

SQUASH WA NEWSLETTER : APRIL 2024

YOUNG GUNS RISE & SHINE





WELCOME

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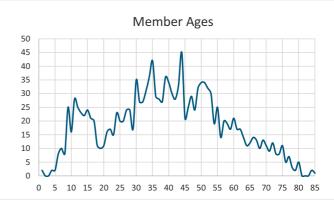
Funny Fotos

The "Moose" with a ponytail ...

Got a funny foto? Share it with us! Each month I will post the best one here.



March was certainly a BIG month with the Esperance Open kicking things off. Congratulations to the ageless Moose! Mike Corren just keeps on winning! Also to Rema Muniandy, congrats on winning the Ladies Open.



The age demographic is shifting!

Bunbury delivered yet another well run South West Open with the youngsters Hannah Slyth and Arthur Law taking the Open titles ... congratulations.

Marmion held another Classic! This is a fabulous junior tournament that really showcases grass roots squash. They champion mini midgets which I think is vitally important to kick start a child's love affair with competing in tournaments. Sue Cowell and all her helpers deserve the accolades they receive.

The AGM saw some changes and it was pleasing to see three long serving stalwarts awarded life membership of Squash WA. Congratulations!

2024 JUNIOR TOURNAMENT TOUR

Only 10 places available per stop Email engagement@squashwa.asn.au to register your junior's interest in one or more events



Editor: Kim Schramm • 0407126911 • kim@squashmedia.com.au



BEHIND THE SCENES

Р3

with Leigh Kaye

This year's AGM took place on Wednesday 27 March from 6.30pm. It was extremely well-attended with 25 Member Clubs attending online or in person. Seeing this number of Member Clubs supporting Squash WA is a hugely positive step forward, and gives the Board, Serena, and I more motivation to keep working with you all, no matter how far from the metropolitan area your Club is. The meeting did run a little longer than we anticipated, but we covered off on a few important items such as a new affiliation model proposal, and management of the State Centre with Belmont Saints Squash Club stepping down.

We also awarded Life Membership to three extremely worthy people that have served squash in Western Australia for decades. Congratulations to Russell Chandler, Sue Hillier and Carsten Fredricksen.

Our Member Clubs voted for new Board Members, and as such we are pleased to announce that Glenn Hitch, Michaela Pratt and Yvette Clement were re-elected. Michelle Classen retired as it was the end of her term.

A huge thank you to Neil Butler for his six years of service on the Board. There is no doubt that with Neil's passion for squash, we'll continue to see him Officiating, and hopefully assisting and guiding us in the office with his experience of



the office with his experience and knowledge.

I attended the Australian Squash Open over in Sydney recently, to gain some experience and knowledge in the national event space. Whilst it was disappointing that the glass court could not be erected, the level of squash and players that made their way down under from around the world made up for it.

Martin Place was the perfect location, seeing thousands of people walk-through the area each and every day, and easily accessible by public transport.

Speaking to Egyptians #1 men's seed and #1 and 2 ladies seeds, gave me valuable insight into what players expect from tournaments, and how Australian events



BEHIND THE SCENES

with Leigh Kaye

P 4

compare to the rest of the world's.

I believe Western Australia has better court facilities as well as better locations to build glass courts, so I would **LOVE** to see the Australian Open here in Perth one day.

A few aspects we would need to address as a state include increasing our volunteer and local official base, and securing funding/sponsorship (ie. a six-figure sum would be essential to attract the world's best).

Out with the old and in with the new. SportyHQ access will cease for all Clubs on 31 March 2024. Any competition that is already in progress, that runs over this date, will continue, and will NOT be affected, however all NEW pennant/league/in-house competitions and tournaments will need to be run in Revo.

There have been big upgrades to the system to accommodate the specific requirements of squash, and as such, tournaments should now be able to be run through Revo. Ongoing improvements will continue to occur, specifically around the Competition module, so things will get easier and more fluid as time goes by.

I genuinely want to thank everyone for their patience, and for working with us to make the Revo change happen. I remain confident that this program will be fantastic for Squash in Australia, and I will continue to give your feedback to Revo and Squash Australia as required.

revolutionise SPORT





BEHIND THE SCENES

with Leigh Kaye



The next phase of State Centre upgrades is well underway. Four more courts have had the back walls removed, floorboards pulled up, and steel structures are currently being put in place.

Four glass front walls will also be installed. By the time the next SWAN comes out, we should have this phase completed. Belmont is your State Centre, and because of this, we are doing our utmost to improve the facility for the benefit of all players and people in the squash community.





