div 1 Winners: Team 1** Nick Scata Brendan Scott Jared Mattys **Div 2 Winners: Dubai** Trevor Witherow Denis Vincent Teagan Scott

Div 1 Runners Up: The Gold Coasters Jacob Curry Zac Karamfiles Karen Stobie-Tyack **Div 2 Runners Up: Greece** *Jim Carr Quita Cass Joey Scott* 

#### **Champion Club: Belmont**

#### MVPs: Brendan Scott (Div 1) and Teagan Scott (Div 2)









## **HILTON: UP FOR LEASE**



You are invited to submit an expression of interest to lease the iconic **Hilton Squash Centre** at 292 South Street, Hilton WA. The lease will be available from 1 February 2024 or earlier by negotiation, with the term and rent also negotiable.

This 7 hard-backed court centre with full mezzanine is located at the top of the hill with ocean views in the vibrant Hilton shopping precinct only 10 minutes from Fremantle with a vast catchment area of potential squash players. Hilton is the only squash centre South of the Swan River for the entire metropolitan coastal corridor.

Hilton Squash is ready for a dynamic, friendly operator to continue the legacy of a fun squash experience in a welcoming environment.

Don't miss this opportunity to be the next amazing squash court operator at Hilton, call

Rachel Percival on 044 9668 558 or email at rachel-percival@hotmail.com.



## **Beerfarm Leschenault Classic Teams**



**Thanks Diego and Bec!** 2023 marked the 5th Anniversary of the Beerfarm Leschenault Classic Teams event. Emotions were running high in anticipation of a great weekend, and after months of preparation, in just a few days it was all done.

Our headquarters were filled once again with 81 awesome players from all over the state, with 16 clubs represented and 129 matches displaying amazing calibre and talent.

Players started to arrive on Friday afternoon, full of anticipation for the weekend ahead. From the first match we experienced fiery battles in the true spirit of squash. We had Mr Butler once again, managing rules and the team points system, keeping us all honest. Thanks once again Neil, we truly appreciate your support over the years.

The tone continued Saturday, with many smiling faces, great food and an awesome bar! The club was full all day long with banter, laughs and great matches. The atmosphere was vibrant in the lead up to the function.

Our special guest Auntie Karen Jetta opened the night with a beautiful Welcome to Country, where she embraced the squash family spirit and joined all our voices into one.

The music followed, some drinks, some cocktails, lots of smiles and then, dinner was served. The food from our Smokin' Bull BBQ friends was divine, it was really out of this world. 10 out of 10 to them, we were all really pleased.

The true spirit of the game was on full display on Sunday, with many wounded

Be	eerfarm Leschenault Class	ic : 25-27 August 2023
1	Jamie Herring	Jason Patmore
Div 1	Caillin Blackwood	Sam Henderson
	Travis Sorfleet	Ben Henderson
7	Linda Towill	Oliver Godson
Div 2	Sam Turner	Gys van Zyl
	Fiona Whooley	Jessie Ward-Thomas
m	Steve Jones	Dean Meredith
Div 3	Ashton Clement	Mark Lush
	Josie Jones	Dale Ramage
4	Neil Meek	Ethan Reeve
Div 4	Jess Anastasakis	Steve Downey
	Tony Worden	Jay Sedgwick
ъ	Tim Currey	Shaynon Easther
Div 5	Jacob Templeton	Amol Agrawal
	Jarryd Keus	Stacey Meredith
9	Jason Hart	John Bruhn
Div 6	Andy Fell	Jamie Harrison
Ľ	Paul Harrison	Josh Miles

warriors and sore heads. While little sleep was a common denominator, the determination and willingness to battle for their team was still intact.

The match of the tournament, awarded by Neil Butler, went to Hamish Melvin and Troy Rose (9-11, 11-3, 11-4, 6-11, 27-25) where a Guinness World Record was broken for the longest match ever played! To our amazing, fabulous WA squash family we thank you from the bottom of our hearts.



See you next year!!

## **Beerfarm Leschenault Classic Teams**





14













## **Beerfarm Leschenault Classic Teams**

















## CLUB OF THE MONTH Belmont Saints Squash Club



We are delighted to introduce you to Miss September – Belmont Saints Squash Club! The Club is based at the Squash WA State Centre, 144 Robinson Avenue, Belmont.

We spoke to the crew at Belmont who shared the rich history of the Club and what sets it apart from the rest. 'Belmont Squash and Sports Centre' was opened by the Wheatley family on 17 May 1973 when the Australian Squash Championships saw the official opening of the Centre. At that time, they were the most up to date courts and the pinnacle of all centres in Western Australia.

