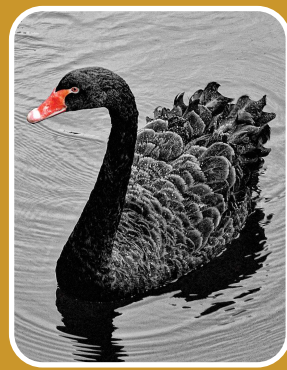




SWAN



SQUASH WA NEWSLETTER : SEPTEMBER 2024

Congratulations
**WORLD
CHAMPION**
SUE HILLIER





WELCOME

© Squash WA - September 2024 - ISSUE 102

P 2

**SQUASH
WA
WEBSITE**



*Congratulations **Sue Hillier** ...
you are an absolute legend.
Winning one World Title is an
amazing achievement but
winning 4 is out of this World.*

*This year you not only won the
title but you obliterated the field
by not dropping a game.*



World Uni Champs

*UniRoos Pascale, Remi and Brendan, have
hit the courts at the 2024 FISU World
University Championships which ran from
2-8 September 2024 in Johannesburg,
South Africa.*

See how they went:

<https://wsf.tournamentsoftware.com/tournament/A33697AA-A27D-48F9-9CF5-1DAAFE31967/matches>

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



1 DONE! March: South West Open (Bunbury)



3 DONE! May: Geraldton Open

15-17 November: Great Southern Wheatbelt Teams (Narrogin)





BEHIND THE SCENES

with Leigh Kaye

P 3

In 2023 we listed a variety of accomplishments achieved by Squash WA with the help of our Clubs, Committees, and volunteers. Whilst we continue to ride the buzz of squash in and around the centres, here are some of the things Squash WA have been working on with some of the successes achieved throughout 2024 so far.

Successes

We held our first State Masters Titles in many years and attracted a huge 93 entries across all ages 35 through to 80+. Over 50% of players were in the younger age groups of 35 – 50.

Our State Junior Championships had the largest number of entries for several years, with the State Centre packed with 70 juniors. New Zone shirts were issued to the 4 Zones and we look forward to growing our junior participation and standards.

We introduced a novice event to form part of all Squash WA-run tournaments to cater for our younger, beginner players. The intent was to create additional opportunities for juniors to participate and experience the thrilling atmosphere of a tournament, as well as grow and strengthen our pool of juniors.

Squash WA has selected both a division 1 and a division 2 team for the first time to represent Western Australia in the Australian Junior Championships in Sydney at the end of this month. Those selected are extremely excited to be given this opportunity to travel interstate to a national competition.

We held the largest WA Open event in over 10 years, earlier in June, with over 200 entries including national and international players entering. Being a PSA Challenger 6 event, we ensured these matches were live-streamed on Squash TV. As a result, our humble event was watched by squash enthusiasts, friends and family all around the world.

For the first time in almost 30 years, Western Australia played host to the Australian National Championships. With the Golden Open in Kalgoorlie taking place the week before the WA Open, we saw a convoy of the best that Australia has to offer, travelling and playing across these three events.

An evaluation initiative was introduced to measure the effectiveness of our school programs and how they convert to junior program participation. Wristbands are now given to every single primary or secondary student who participates in one of our school programs, which feature a QR code for them to scan for free court hire at participating centres. With the help of court operators, we hope to expand and drive more and more juniors into our sport.



BEHIND THE SCENES

with Leigh Kaye

P 4

revolutioniseSPORT

Bringing Club Captains back - for many years, Club Captains were a thing of the past. This year, we have a group of fantastic volunteers who have put their hands up to assist Squash WA in organising and growing the various competitions. This is new to many of our Club Captains, but we are working together to keep these competitions going.

We received \$23,000 worth of sponsorship towards our multiple tournaments, events and junior initiatives, again proving we have truly amazing people in our squash community.

What's happening behind the scenes?

Adding a 'Futures' element to the Junior Development Pathway is being planned. The idea is to start getting younger juniors to come together for monthly training, so we have oversight of the juniors who are enjoying squash and are eager to improve and compete.