2024 TOURNAMENT CALENDAR

JANUARY

23	U11s Novice Clinic**	Belmont
24-25	Junior Talent Clinic**	Belmont
26-27	Australia Day Open	NextGen, Kings Park

MARCH

1-3	Esperance Open PSA-Sat	B Esperance
9	Marmion Junior Classic	Squash Factory
15-17	South West Open S	Bunbury
20-24	Australian Open	(Various) NSW

MAY

3-5	Geraldton Open B	Geraldton
17-19	Broome Invitational	Broome
18	Marmion Junior Teams	Squash Factory
31-2/6	Golden Open PSA-3 B	Kalgoorlie

JULY

1-2WA State Jnr Zone Team Champs** Belmont19-21WA State 35+ Champs**Belmont

SEPTEMBER

6-7	Vic Park Open	Vic Park
14-15	Cambridge Junior Teams	Cambridge
20-22	Country Week Teams**	Mirrabooka
28-1/10	Aust. Junior Champs IND P	NSW

NOVEMBER

1-2	WA Closed S	Belmont
2	Squash WA Awards Night	TBA
15-17	Great South. Wheatbelt Teams	Narrogin





FEBRUARY

9-11	Red Hot Teams Challenge	Mirrabooka
16-18	West Coast Open**	Cambridge
16-18	New Years Bash S **	Cambridge

APRIL

4	Easter School Holiday Clinic**	Belmont
8-11	Australian Junior Open P	MSAC (VIC)
10	The Northern Knock Out	Mirrabooka
20-21	Mandurah Open B	Mandurah

JUNE

7-9	WA Open Intl. PSA-C6**	Mirrabooka
7-9	HEAD Junior Classic**	Mirrabooka
13-16	Aust. National Champs IND	Belmont
17-18	Aust. National Champs TEAMS	Belmont
21-23	South West Masters Teams	Busselton
26-27	Interschool Competition**	Mirrabooka
29-30	WA State Jnr Champs G **	Belmont

AUGUST

2-4	FeNaClNG Teams	Dampier
9-11	Club Champs Weekend	n/a
23-25	Leschenault Classic Teams	Leschenault

OCTOBER

2-4	Aust. Junior Champs TEAMS	P NSW
5-6	Junior Squash-a-thon**	Mirrabooka
11-12	Cambridge Open	Cambridge
12	World Squash Day	n/a
25-27	Busselton Invitational	Busselton

DECEMBER

8 Belmont Junior Classic

Belmont







SW oka dge n/a ton nt

** Squash WA-run events | JUNIORS: Bronze Silver Gold Platinum

Open' denotes an adult tournament which may or may not include Junior divisions

CONGRATULATIONS

LIFE MEMBERS

Thanks Michaela Pratt

Russell Chandler

Russell's journey with squash spans over four remarkable decades, embodying dedication, leadership, and passion. Russell's love of squash began in the late 1970s when he started as a player at Belmont. Russell was quickly committed to the role of a Club Volunteer as a Club Captain and has been a member of its Executive ever since, except for the year that he decided to take off! For most of this time, he has held the role of either Vice President or President – which he still holds today.



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Thank you for your invaluable and immense contributions to squash in Western Australia.

Throughout his tenure, Russell's leadership has been exemplary. Serving as Vice President and President of the

Belmont Squash Club for the lion's share of his tenure, he has been the cornerstone of its success. Russell's dedication to the broader squash community is evident through his involvement in numerous Squash WA committees, shaping competitions and experiences to cater to all levels of players.

One of Russell's most defining moments in squash arrived in 2018 when faced with the closure of the Belmont Squash Club. Russel and BSC held a wake for the Club, with the intention of moving the existing 80 players to a further location. After 2 months, the owner hadn't come for the keys, so the club reopened the facility and commenced what is now their 5 year running of the facility, building to over 220 players today.

When Russell retired from the building industry, instead of taking it easy, his contributions have grown, particularly in working with the Association to design and undertake a scope of works to update the 50 year old, 8 court State Squash Centre building.

For the past 5 years, he has been repairing the State Squash Centre, dragging it into the modern era. As Club President he has been instrumental in reinvesting Member money into providing the best experiences possible for players by updating the amenities, initially without any certainty over the buildings' ownership. As a former builder, Russell has been instrumental in every single step of the State Centre upgrades, and none of what you see here today would have bene possible without him. It has been a real labour of love, and Squash WA can never thank him enough for his efforts.

Amidst accolades such as the State Volunteer of the Year and National Volunteer of the Year finalist, Russell continues to volunteer his time as a Junior Coach, nurturing the next generation of squash talent. Congratulations, Russell Chandler, on a well-deserved recognition as a Life Member of Squash WA.

Sue Hillier

Must of us know about Sue as a player of the sport, however Sue has been instrumental in the growth of it as well. Sue's journey in squash began in the late 1980s, driven by a profound love for squash and an unwavering commitment to its development.

CONGRATULATIONS

LIFE MEMBERS

Thanks Michaela Pratt



Sue's impact on squash in Western Australia is undeniable. Serving as a stalwart on the Squash WA Pennant Committee and Coaching Committee, both for numerous years, Sue's contributions have been instrumental in shaping the landscape of our sport.

Her tenure as Development Officer for Squash WA from 2008 to 2021 exemplifies her dedication to nurturing talent and fostering growth at all levels. Sue's involvement in the WASA committee since its beginning underscores her commitment to cultivating the next generation.

But perhaps Sue's greatest legacy lies in her role as a coach. For over four decades, she has been a guiding light for countless players, instilling in them not just the skills of the game but also a deep-seated passion for squash. Whether managing teams, coaching at grassroots levels, or raising the profile of the sport, Sue's impact has been felt throughout the squash community.

Today, we express our deepest gratitude for her tireless dedication and commitment to squash in Western Australia. Congratulations, Sue, on a well-deserved recognition as a Life Member of Squash WA.

Carsten Frederiksen

Carsten's journey with squash spans over 30 years, marked by a steadfast dedication to service and passion for the sport. Carsten's legacy is etched into the very fabric of squash in Western Australia. His tenure on the WA Squash Board for over 15 years is a testament to his enduring commitment to the sport's governance and development.