You might be surprised to learn that they were originally known as 'Belmont Squash Club' however when Maylands Saints' centre closed down, they joined Belmont, and the two Clubs became known as the Belmont Saints Squash Club!

The Wheatley family built the Centre with a house attached, as their residence. This firmly set the precedence as a family run business with a warm and welcoming atmosphere, which has continued during the 50 years since the doors first opened.

"In 2018 there was a real threat that the centre was to close as the lessee left.



The club took on running of the centre while we rallied the state government to purchase the centre as a permanent home for Squash WA."

We asked what sets Belmont Saints apart from the rest, to which they proudly responded, "we are one of the only clubs that is a not-for-profit centre. Whatever money we make we channel back into the development of squash. We introduce people to the game by way of subsidised group coaching and offering free intro to squash series' several times a year. The Club have spent countless hours on various improvements to help bring the centre back to life. The pool was refurbished not too long ago, and the BBQ area covered and paved. After major air-conditioning improvements we are the coolest club around! Our players support the Squash WA pennant and league competitions. Monday Night Ladies League, Tuesday Night pennants, Thursday Night Mixed League and State Grade all have a big contingency of Belmont Saints players."

In addition, the Club runs a skills and drills session on Saturdays to improve one's game and stamina on court. Their friendly in-house competition is run on Tuesday nights, with a variety of players from beginners through to higher graded players. Players then stay to socialise over a Club-supplied supper and a few drinks from their fully stocked bar. They are introducing an additional night of in-house competition no Wednesdays, where players can just rock up for a game without the need for registration beforehand nor any commitment. In addition to all of this they also offer group coaching sessions every Wednesday afternoon, with dedicated groups for intermediate and beginner players. A group of seniors come together for a gentle hit every Thursday afternoon, followed by a social afternoon tea. This group is also open to anyone to join.



The Club beamed about their "strong junior representation in the July State Championship titles, as well as being the Zone Champions. Many of our juniors will also be representing the State in the upcoming Australian Junior Championships in Queensland in September, and even more of our juniors are traveling over to compete in the individual's event."

The 2022 Australian #1 under 17 boy Daniel Marsh, and current #3 under 11 girl Teagan Scott are both from Belmont.

Belmont Saints holds their annual Club Championships as well as a separate Junior Club Championships. The Belmont Junior Tournament



in December is a highlight for many juniors across Perth, as after presentations they have a pool party to celebrate the year that was, in their very own backyard!



"Without the support of our fabulous club members, we would not be in the position we are with Squash WA now having a State Centre and place to call home. Thank you to everyone who has contributed to keeping the Club and centre running over the years – you know who you are!"

Keep up the great work Belmont Saints Squash Club and thank you so much for chatting with us! For more information about the Club, please visit their website here: <u>https://www.belmontsquash.com/</u> or follow them on social media: <u>Facebook / Instagram</u>.

## LET'S PLAY FAIR with Neil Butler

#### "Scooping" or "Carrying"

One problem that is causing a lot of concern is "Scooping" or "Carrying" the ball on the racket.

For a good return the ball must be hit "Correctly" as defined in the rules as "When the ball is struck with the racket, held in the hand, not more than once, and without prolonged contact on the racket".



Scooping the ball in squash is against the rules and the ball must be struck cleanly with the racket. Scooping the ball is common among players who don't know how the ball should feel on the racket. **Scooping is more likely to occur in the back corner of the court.** 

While scooping is mostly an honest mistake that many squash players make without realizing it, you should avoid scooping the ball.

It is also known as a dig and refers to using the racket to scoop the squash ball forward instead of hitting it. Just think of a shovelling motion!

#### Who Is Most Likely To Scoop The Ball?

As you can imagine, many squash players who aren't familiar with the game's rules. Moreover, they don't know how a squash ball feels when the racket strikes it well and when it doesn't. For example, a squash player may be unable to tell when the strings or frame connects with the ball.

Scooping the ball is against the rules, but it isn't always obvious when someone does it. You can see when someone scoops the ball by looking at how they hold the racket (usually with two hands or one hand with a rigid arm motion using the shoulder as the rotation point) and observing how long it connects with the ball.

While you are more likely to scoop the ball when you first start playing squash, you should try your best to break this habit and focus on hitting the ball with a clean striking action.

#### Players Trying To Get The Ball Out Of The Back Corner

When your opponent hits the squash ball toward the back corner of the squash court, you have limited space to swing your racket and make a solid return. You cannot make a full swing, as the glass and back wall will likely be in your way.