Planning is also underway for 'apprentice' type programs for Coaches and Referees. The intention there is to engage and encourage our younger players to not only play the game but to increase their knowledge and skills, and become one of those amazing volunteers of the squash community.

Help us Help you

Squash WA must make decisions from time to time that are not well-received by some. Most of the time, if nothing is said, assumptions are made that all is well – but if you don't give us feedback, good, bad or ugly, how do we know there is an issue?

We often receive second- or even third-hand information but much prefer this was first-hand so we can educate people directly about the 'how', 'what' and 'why', so the negative chatter is hopefully converted into positive chatter in the squash community.

Please come in and visit us at Belmont any time during office hours, pick up the phone, or send us an email. We will do our very best to resolve any issue you are experiencing, or at the very least, explain why things are done the way they are.

We all have an important choice whether to be part of the problem or part of the solution. Which one will you choose?



BEHIND THE SCENES

with Leigh Kaye

P 5

Annual Squash WA Stars Gala

It's that time of year again! We're calling on YOU to help us recognize and celebrate the incredible talent, dedication, and sportsmanship in our squash community. Whether it's a player, coach, volunteer, or official who has made a difference, we want to hear about them!

For more information, or to nominate someone, visit <https://squashwa.asn.au/squash-wa-annual-awards/>



Financial Members per Club						
By Club	31-Aug	Compete	Local	Lifestyle	Social/Other	Digital
Belmont	51	10	34	7		10
Blue Gum	83	16	62	4	1	4
Broome	23	2	19	2		5
Bunbury	47	13	28	6		2
Busselton	50	2	46	2		5
Cambridge	54	11	35	6	2	31
Dampier	9		7	2		4
Eastern Goldfields	102	2	77	23		9
Esperance	89	4	74	11		1
Geraldton	42	9	33			9
Karratha	15	1	13	1		4
Katanning	8	2	4	2		8
Kensington	4	1	3			1
Leschenault	30	2	24	3		5
Madd/Gosnells	12	1	10	1		
Mandurah	51	6	26	19		24
Manjimup	24	1	21	2		2
Marmion	35	11	20	4		4
Mirrabooka	136	13	78	42	3	17
Moora	4	1	3			
Narrogin	17	2	12	3		15
Subi-Kings	0					3
Undefined	1				1	1
Vic Park	60	8	36	12		
Wickham	15	5	4	6		2
Wongan Hills	4		4			
Totals	966					



2024 TOURNAMENT CALENDAR

JANUARY

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

FEBRUARY

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

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

APRIL

8-11	Australian Junior Open P	MSAC (VIC)
10	The Northern Knock Out	Mirrabooka
20-21	Mandurah Open B	Mandurah

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

JUNE

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

JULY

1-2	WA State Jnr Zone Team Champs**	Belmont
19-21	WA State 35+ Champs**	Belmont

AUGUST

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

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

OCTOBER

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

NOVEMBER

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

DECEMBER

8	Belmont Junior Classic	Belmont
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WORLD MASTERS CHAMPIONSHIP

P 7

2024 World Masters, Amsterdam

Sue Hillier is the Women's 60+ World Squash Federation World Master's 2024 Champion!! Sue had a fantastic run, not dropping a single set the entire tournament.

Sue became a four-time world champion (pictured left with seven-time champion Geoff Davenport)

"I started playing Masters at 50. My children were grown up and I felt I could do something for myself. The Masters community was so welcoming no matter what level you played at, everyone is so friendly.

From playing WA Masters, I managed to win my first Australian Masters 050 in 2013. From that I was selected to represent Australia in the Trans-Tasman team. This event was the best fun, competition and camaraderie I have experienced, and I wanted to be part of it again. I have been lucky to be selected in the TT team ever since.

I played my first Worlds in 2014 in Hong Kong and managed a 3/0 win against a Zimbabwean. From there I had a 3/1 win in 2017 against a South African, in 2018 3/0 against an English lady and now Amsterdam 3/0 against a Scot.