Carsten has been a pillar of support for clubs and courts across the region. Whether lending his expertise to maintenance projects, supplying sound equipment for functions, or volunteering at tournaments and events, Carsten's impact is felt far and wide.

His longstanding association with the RKP and later Subi Kings is a testament to his dedication to grassroots squash. Carsten was the RKP Club Captain for six years before discovering four courts tucked away in the basement of Subiaco oval. The courts were in total disrepair and at the time being used as storage for the West Coast Eagles. Carsten took a huge gamble by contributing a significant amount of personal funding and time to undertake a four-month refit. The courts, change rooms and viewing areas were given a drastic face list including new floors, lighting, carpets, bathroom, and kitchen plumbing, and much more.

52 members saw the opening the shiny, new Subi Kings Squash Club (formerly known as 'RKP at Subiaco') which more than doubled to 120 in the years to follow, boasting 13 four-man pennant teams. Carsten also assisted with maintenance of the Hyatt courts during his time on the Board which included lighting, carpets, walls, and plumbing, as well as the annual awards night functions. As a delegate and custodian of these institutions, Carsten has played an integral role in nurturing a thriving squash community.

Carsten's commitment to squash embodies the spirit of volunteerism – selfless, tireless, and unwavering. Today we honour an individual who has left a lasting mark on the sport we all love, with Life Membership. Congratulations, Carsten, on a well-deserved recognition as a Life Member of Squash WA. **MIRRABOOKA SQUASH CLUB PRESENTS:**

THE NORTHERN KNOCK OUT DOUBLES CHAMPIONSHIPS

9AM-4PM, SATURDAY 13 APRIL 2024

OPEN TO JUNIORS AND ADULTS WITH A SPORTYHQ RANKING OF 500 AND ABOVE. EACH DOUBLES TEAM MUST HAVE AT LEAST ONE JUNIOR PLAYER, AND NO MORE THAN ONE ADULT PLAYER (1A/1J OR 2J). PAR 15, BEST OF 3 GAMES, SUDDEN DEATH AT 14-ALL. THEN A KNOCK OUT DOUBLES TABLE TENNIS EVENT! COST: \$33 PER PERSON







LUCKY BRY BREWING ESPERANCE OPEN



Thanks Josie Jones and Luke Jamieson

March rolls around to bring in Autumn and the prestigious Lucky Bay Brewing Esperance Open. Many avid squashies made the eight-hour trek down south and were greeted with thunderbolts and lightning on Friday - perfect weather to kick off what would be an electric weekend.

With 163 entries over 16 divisions, Esperance Squash Club was jam-packed and ready to rumble. Friday evening was an early one, with swift and convincing wins across the board. Straight into Saturday, where Open top seeds Mike 'Moose' Corren and Pascale Louka blazed their way to finals. Go-getter Daniel Marsh was flying high after a big win defeating veteran finalist David Ilich, however, came crashing down to Remi Young in three in the semi-finals.

The incredible match of the tournament was no doubt the Ladies Open Final, with Rema Muniandy victorious in an epic five-set battle with defending champion Pascale. This was Rema's first time in Esperance, so to come away with a PSA title is a truly commendable effort. Meanwhile in the Men's Open, Remi was out moose-hunting, but was ultimately defeated in a gruelling four-sets. Congratulations to Rema and Mike on their PSA titles.

Esperance Open : Esperance 1-3 March 2024			
EVENT	Winner	Runner Up	Third
Mens Open	Mike Corren	Remi Young	Daniel Marsh
Mens Div 1	Alvaro Blackall	Brendan Marsh	Derek Nunn
Mens Div 2	Tom Grieve	Travis Kenna	Tim Sandy
Mens Div 3	Luke Christian	Jackson Towill	Daniel Hogan
Mens Div 4	Carlos Correia	Emilio Chiarenza	Bodhi Anyon
Masters Div 1	Dan Jones	Brad Grinter	Steven Jones
Masters Div 2	Luke Missak	David Hall	Ryan McGrath
Ladies Open	Remashree Muniandy	Pascale Louka	Hannah Slyth
Ladies Div 1	Jane Hunt	Pat Barker	Kylie Siebert
Ladies Div 2	Joey Scott	Laney Rawling	Sally Kelly
Masters Div 1	Karen Young	Cindy Parsley	Katy Scott
Masters Div 2	Kim Duffecy	Eileen Jellis	Serena Richardson
Boys Div 1	Daniel Marsh	Aiden Finlay-Mulligan	Jonathan Groenewald
Boys Div 2	Brendan Scott	Ashton Clement	Luke Scott
Girls Div 1	Isla Harris	Josie Jones	Jessica Jellis
Junior Mixed	Emilio Chiarenza	Joey Scott	Massimo Chiarenza



LUCKY BRY BREWING ESPERRANCE OPEN

A big thank you and congratulations to Deb Hoffrichter, Callum Smart, Michaela Florisson, and the Esperance Squash Club for hosting another mammoth weekend, and to all the volunteers who helped out along the way. We are always appreciative of Neil Butler and his partner in crime Clive Pollard for their efforts reffing, and those from the Squash WA Board that were able to make it down.