Since you cannot swing the racket to clear the ball, many squash players may scoop it to give it more power to hit the front wall. Again, this is not allowed when playing squash, and you will lose points for doing so.

The scoop shot usually starts very close to the floor and the ball is carried on the racket in a looping motion and released at a point higher than when the ball makes first contact with the racket.

#### What Happens If You Scoop The Ball?

Since it isn't always easy to tell when you have scooped the ball in squash, a Referee might not notice it and, therefore, won't call "Not Up". However, if you have scooped the ball, the best thing would be to call the "Not Up" yourself and then give the ball to your opponent.

There aren't always Referees when playing squash, especially when you're playing for fun. In this case,

#### LET'S PLAY FAIR with Neil Butler

honesty is extremely important. You will lose a lot of respect if you purposefully scoop the ball and don't play squash honestly. If there is a Referee when playing, they will likely call a "Not Up" if they see you scooping the ball, and then you will lose a point.

#### How To Avoid Scooping The Ball

This means learning to hold the racket correctly and what moves to play in specific situations. I recommend watching experienced players (either at your club or on YouTube) and seeing how they hold their rackets and hit the ball.

Doing so will allow you to practice the proper techniques from the start and get a clear sense of when you are striking the ball incorrectly or scooping it. If you notice that you scoop the ball often, ask one of the more experienced players to give you some tips for avoiding it.

Next, you must learn how to return a ball from the back corner of the court. This is one of the more difficult returns to make, as you don't have a lot of space to swing your racket.

#### Conclusion

Scooping the ball means holding the ball on your racket for longer than usual in squash. This is an illegal move in squash and will cost you points during a match. People often scoop the ball when placed in the back corners of the court, but you can learn other techniques to avoid scooping it.





Many ideas grow better when transplanted into another mind than the one where they sprang up

**Oliver Wendell Jones** 







## **COACHES CORNER** with Tim Cowell

Well, it has been great to hear the feedback from last month's coaching article, with some clubs starting to implement the change of balls for the winter months!

#### COACHES - WE WANT YOU!

Pathways get spoken about a lot in sports. How does someone go from a complete beginner all the way to representing their country or a team on the world stage. At the time of writing, Sam Kerr made some headlines that she couldn't continue playing AFL as there wasn't a pathway for her, so took up soccer and the rest is history.

Squash has it's playing pathways mostly intact. The simplest introduction was through parents, but that is no longer the case as it used to be when I started playing nearly 30 years ago. Currently we can deliver an in-school program (<u>Squash Stars or Mini Squash</u>) as their first exposure to the game. This is closely followed by the High School <u>Just Squash It</u> programs where the schools are visiting the squash centres.

The next step is then those juniors either playing the game casually or joining a junior program. Our junior programs often involve some basic drills and routines along with some social game play. Those keen to improve can then look to enter tournaments, junior pennants, maybe even get picked up in a training squad if the club offers it.

At a certain level, they may be good enough to get selected in the Talent squad program for additional training with others from various clubs. By now they could also potentially be playing their club inhouse comps, or the Squash WA evening pennant competition as well. Reach the top five in your age group and you are being looked at for potential state team selection. The training commitment steps up here as well. By this stage the player might also be working privately with a

coach to compliment the other playing and training

commitments they have as well as a little bit of conditioning

Beyond state team representation is national squad and team selection. If you are in line with this, you are also potentially playing a few PSA tournaments around the country, or certainly in the open events of our local tournaments.

Post juniors is a tough one to transition into, and probably where things slightly break down a bit. WASA (WA Squash Academy) has a funding support system in place for our high performance players. We then see a few different journeys, including Greg Chan relocating to the Gold Coast with the Australian Performance centre. Will Curtis headed overseas and got a US college scholarship. Erin Classen embarked on a journey overseas as well training with a number of different academy programs. Remi Young and Pascale Louka are completing uni here in WA whilst travelling for events across Australia. There is a bit of a diving into the unknown and seeing if you can tread water at this stage. You also don't have to take this step, simply playing locally in our tournaments or pennant comps is perfectly fine to stick at for the next 50 or 60 years of your life!

**But this isn't the point of my article.** After all it is a coaching related article. For our players to progress through these various levels, there needs to be adequately equipped and experienced coaches to service each stage of development. This is the battle we are currently facing right now and trying to deal with at a number of different levels.

For most people, coaching squash isn't seen as a viable career path. But there are a handful of us potentially crazy enough to do it! "Tim, what do you want to do after high school?" 'Play squash' is what I





## **COACHES CORNER** with Tim Cowell

wanted to answer to my careers counsellor, but Sports Med, Sport Science or maybe journalism degrees were a few terms thrown about to keep them happy. I thought coaching was probably something flexible enough to support a playing career.