This has provided my husband Paul and I a chance to travel to some amazing places, and meet so many fantastic people.

The game of squash is very tactical, a physical game of chess. The key at my age is to stay mobile and injury free which I have managed to do. I am lucky to have a great community at Vic Park Squash Club where I play and train.

If you haven't played squash, then you are missing out."



Warming Up with Sue Williams

Sue Hillier's Path to World Championship Victory

R1	Def Keiko Arimoto JPN	11-1, 11-2, 11-2
R2	Def Susan Greene USA	11-5, 11-1, 11-4
QF	Def Susan Lawrence USA	11-1, 11-7, 11-4
SF	Def Juli Multamaki CAN	11-6, 11-6, 11-5
F	Def Sue Strachan SCO	11-6, 11-1, 11-3

Congratulations Sue!



WORLD MASTERS CHAMPIONSHIP

P 8

The female Perth players at the World Masters Championships



Terry Brookes, Khris Wiaceck, Prue O'Neil, Fiona Whooley and Sue Hillier



LEVEL 1 COACHES COURSE

Saturday 19 and Sunday 20 October 2024

- Learn how to prepare a player to compete successfully in a club or tournament environment.
- Make a difference to someone else's squash journey.
- Nurture your own development.
- Visit the Squash Australia website to get started!

engagement@squashwa.asn.au
 State Squash Centre, 144 Robinson Avenue, Belmont
<https://learning.squash.org.au/login/index.php>

REQUIREMENTS:
 Participants must be available on both days to attend the State Centre in Belmont.
 Online modules form part of this qualification, and must be completed before attending.
 Participants must be over the age of 16 to become accredited.
 Foundation level also available online.



VALE PAUL SCHAAL

P 9

It is with great sadness that we farewell Paul Schaal. Paul passed away on 14 August 2024 after a long battle with cancer.

Paul Schaal ran Walter Road Squash Courts for five years from 1988 through till 1993 when he purchased Belmont Squash Courts.

Paul was actively involved in squash for quite a few years playing pennants and being a big part of the social scene at Belmont.

During this period, Paul also was involved with the Court Owners Association as well as taking on the role of President of WA Squash.

Paul later took on a role in the Real Estate industry, which is when he left the Belmont residence and moved to the Hills area.

Paul continued to own the Belmont Centre and leased it out to many leaseholders over the years. Paul was always a club person, and it was because of Paul's love of the club, and squash in general, that Belmont Saints Club were able to keep the centre going long enough for the State Government to purchase the centre.

This has seen significant funding injected into the centre from the State Government, all for the benefit of Squash.

What a positive and significant legacy he has left behind - and a State Centre to be proud of.





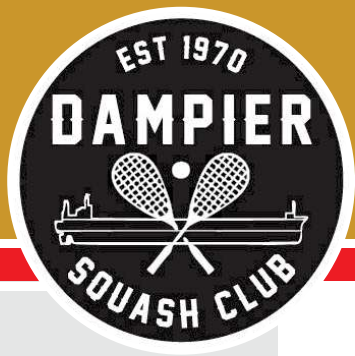
2024 Country Week

58 years!



**SQUASH
WA**





2024 FeNaClNG Teams

P 11

*Thanks
Kelsie Docking*

The 35th annual FeNaClNG Squash tournament went off with a bang this year as we welcomed 92 players across 4 divisions to Dampier.

In an unprecedented first, at the last minute we scrounged together a wet weather contingency plan and shifted our welcome function to the Dampier Bowling Club. A huge thank you to Bec for her hospitality and being so flexible at the 11th hour. The crew at Aaok really looked after us catering the Friday night dinner - a brilliant spread!

This year we had a huge take up on team names with a decidedly duck like flavour! Big ups to Broome Squash Club for all the duck teams and accounting for 25% of our teams. Love your work and ongoing support.

Luckily the weather returned to our usual sunny conditions to see the start of first round matches on Saturday morning. Saturday saw a plethora of 5 setters, top quality squash, comradery and sore bodies!