A round of applause for Luke for directing a smooth weekend with the help of Kim Duffecy and an army of passionate cardplaying juniors. It's safe to say the 'tournament desk' was quickly converted to a gaming hub!



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Thanks to all involved for making this year's tournament such a memorable weekend and hope to see everyone back for more next year!













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WORKSHOP WASHERS











Thanks Brad Grinter

P14

The 43rd 2024 South West Open was held over the weekend 16-17 March at Bunbury's South West Sports Centre. 90 competitors played across a Men's and Women's Open, six Men's divisions, three women's divisions and four junior divisions.

BUNBURY

A third of the players were juniors, many of whom competed in both junior and adult divisions. Once again, Squash WA supported us to make this an AJST Silver event, so the juniors had an additional chance to gain national ranking points.

Serena and Michelle brought 10 of the juniors down with them in the Tournament Tour bus, an initiative from Squash WA. They stayed in group accommodation with the 10 juniors ranging from 10 years old to 18; cooked, cleaned, fed, transported and supported them throughout the course of the weekend. Hats off to you ladies!

Matches commenced on Saturday morning and ran through until Sunday afternoon. Players from around the state came together to reconnect and have a laugh over a cold drink. The strong camaraderie and family vibe was on show throughout the event, in particular at the Saturday evening function where the crowd sang Happy Birthday to Vic Park's Lisa Christou, and the kids dominated the dancefloor.

South West Open : Bunbury 16-17 March 2024			
EVENT	Winner	Runner Up	Third
Mens Open	Arthur Law	David Ilich	Daniel Marsh
Mens Div 1	Brad Grinter	Sean Brockman	Luke Jamieson Jnr
Mens Div 2	Jonathan Groenewald	Eric Marsh	Alexander Marsh
Mens Div 3	Hamish Melvin	Dean Meredith	Jacob Curry
Mens Div 4	Ethan Reeve	Brandon Kitt	Mark Lush
Mens Div 5	Mathew Church	Shaynon Easther	Joshua Thomas
Mens Div 6	Logan Pilatti	Mitchell Wells	Jarrod Ennis
Ladies Open	Hannah Slyth	Fiona Whooley	Hayley Chiu
Ladies Div 1	Josie Jones	Isabella Van Emden	Nikki Wilson
Ladies Div 2	Stacey Meredith	Teagan Scott	Corina Malatzky
Ladies Div 3	Ruby Foo	Joey Scott	Olivia Hibbs
Juniors Div 1	Daniel Marsh	Andreas Christou	Luke Jamieson Jnr
Juniors Div 2	Ashton Clement	Brendan Scott	Isla Harris
Juniors Div 3	Joey Scott	Lucas Curry	Kayla Clarke
Juniors Div 4	Leonard Bruce	Ella Clarke	Leo Van Straaten



SOUTH NEST OPEN

Thanks Brad Grinter

P 15

The very first Men's Open at this tournament occurred in 1961 and was won by Aub Hickey who went on to winning it five times in total. Aub was also instrumental in starting Country Week squash. Dean Williams is a three-time winner and Bunbury's very own Lee Sorfleet won it in 1992. This year, the top spot was taken out by Mirrabooka young gun Arthur Law.

Amongst all the high-quality squash that was played, the match of the tournament, selected by Tournament Referee Luke Jamieson, was the Women's division three five-setter between Marmion's Ruby Foo and Belmont's Joey Scott. With two of the games going to 13-11, Ruby pushed through to win 11-7 in the fifth. Great work girls!

Huge thanks to the tournament sponsors: Top Coat Painting (Josh Topliss), Harcher (Derek Bird), Juice Finance (Amol Agrawal), Matta Modifications (Luke Mattaboni), Warthog Workshop Washers (Mike Genders), Matthew Hanzel-Fuller, and South West Sports Centre. Their continued support is fantastic and so very much appreciated.

Thanks also to Lorraine, Kerry, Judy, Lushy, Rambo and Tony, who assisted with the canteen and bar all weekend, as well as Tournament Referee Luke Jamieson, Paula and Dean for their artwork assistance, Sam for assisting me with the draw, Tony and Karen from Divine Filipino Meals for providing dinner on Saturday, and Serena for helping out with revo.

See you all back again in 2025!





SOUTH WEST OPEN

Thanks Brad Grinter























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SOLASH WA BOBH WA OPER PSA-CHALLENGER 6 ND HEAD JUNIOR (LASSIC (SILVER)

7-9 JUNE 2024 © SOUASHWORLD MIRRABOOKA PSA EVENT COMMENCES 6 JUNE 2024

SILVE

35+

WA



EVENTS FOR MEN. WOMEN. 35+ (MASTERS), JUNIORS, AND NOVICE JUNIORS

EARLY BIRD RATES UNTIL 15 MAR REGULAR RATES 16 MAR - 2 JUN ENTRIES CLOSE 10PM 2 JUN







Greg Hawthorn MacPherson



MARMION CLASSIC Thanks Sue Cowell



IN FRONTAUSTRALIAN **BUSINESS SOLUTIONS**

Proudly sponsored by In Front Australian Business Solutions, the 2024 Marmion Junior Squash Classic was held on Saturday 9 March 2024.

Although numbers were lower than previous years we had juniors participate that represented Marmion, Mirrabooka, Cambridge, Belmont, Busselton, Blue Gum and Mandurah Squash Clubs.