For those not aware, I have been coaching since high school and am a Level 2/Talent Development Coach and Level 1 Coach Tutor/Assessor. Here is a snapshot of the areas I currently work in:

- Grass Roots Promotion <u>Mini Squash, Squash Stars and Just Squash it</u> <u>School Programs</u>
- Junior Club Coaching Currently involved at Cambridge and Mirrabooka Programs
- Development Squad Cambridge
- Club Pro at Mirrabooka/Cambridge -Coaching club level juniors and adults
- Talent Squad
- State Team Boys Coach
- Coach Education Level 1 Tutor and Mentor.

I have previously worked as regional development officer for Squash WA, spent six weeks overseas coaching at the Tokyo American Club and have done several stints with the Squash Australia National Talent Squads/Trans-Tasman teams.

When people ask me why I don't get to as

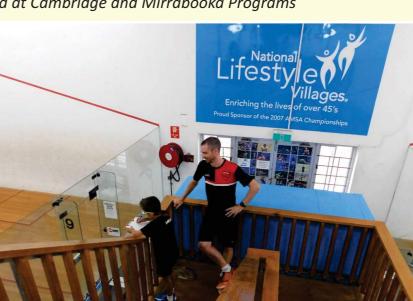
many tournaments or play pennants these days; these commitments along with two kids is now my answer!

**This is where my article changes from an article into a plea for help.** We simply need more coaches at all levels to grow the game and progress it forward. And we need to stop treating it like coaches have to be volunteers, because there are a number of paid work opportunities out there, you just need to be motivated enough to follow them up and deliver them. And I'm going to be honest here, this is A LOT for one person to try and cover each week. Imagine the work that could be done if a few of our coaches could focus attention on a few areas in particular, rather than being spread thin across six or seven.

Maybe (like the squash ball article) **it's a case of a cultural change required** as it almost seems that to be a coach in Australia means to volunteer your time or do it on the side as a second job, instead of primary income.

Squash Australia have just relaunched their sporting schools program of <u>Squash Stars</u>. Schools can apply for funding from the Australian Sports Commission to get providers in to deliver different sports. The program is wall- or rebound net-based (inflatables work too) to give the students an idea of what the game of squash is like. If you have a current Level 1 coaching accreditation, Club Development or above, **you can deliver these programs and get paid for your time**. Schools can use a portion of their funding to purchase the equipment needed, so you just need to be there in time to set up the session and deliver.

Squash WA have the Inflatable Mini Squash program which can be delivered, along with the High School Just Squash it program, at centres. Again, no need to invest in your own equipment, Squash WA have the inflatables kit and centres have racquets for school groups to use.



## **COACHES CORNER** with Tim Cowell

Club junior programs are the tricky area of what fits under voluntary or paid work, because we need as many helpers as possible to create and maintain the happy, fun environments that keeps kids and their parents hooked. **It's estimated that in Australia, volunteers contribute 158 million hours each year to sports programs, the equivalent of approximately \$3 billion economic value**, so we need this to keep our programs affordable for players to start out in. But specific training squads (Development Squads) are certainly a paid position. With enough kids coming through our junior programs, the demand for these squads could potentially increase, allowing more paid hours to be generated.

Holiday clinics and activities is an area we haven't delved into anywhere near enough in the past, compared to other sports such as tennis, AFL and netball. A limited work force contributes to this but again, with extra coaches on board and available, each centre could be running their own holiday programs to keep the kids entertained while improving their skills.

Other areas to supplement an income could be delivering private lessons (speak to your court operator first), staff hours at squash centres, or other part time work that doesn't clash with some of these bookings.

With enough experience, you could start delivering coaching courses or start working with Talent/State/National squads, where the opportunity presents. Further experience could earn you a gig

overseas in the United States or Europe coaching out of clubs there. Yes, it would be a loss for WA, but if this is a big enough goal for someone to work towards, then we do gain their years of work up to that point.

Especially early on in my career, I asked myself each year, can I afford to keep doing this for another year? There were a couple of very close calls, but each year with hard work I've been able to see my income increase. I've been fortunate to have some very good mentors and contacts around me to keep me on track and keep pushing forward.

#### BUT ... I can't keep doing this forever.

Like many coaches before me who have made their contribution, done their time, and moved on, I will need to pass the baton along to the next person to run with. Otherwise, I would almost see it as a failure, that everything we have worked hard for falls over, because no one is ready to step up.