With many finals qualifiers happening Sunday morning, the squash was back to a high level despite a few dusty heads.

Sunday afternoon finals saw a blockbuster A Grade final between Gods Sons and Sweet Azz with Gods Sons taking out title by a tiny margin on a points count back.

The B grade final came down the last match with Hot Squash Buns edging Dampier out.

The Wickham boys returned for a back to back title in C grade with the All Stars coming runners up.

The D grade final saw Peeking Ducks battling the Mighty Ducks in an ultimate duck off with Peeking Ducks ruffling all the feathers and coming away with the win.

Presentations were extra special this year with the celebration of 3 new life members (Simon Keogh, Matt Faux, and Kieran Dart). These three gents have provided hours of service and commitment to our club, all serving in executive roles on our committee and being the backbone to our club.

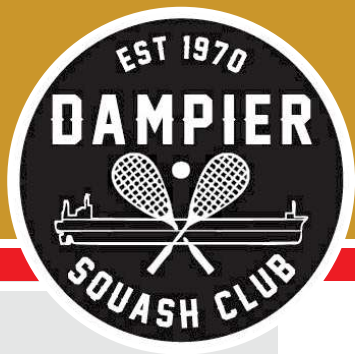
Additionally, we awarded the first ever Honorary life membership of the Dampier Squash Club to Pam Butler for her unwavering support of our fenacIng tournament. 22 years of FeNaClNG is no easy feat and we are grateful to have you here year after year Pam!

Big congratulations to Kane Fasolo on being awarded Player of the Tournament for 2024. Kane has been a great supporter of our tournament and many other country squash tournaments and is an all-round top bloke to have around!

Sunday evening saw our usual hospitality with a great feed, drinks and games galore to round out stellar tournament for 2024.

Huge thank you to all the players and families making the journey up to Dampier, Neil our tournament coordinator, our generous sponsors and lastly our club volunteers who pull everything together for a great weekend!





2024 FeNaCING Teams

P 13

A Grade Winners: Gods Sons



A Grade Runners Up: Sweet Azz



B Grade Winners: Hot Squash Buns



B Grade Runners Up: Dampier



C Grade Winners: Wickham



C Grade Runners Up: All Stars



D Grade Winners: Peeking Ducks



D Grade Runners Up: Mighty Ducks





SPONSOR SPOTLIGHT

THE SINK WAREHOUSE

P 14

Major Sponsor 2024 Junior State Team



**MORE THAN JUST
THE KITCHEN SINK**

Owned and operated by Rob Waltman, The Sink Warehouse specialises in supplying high-quality kitchen, bathroom, and laundry products.

Their core business includes a wide range of solutions from DIY flat-pack cabinets to stylish fixtures and fittings. They cater primarily to residential customers, including homeowners, renovators, and DIY enthusiasts, however also serve commercial clients, offering bulk orders and custom solutions for larger projects.

The Sink Warehouse has been proudly operating for 30 years. Since their inception, they have grown to become a trusted name in the home improvement industry across Australia. There are nine stores across WA and a tenth store in Dandenong, VIC. They have also opened a purpose-built manufacturing facility in 2024 for their DIY flat-pack business, looking to manufacture more and more within Australia.

The business was founded with the vision of providing top-quality home improvement products at competitive prices.

Their aim is to make the renovation process accessible and enjoyable for everyone, whether seasoned DIYers or first-time renovators.

**MORE THAN JUST
THE KITCHEN SINK**

...but what sets them apart from similar businesses? Their commitment to quality and customer service.

They offer a vast selection of products that are not only durable and stylish but also easy to install.

Their knowledgeable staff are always on hand to provide expert advice and support, ensuring customers find the perfect solution for their needs. Additionally, they provide Australia-wide delivery, making their products accessible to a broader audience.

Most of the staff have been their for 10+ years, some 20+ & 30 years. They therefore have a huge amount of industry expertise, so if you are after great service and advice, there's no better business to reach out to.