A unique aspect of our tournament this year again was our one-hour Mini Midget tournament that featured our 5-7 year olds.

Coaches Josh Blakey, Sydney Ennis and Evie Clark put our Minis through their paces with various different activities. We certainly have some squash stars of the future!!



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Marmion Junior	Classic	The Squash Factory 9 March 2024		
Event	Winner	Runner Up	Third	
Division 1	Alexander Marsh	Jonathan Groenewald		
Division 2	Sydney Ennis	Teagan Scott	Lockie Jamieson	
Division 3	Indigo Stapledon	Evie Clarke	Conall Fletcher	
Division 4	Kayla Clarke	Leonard Bruce	Emmy Dunstan	
Novice	Daniel Dunstan	= Miranda Clarke & Leo	o Ferguson	
Mini Midgets	Amelia Ward-Massey	Amyra Behl		
	1			
Doubles	Winners	Abhin Behl & Daniel M	arsh	
	Runner Ups	Emmy Dunstan & Alexa	ander Marsh	
	Third	Chelsea Hawke & Jona	than Groenewald	
-	T	1		
Sporstmanship	Girls	Holly Carver (Mandura	h)	
Awards	Boys	Mathys Edery (Marmio	n)	

MARMION CLASSIC Thanks Sue Cowell

IN FRONTAUSTRALIAN **BUSINESS SOLUTIONS**

Tournament Sponsor Jason Rawling presented the Sportsmanship Awards to Mathys Edery (Marmion) and Holly Carver (Mandurah).

At the conclusion of the individuals, we then had 18 juniors compete in our timed doubles event. We had 3 pools of 3 teams who played a round robin of 7 minutes each match. The top teams in each pool then played a 7 minute match in the final.



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Thanks to our wonderful parents for manning the canteen and providing some yummy food throughout the day (Laney's muffins were THE best!!).

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 2024 Marmion Junior Teams Challenge on 18 May 2024.



MARMION CLASSIC Thanks Sue Cowell









P 20















Junior Girls Years 7-9 | Junior Boys Years 7-9 **Thursday 27 June:** Senior Girls Years 10-12 | Senior Boys Years 10-12 **Venue:** Squashworld Mirrabooka, 1/42 Mirrabooka Ave **Cost:** \$8 per student. No registration fee. **Registration:** <u>schoolsportwa.com.au</u> by Wednesday 12 June. **More information:**

engagement@wasquash.asn.au





Department of Local Government, Sport and Cultural Industries

Have a crack at a state title!

\$66 entry fee includes an event shirt.

Saturday evening social function.

TO ENTER, SCAN THE QR CODE OR VISIT THE SQUASH WA WEBSITE





JUNIOR PENNANT

Thanks Serena Richardson

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Term 1 Junior Pennants

The 2024 Term 1 Junior Pennant competition came to a close on Sunday 24 March. The theme for this round was 'action movies' so the seven teams were named accordingly! Fast and Furious, Top Gun, Hunger Games, Die Hard, The Marvels, Gladiator and Mortal Kombat all battled it out over four Sundays (normally five but tournaments filled up every other weekend!) at Belmont, Cambridge, Blue Gum, and The Squash Factory.

The final round saw Fast and Furious reign supreme with 46 points for the season, with Mortal Kombat in second place on 37 points.

Special shout out to Cambridge's Charlie Tear and Blue Gum's Ivanka Lu who won sportsmanship awards for being kind and courteous at all times, and therefore fantastic role models for their peers.

Entries for Term 2 are open now via revo: https://www.revolutionise.com.au/squash wa/events/233025

Photo 1: Winners - Fast and Furious L-R: Leonard Bruce (Cambridge), Jaden Huynh (Mirrabooka) and Ella Clarke (Blue Gum)

Photo 2: Runners Up - Mortal Kombat L-R: Jasper Tapley (Blue Gum) and Indigo Stapledon (Marmion), absent - Jessica Jellis (Marmion)

Photo 3: Sportsmanship - Charlie Tear (Cambridge) and Ivanka Lu (Blue Gum)









SPONSOR RECOGNITION

National Travel (<u>https://www.national-travel.com.au/).</u>



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Department of Local Government, Sport and Cultural Industries





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COACHES CORNER

with Tim Cowell

P 24

If you didn't read last month's movement article, here is a quick TL:DR (Too Long : Didn't Read) version.

- 3 fundamentals of movement: 1) Fast and Efficient, 2) Arrive in a deceptive position, and 3) Recover to the T in time for the next shot.
- There is no one size fits all for movement, we need to discover what works best for each individual.

For this month, what can we do to improve our movement?

Thinking back to COVID times, I was in a tricky position as squash centres were some of the first facilities to shut on that fateful day about 4 years ago. Fortunately, my wife worked in an industry that actually got busier, so she had extra shifts to help us through. To kill the boredom, I started running more, which was somewhat a foreign form of training for me, but just like swimming with my knee rehab, I learnt to tolerate it. It was a chance at some fresh air and a change of environment.

There were a few things though, some extra soreness and a few different niggles began to pop up, that can boil down to the type of training we do and how specific we can be. I eventually started getting used to it a bit more and was getting some quicker times, and then finally we could get on court. So, when I returned, I felt horrible, I was slow, I struggled to get out of corners. The deeper lunges, the impact, was suddenly foreign to me and my knees and I needed to somewhat re-learn how to move! The knees needed time to learn to absorb impact, and muscle groups needed to fire back up.