**So, if you are looking at a career change**, or maybe you have a teenager about to finish high school and is great at working with kids, it's okay to consider squash coaching as a viable career to get involved in. You could treat it as casual or part time to begin with whilst studying, and then maybe increase the hours once you have finished those.

For more information or to start your coaching journey, visit the Squash Australia website today: <u>https://www.squash.org.au/w/get-started-coaching</u>.









## **JUNIOR RANKINGS**

#### **STATE**

### 

NATIONAL

#### **31 August 2023**

Top 5

**JUNIOR RANKINGS** 



## **ADULT RANKINGS**

#### as at 31st August 2023



**Cooper Kennedy** 

Broome

**STATE** 





#### NATIONAL

Blue Gum

MEN	WOMEN	MEN	WOMEN	
Mike Corren	Erin Classen	Rex Hedrick	Jess Turnbull	
Blue Gum	Mirrabooka	Victoria	Queensland	
Oscar Curtis	Pascale Louka	Rod Evans	Alex Haydon	
Mirrabooka	Cambridge	Queensland	Queensland	
David Ilich	Sue Hillier	Ryan Cuskelly	Tanvi Khanna	
Blue Gum	VIC Park	New South Wales	Queensland	
Tim Cowell	Zoe Petrovansky	Aaron Frankcomb	Colette Sultana	
Cambridge	VIC Park	New South Wales	Queensland	
Remi Young	Jo Hitch	Joseph White	Sarah Cardwell	
Mirrabooka	Mirrabooka	Queensland	Queensland	
Dylan Classen	Hannah Slyth	Jean-Pierre Brits	Madison Lyon	
Mirrabooka	Blue Gum	Queensland	Queensland	
Jason Patmore	Clare Slyth	Steve Finitsis	Jennifer Condie	
Blue Gum	Blue Gum	Queensland	New South Wales	
Daniel Marsh	Emily Savic	Bryan Lim	Adele On Ying Fung	
Belmont	Marmion	Queensland	New South Wales	
Mitchell Van Heythuysen	Linda Towill	Mike Corren	Vanessa Pickerd	
Belmont	Mirrabooka	Western Australia	Victoria	
Lewis Christie	Fiona Whooley	Rhys Dowling	Erin Classen	
Mirrabooka	Mirrabooka	Queensland	Western Australia	
STATE U	123 MEN	STATE U23 WOMEN		
Oscar Curtis	Mirrabooka	Erin Classen	Mirrabooka	
Remi Young	Mirrabooka	Pascale Louka	Cambridge	
Dylan Classen			Blue Gum	
Daniel Marsh Belmont		Michaela Pratt	Blue Gum	
Mitchell van Heythuysen	Belmont	Caitlin Pratt	Narrogin	
Aedan Martin	Cambridge	Jade Woods	Eastern Goldfields	
Eric Gray	Hilton	Isla Harris	Moora	
Preston Munro	Dampier	Isabella van Emden	Bunbury	



Josie Jones

## **THE BACK WALL**



#### 



PRESIDENT



BOARD MEMBER



VICE-PRESIDENT



Michelle Classen BOARD MEMBER



**BOARD MEMBERS** 

SECRETARY



Yvette Clement BOARD MEMBER



TREASURER



Michaela Pratt BOARD MEMBER

Squash WA Administration					
Website:	https://squashwa.asn.au/				
Office:	144 Robinson Ave, Belmont WA 6061				
General Manager:	Leigh Kaye	gm@squashwa.asn.au	0411 883 320		
Engagement Officer:	Serena Richardson	engagement@squashwa.asn.au	0434 785 555		
Admin Support:	Roxy Edery	adminsupport@squashwa.asn.au			
	Squash	WA Board			
Website:	https://squashwa.asn.c	au/board/			
President:	Ryan Callegari	ryan@hillzeez.com.au	0420 947 425		
Vice President:	Glenn Hitch				
Treasurer:	Brad Hibbs				
Secretary:	Katy Scott				
Board Member:	Neil Butler				
Board Member:	Michelle Classen				
Board Member:	Yvette Clement				
Board Member:	Michaela Pratt				
Country Steering Committee					
Member:	Glenn Bridgeman	bridgy68@hotmail.com	0408 935 851		
Member:	Jeremy Church	jeremy.church711@gmail.com	0429 968 934		
Member:	Jamie Herring	hezza2707@gmail.com	0409 539 561		
Member:	Deb Hoffrichter	debrocksteady@hotmail.com	0437 121 896		
Member:	Alyce Smith	alycejsmith1@gmail.com	0448 771 153		

#### Our Vital Partners ... Thank You



Department of Local Government, Sport and Cultural Industries