"We enjoy partnering with the local community, as healthy, strong communities, in body and mind, leads to successful businesses. We enjoy supporting local sporting clubs and have also taken a particular interest in women's sport."



**MORE THAN JUST
THE KITCHEN SINK**

Visit one of their beautiful showrooms today, and show your support for one of our fantastic sponsors.



www.sinkwarehouse.com.au

Your support is very much appreciated



2024 STATE TEAM

The Mighty Wasps!

P 15

CONGRATULATIONS



UNDER 17



RENEE TAN

CAMBRIDGE



JESSICA JELLIS

MARMION



HOLLY CARVER

MANDURAH



ANDREAS CHRISTOU

VIC PARK



ERIC MARSH

BELMONT



AIDEN FINLAY-MULLIGAN

ESPERANCE



LUKE JAMESON JNR

MIRRABOOKA



MEET OUR UNDER 17 BOYS AND GIRLS



RENEE TAN

CAMBRIDGE



JESSICA JELLIS

MARMION



HOLLY CARVER

MANDURAH

"Standing there waiting for them to call out the under 17 Boys was a mix between interest and excitement on who they had decided to select. The under 17 boys age group seemed to be a very competitive one so when they called out my name, I felt so happy to have been chosen and really started looking forward to the event." - Luke

"It feels so good to represent your state." - Aiden

"I was shocked when my name was called out. It was so unexpected that I didn't move until someone said, 'that's you Holly!'. This is my first time in the state team, so it means a lot to have this opportunity to represent WA. I'm looking forward to training with the team and improving my game." - Holly

"When my name was called out I was really happy because I knew that I would get to represent my state at the Australian Junior Championships, which is a good opportunity to see the friends I made from other states and also a good chance to experience new opponents. I feel very proud to be able to represent my state and I am ready for new challenges at a national level." - Andreas



AIDEN FINLAY-MULLIGAN

ESPERANCE



ERIC MARSH

BELMONT



LUKE JAMESON JNR

MIRRABOOKA



ANDREAS CHRISTOU

VIC PARK



2024 STATE TEAM

The Mighty Wasps!

P 16

CONGRATULATIONS



UNDER 19

					
JOSIE JONES	ISLA HARRIS	SYDNEY ENNIS	DANIEL MARSH	JONATHAN GROENEWALD	AIDAN MASCARO
BLUE GUM	MOORA	MARMION	BELMONT	MARMION	CAMBRIDGE










MEET OUR UNDER 19 BOYS AND GIRLS

"When my name was called out it was a sense of relief, knowing that the work I've put in leading up to selection has paid off. This will be my third time representing WA, and it is still just as exciting. The first thing that comes to mind when I think about what it 'means' is a lot of hard work! AJC is such a good opportunity, so you really want to be able to play your best as not to waste it, which means giving it your all in training leading up to competition." - Josie

"Although I was hopeful for another opportunity to represent WA, it came as a surprise and great relief when my name was called, especially given that I was sick and unable to compete in the WA Jnr Championships. I'm looking forward to representing WA once again, previously being part of the team as an U13, not just from an individual point of view, but also to support and be part of the bigger group of squash friends travelling to Sydney." - Jono

"It felt unbelievable, I was and still am overjoyed at the fact I was picked for the team as it was one of the goals I wished to achieve. I couldn't stop smiling, I felt so giddy and grateful for the opportunity I had been given and I am proud to be able to represent Western Australia at the AJC. Representing your state for anything is a privilege but for me representing WA at AJC shows how far I have come in my squash journey and that there is a lot more to come. Not only is it a privilege, but it is also an honour to represent our state and I am proud and grateful that I am one of the people given this opportunity to do so." - Sydney

"Being my last AJC, it feels bitter sweet. It's kind of sad as it's been a part of my life since I was 12, but I also feel happy and proud of what I've achieved and excited for the future. I'm as prepared as I possibly can be so I'm looking forward to this one last chance to win." - Daniel



JOSIE JONES

BLUE GUM



ISLA HARRIS

MOORA



SYDNEY ENNIS

MARMION



DANIEL MARSH

BELMONT



AIDAN MASCARO

CAMBRIDGE



JONATHAN GROENEWALD

MARMION

Country Week 2024



SQUASH WA



SAVE THE DATE!!!