The perfect way to sum this up is a very common phrase we hear all the time. There is no fitness like squash fitness! We can do all the running, swimming, and cycling that we like; it will help us build up our cardiovascular strength, but I reckon you will still feel sore for the next 2 or 3 days after that first really hard hit out on court. Squash has a unique way of moving. We don't sprint to the ball, we potentially spend equal amount of time moving forwards, backwards and laterally to the ball. So, these are the type of movements we need to incorporate as well.

Ghosting is the closest replication to playing that doesn't involve a ball. We can rehearse our movements to various parts of the court, we can practice timing the swing into that as well. The standard 6 point movement is a good starting point. Move to the front two corners, service box on each side (volleys) and the back corners. There are plenty of variations to these you could experiment with.

Work efforts vs recovery time

Work efforts are the duration of moving versus the time you have for your heart rate to recover. Depending on the time of year and how far out from an event, these



COACHES CORNER

with Tim Cowell



work sets will be longer or shorter with different recoveries thrown in as well. The week of a tournament would see a shorter 'faster' set with longer recovery. We want to focus on speed and feeling fresh as opposed to a longer work set with less recovery which would be 4-6 weeks out from a major comp.

Which points do you move to?

Varying the points can allow you to practice different movements, maybe you need to get out of a front corner faster to cover a volley, so you could target those two points. You could add more points in as well and increase it to 8 or 12 potential points to run to on the court.

Do you have a partner to work with?

A partner pointing to a corner adds reaction as well, or if shadowing, trying to follow and keep up with each other can spice up the session.

The best way to improve movement is certainly with a ball. 'Pressure Sets' with a coach can be a great form of fitness as you are constantly chasing the ball. This breaks down however if the feeding is either too easy (or difficult) or if the player doesn't have enough control to return the ball to certain spots. Beginners might build up to this doing co-op rallies with a coach, who can challenge them with different angles and court placement, whilst also throwing in the reminders to recover to the T.

Always remember however, movement is easy when you know where the ball is going, the moment you disguise it for your players (or opponent) it becomes much, much harder!

Junior Pennants





JUDGE JAMIESON

Learning the rules with Luke Jamieson



Front Wall Interference

Can a stroke be awarded to the striker if the ball has come off the back wall? The answer is yes!

The Referee shall treat the situation no differently than if the ball had not bounced off the back wall.

The rule states; 8.11 Freedom to strike the ball to any part of the front wall If the striker refrains from striking the ball because of front-wall interference, and requests a let, then:

8.11.1 if there was interference and the ball would have hit the non-striker on a direct path to the front wall, a stroke is awarded to the striker.

Note. A player turning on the ball or previously swinging at the ball prevents any stroke from being awarded to the striker including front wall interference.





SENIOR RANKINGS

as at 31st March 2024

SQUASH WA P 27

SQUASH

BEL	Belmont
BG	Blue Gum
BRO	Broome
CAM	Cambridge
DAM	Dampier
EG	Eastern
	Goldfields
ESP	Esperance
HIL	Hilton
MG	Maddington-
	Gosnells
MAN	Mandurah
MAR	Marmion
MIR	Mirrabooka
MOO	Moora
NAR	Narrogin
VP	Vic Park

Open Men		Open Women			Open Men
Mike Corren	BG	Erin Classen	MIR	1	Matt Karwalski
Oscar Curtis	MIR	Pascale Louka	CAM	2	Rex Hedrick
Tim Cowell	CAM	Zoe Petrovansky	VP	3	Rod Evans
Remi Young	MIR	Sue Hillier	VP	4	Bradley Fullick
David Ilich	BG	Jo Hitch	VP	5	Jacob Robinson
Arthur Law	MIR	Hannah Slyth	BG	6	Bryan Lim
Daniel Marsh	CAM	Emily Savic	MAR	7	Rhys Dowling
Jason Patmore	BG	Clare Slyth	BG	8	Steve Finitsis
Dylan Tasker	VP	Hayley Chiu	CAM	9	Mike Corren
Aedan Martin	CAM	Fiona Whooley	MIR	10	Connor Hayes
State U23 Men		State U23 Women			Open Women
Oscar Curtis	MIR	Erin Classen	MIR	1	Jess Turnbull
Remi Young	MIR	Pascale Louka	CAM	2	Alex Haydon
Arthur Law	MIR	Hannah Slyth	BG	3	Colette Sultana
Daniel Marsh	CAM	Michaela Pratt	BG	4	Rachel Grinham
Aedan Martin	CAM	Isla Harris	M00	5	Madison Lyon
Eric Gray	HIL	Caitlin Pratt	NAR	6	Sarah Cardwell
Cooper Kennedy	BRO	Josie Jones	BG	7	Erin Classen
Durate a Manua		leahella wan Enden	NAR	8	Adele On Ying Fung
Preston Munro	DAM	Isabella van Emden	NAK	U	Aucte on ring rung
Aiden Finlay-Mulligan	DAM ESP	Sydney Ennis	MAR	9	Jennifer Condie
				-	• •

ACT NSW NT QLD SA TAS VIC WA





TM: This Month HWR: Highest World Ranking

PSA PLAYER:	TM:	HWR:
Mike Corren	236	38
Oscar Curtis	-	250
Remi Young	298	281
David Ilich	639	210
Dylan Classen	-	630
Erin Classen	127	127
Pascale Louka	179	156



JUNIOR RANKINGS

as at 31st March 2024

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U11 C

Oscar Callegari Leonard Bruce William Mennell Jasper Tapley

Theodore White

U11 Boys

U13 Boys

Lucas Curry Leo Van Straaten Kaelan Penn Charlie Tear Timothy Hawkins

U15 Boys

Andreas Christou Alexander Marsh Jacob Curry Domenic Christou Mathys Edery

U17 Boys

Aiden Finlay-Mulligan Luke Jamieson Jr Eric Marsh Jonathan Groenewald Ashton Clement

U19 Boys

Arthur Law Daniel Marsh Alvaro Blackall Waldo Vorster Hamish Melvin

U11 Girls

Michaela Sanyangore Miranda Clarke Lillian Gallemore

U13 Girls

Teagan Scott Olivia Hibbs Vera Bruce Ella Clarke Carmela Christou

U15 Girls

Ruby Foo Joey Scott Kayla Clarke Amalie Jacobs Amindi Elvadura

U17 Girls

Sydney Ennis Jessica Jellis Laney Rawling Holly Carver Jamie Nunn

U19 Girls

Hannah Slyth Isla Harris Josie Jones Isla McMullen



U11 Boys

12

3

4

5

1

2

3

4

5

1

2

3

4

5

1

2

3

4

5

1

2

3

4

5

Xavier Brigden

UTIBUYS	UII
Aleister Loo	Meria
Grayson Coleman	Abbeu
Jenson Ooi	Prees
Hankins Leung	Norah
Adam Kamal	Millie
U13 Boys	U13
Thomas Wang	Matil
James Sanders	Timono
Benjamin Boardman	Cleo F
Wesley Correa	Gizele
Naveen Sanghera	Teaga
U15 Boys	U15
Henry Kross	Tina N
Max Jones	Lilly V
Pierre Ibrahim	Olivia
Josh Markham	Luka
Kaveen Kohombange	Emilio
U17 Boys	U17
Jackson Wylie	Ameli
Haider Naqvi	Ameli
Jarrod Atkins	Joann
Connor Haberecht	Shenı
Kasper Cheung	Sarba
U19 Boys	U19
William Slade	Madis
Harry Burgess	Court
Darcy Hayes	Daksh
Daniel Marsh	Hanne

U11 Girls

- Aeriam Ibrahim Abbey Boswell Preesha Dev Iorah Fox Aillie Goldsmith J13 GirIs Aatilda Lynn imonaliz Alarcos Kriebisch
- Cleo Poulava

Gizele Josifoski

Teagan Scott

U15 Girls

Tina Ma Lilly Wilson Olivia van Zon Luka Cock

Emilia Scott

U17 Girls Amelie Guziak Amelia Brigden Joanne Joseph Shenuki Silva

Sarbani Maitra

U19 Girls

Madison Lyon Courtney Scholtz Dakshyani Muniandy Hannah Slyth Lijana Sultana

ACT NSW NT QLD SA TAS VIC WA



VOLUNTEERS OF THE MONTH

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The Squash WA League Competition

This month we sat down with long-serving legend Lyn Chandler, who has literally given decades to growing squash in Western Australia. Lyn shared with us the story of how League came about, and how it's different to Pennants.

The History

Around 2002, Squash WA Board Member Dave Lawford was trying to find a way of stopping the plague of players leaving Day Pennants. This was caused by a lot of players who had previously been at home, having to return to the work force for various reasons. Unfortunately, when you lose one or two players from a team, other members are left with no-one to play with. We had been trying to get a new competition underway, whereby teams could be mixed and be more even. With a Board member on our side, we had a chance to prove the value of a League competition.

In the 1990's top juniors used to play in State Junior League, where they took the top players and formulated teams of players from various Clubs to make up an even competition. This competition was run by Raelene Gallagher, and then later on by Russell and I. This is the formula that we used. No longer did players have to stop playing because they didn't have a team. No longer did players have to play up to a stronger team and get slaughtered because they were too high. No longer did players have to play down too low. And the best part - brand new (beginner) players could come into the competition at the bottom level. They were no longer forced to play up at a high level because that was the only team that a Club had.

Day Pennants was on the verge of collapsing; the League concept saved it. After a few years, Monday Night Ladies Pennants became a League due to dropping numbers and viability of the competition. Men have joined the competition for the first time now in 2024. Thursday night Pennants was also on the brink of collapse with only two Clubs playing in the competition. That too was changed to League which has allowed other Clubs to join in, with players who are keen to join. This is the ideal way for any players who cannot fit into a team to play at competition level. They still represent their Club but are guaranteed of playing against a player of equal ranking. Also a way for those on the improve to move up through the system, without being stuck in a team that does not suit their ability.



There is a need for both pennants and league in our association. The more people we get playing squash, no matter what competition it is, the better!



VOLUNTEERS OF THE MONTH

P 30

The League Committee is made up of players who have committed their time to ensuring that all players get a good game of squash. They grade the teams, enter them onto the software platform, and are available for any help or queries needed. They also organise the finals functions for all League seasons.