Friday 20 to Sunday 22 Sept 2024

Squashworld Mirrabooka

Teams of 4, fee \$180

Men's and women's divisions

Sunday night function from 6.30pm



SAVE THE DATE AUSTRALIAN MASTERS SQUASH CHAMPIONSHIPS PERTH

**SQUASHWORLD MIRRABOOKA
SEPTEMBER 5TH - 13TH 2025**

TRANS TASMAN
TEST SERIES
3rd, 4th & 8th

INDIVIDUALS
5th-7th

TEAMS
9th -13th

HOSTED BY



**SQUASH WORLD
MIRRABOOKA**



School Sport WA



WA Teachers' Games



1-3 OCTOBER 2024
MANDURAH, WA

SCAN
ME



ULTIMATE FRISBEE	VOLLEYBALL	GOLF	TENNIS	BASKETBALL	ARCHERY
NETBALL	POOL	LAWN BOWLS	SQUASH	SAILING	
DARTS	YOU.FO	BADMINTON	FUTSAL	AFL 9s	

Teachers' Games SOCIAL EVENTS Registration

Now Open

School Sport WA's
**TEACHERS' GAMES
2024**



Welcome
WELCOME SUNDOWNER
FREE

QUIZ!
QUIZ NIGHT!
FREE

DJ BINGO
\$20



More Info



UPCOMING EVENTS

P 18

Fuel to Go & Play™



SAVE THE DATE!
2024

WA CLOSED
1-2 NOVEMBER

@ STATE SQUASH CENTRE
REGISTRATIONS OPENING SOON!

m LachWil.

SQUASHATHON 2024

#SAVETHEDATE

#BIGGERANDBETTERTHANEVER

SQUASH
WA



1pm Sat 30/11 - 1pm Sun 01/12

SQUASHWORLD MIRRABOOKA



LET'S PLAY FAIR

with Neil Butler

P 19

Blood Injury

A Blood Injury is defined as being when bleeding occurs, and the blood flow is sufficient that blood can be transferred from a player to their opponent or the court. A scrape, graze or nick with no blood flow does not constitute a Blood Injury and play must continue. Visible blood through a bandage, dressing or covering is not considered a Blood Injury.



A new broom sweeps clean, but the old one knows the corners

John has a bleeding wound as the result of Mary's deliberate dangerous play. What should the Referee do?



- a. Allow John to continue after reasonable time*
- b. Award the match to John*
- c. Apply a Conduct penalty against Mary and allow John up to 15 minutes recovery time*

Answer to Quiz is on P31

Once a Blood Injury occurs, the injured player must leave the court and it is the referee's responsibility to ensure that the injured player returns to the court in the shortest time possible.

Types of Blood Injury

Self-inflicted:

where the Blood Injury is caused by a player's own action or condition, such as a fall, lunge, dive, crowding, nosebleed or similar, the player is permitted 5 minutes to stem the flow of blood and cover the bleeding.

The referee is in charge of starting the timer, which will start from when the injured player's treatment begins. If the injured player is not ready to resume play after 5 minutes has elapsed, the player must concede the game and take the game interval, if available, for further recovery.

If the same Blood Injury reoccurs, no further recovery time is permitted, and the injured player must concede the game and take the next game interval, if available, for further recovery.

If the same Blood Injury reoccurs and is caused by both players' actions the injured player shall have further reasonable time to address the Blood Injury.

If the injured player cannot resume play within the permitted time allowed, the referee will award the match to the injured player's opponent.

Contributed:

where the Blood Injury is caused by both players' actions, the injured player has reasonable time to stem the flow of blood and cover the bleeding. Reasonable time is determined by the referee, who can be assisted by the on-site medical personnel, if available.

If the same Blood Injury reoccurs, through no fault of either player or by both players' actions, the injured player shall have further reasonable time to address



LET'S PLAY FAIR

with Neil Butler

P 20

the Blood Injury.