How is League Different to Pennants?

A Committee creates teams consisting of players who have nominated through their Club's revo platform. Players must be registered through Squash WA and their own home Club. These teams are made up in such a way to ensure that, as much as possible, all teams are of equal strength.

There are usually three-person teams, or four-person teams depending on numbers. All teams play at the same venue each week, which changes week to week and is determined by the number of players nominated from each Club.

All teams and fixtures are emailed directly to the players prior to the start of the season. There is still a home and away team, and the home team (the team mentioned first on the fixtures) are expected to supply lunch/supper for the away team.

After each season's grand final, trophies are presented and all players are invited to attend a catered lunch and drinks for Day League players (subsidized by weekly raffles), or for Monday and Thursday Night League players, supper is provided (covered by player contributions). There is an overall Champion Club announced at the conclusion of each season which is determined by the results of players from each Club.

A list of reserves is kept for players who are unable to commit full time but would like to fill in here and there.



League is an ideal way for Clubs to retain their members, when they do not fit into an existing team, or may have lost long term team members and are left without a spot to play competition.

Current League Competitions (all mixed):

- Day League Wednesday Mornings from 9.30am
- Night League Mondays and Thursdays from 7.00pm

Contacts:

Any queries, please contact any of the committee listed below.

- Lyn Chandler: 0400 766 521
- Raelene Marriott: 0407 422 639
- Russell Chandler: 0400 766 520



LEAGUES & PENNANT



Pennant / League Committee					
Chair:	Rich Grain	richard.grain@gmail.con	0404 302 976		
State Grade:	Heddwyn Brahma	heddwynbrahma@gmail	0466 546 545		
Member:	Lyn Chandler	lynchandler123@gmail.c	com	0400 766 521	
Member:	Raelene Marriott	marriott_family@outloo	0407 422 639		
	Sub Com	mittee: Monday Night Leag	gue		
Chair:	Lyn Chandler	lynchandler123@gmail.c	com	0400 766 521	
Member:	Raelene Marriott	Member:	Quita Cass		
Member:	Chantelle Garrett	Member:	Julie Scott		
Member:	Jacque Cox				
	Sub Comn	nittee: Wednesday Day Lea	igue		
Chair:	Lyn Chandler	lynchandler123@gmail.c	0400 766 521		
Member:	Russell Chandler	Member:	Jacque Cox		
Member:	Raelene Marriott	Member:	Chantelle Garrett		
Member:	Quita Cass	Member:	Dave Lawford		
Sub Committee: Thursday Day League					
Chair:	Raelene Marriott	marriott_family@outloo	0407 422 639		
Member:	Russell Chandler	Member:	Chantelle Garrett		
Member:	Lyn Chandler	Member:	Boby Markovic		
Member:	Karen Stobie-Tyack				

Looking to play squash more often?

League & Pennant Competitions

7pm or 7:30pm start time, 3x 12-14 week seasons per year, home and away style, mixed or ladies competitions available, beginners welcome!

The current options are: MONDAY Nights; TUESDAY Nights; WEDNESDAY Day and 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://squashwa.asn.au/pennants-leagues/



Scan here to find out more

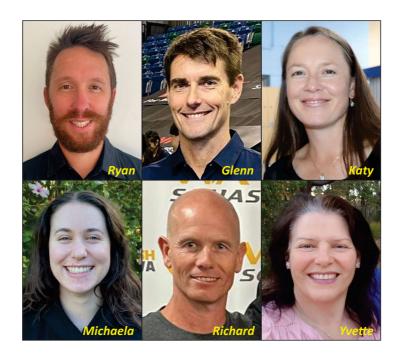




THE BACK MALL

G = Good Governance





		Squash WA Board		
Website:	https://squashwa.asn.a	u/board/		
President:	Ryan Callegari	ryan@hillzeez.com.au	0420 947 425	
Vice President:	Glenn Hitch	glennhitch@switchconcepts.com.au	0447 674 161	
Secretary:	Katy Scott	michaelscott1@westnet.com.au	0438 804 511	
Board Member:	Michaela Pratt	michaela.r.pratt@gmail.com	0431 984 181	
Board Member:	Rich Grain	richard.grain@gmail.com	0404 302 976	
Board Member:	Yvette Clement	yvettec08squash@gmail.com	0424 410 391	
	Sqi	ash WA Administration		
Website:	https://squashwa.asn.a	u/		
Office:	144 Robinson Ave, Belmo	ont WA 6061		
General Manager:	Leigh Kaye	gm@squashwa.asn.au	0411 883 320	
Engagement:	Serena Richardson	engagement@squashwa.asn.au	0434 785 555	
High Performance:	Tim Cowell	HP@squashwa.asn.au	0416 245 811	
Admin Support:	Roxy Edery	adminsupport@squashwa.asn.au		
	Сои	ntry 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	
35+ Masters Committee				
Chair:	Glenn Hitch	glennhitch@switchconcepts.com.au	0447 674 161	
Vice Chair:	Steve Jones		0422 459 771	
Secretary:	Lincoln North		0448 141 006	
Treasurer:	Andre Blignaut		0405 717 245	
Member:	Michelle Hodge		0447 544 200	
Member:	Paul Campbell		0452 236 527	
Member:	Luke Jamieson		0430 440 930	