If the same Blood Injury reoccurs, due to an action solely by the injured player, the player shall have no further time to address the Blood Injury and must concede the game and take the game interval, if available, for further recovery.

If the injured player cannot resume play within the reasonable time or extended periods allowed, the referee will award the match to the injured player's opponent.

Opponent inflicted:

Where the Blood Injury is caused solely by the opponent;

Where the Blood Injury is solely caused by the opponent's accidental action, the injured player has reasonable time to stem the flow of blood and cover the bleeding. Reasonable time is determined by the referee, who can be assisted by the on-site medical personnel, if available. If the injured player cannot resume play in the reasonable time allowed, the referee will award the match to the injured player.

If the same Blood Injury reoccurs, through no fault of either player or by both players' actions, the injured player shall have further reasonable time to address the Blood Injury. If the blood flow cannot be stopped in a reasonable time the referee will award the match to the injured player.

If the same Blood Injury reoccurs, due to an action solely by the injured player, the player shall have no further time to address the Blood Injury and must concede the game and take the game interval, if available, for further recovery. If the injured player cannot then resume play within the reasonable time or extended periods allowed, the referee will award the match to the injured player's opponent.

Where the Blood Injury is caused by the opponent's deliberate dangerous play, Rule 15: Conduct must be applied, and the referee will award the match to the injured player.

What to do

Where there is a stoppage in play, the court must be cleaned, and bloodstained clothing replaced.

Player's Responsibility

An injured player may resume play before the end of any permitted recovery-period. Both players must be given reasonable time to prepare to resume play. It is always the injured player's decision whether or not to resume play.



Squashworld Cambridge presents



2024



m LachWil.

Cambridge Open - B

October
11th - 12th

Junior AJST Bronze Event

**Open and 35+ events, over
\$3500 prize money and prizes**

Post Presentations meal supplied by the Squash Club.
Tickets \$5 each



SCAN ME

Entries close Monday 7th October

Tournament Director - Tim Cowell

Tournament Referee - Luke Jamieson

HILLZEEZ



Hawthorn

Harbinger Mortgage
& Finance



DUNLOP



COACHES CORNER

with Tim Cowell

P 22

Managing Burn Out

A tricky month coming up with a different topic but at some stage something pricks your mind, and you find inspiration from different places. That being 'burnout'.

When I speak of burnout, I refer to that mental fatigue we can get, too much of the same thing for too long can become dull, un motivating, uninspiring to do. There are two sides to burn out here - The player and then the coach.

For players, training is tiring, competing is tiring, too much of one thing can be too much. In my early days on the PSA tour, there was a clear circuit in Aus which starting in the NT, then went to WA and somewhat finished in SA. Playing back to back tournaments kept the costs down, less flights back and forth (Especially from Perth) and it was important to find a billet for the events as well. After two events in NT, two in WA and then two in SA, we had played events for 6 weeks straight. By the final tournament there was a mini urge for a small break, but above all, I just wanted to get back into some training! Do some gym sessions and get stuck into some routines, maybe it was time on court without the pressure of competing and results?



Examples of training burn out can be lack of effort compared to normal, training with less intensity or duration, less responsive to advice, showing up late or finding excuses to not go.



For youth, physical activity in general can be tiring. There are some very active kids playing lots of sports because they love it, which is great. But sometimes it does catch up with you physically which is where injury and illness can strike when we are fatigued. Sometimes you just need to take a break.

Believe it or not, coaches can feel the burn out as well. The majority of coaches in WA are volunteers, there are only a small handful coaching professionally. So, for our volunteers, often it is a case of balancing their own work life, family life, sporting commitments and then coaching programs on top of that! The admin side and dealing with challenging situations can wear the best of us down. So how do we deal with it?

As a professional in both, I've always had a rule, Sunday is a Squash free day, there has to be a very good reason for it not to be! Work hours as a coach (and now court operator) can be inconsistent so finding time for family can be challenging, but knowing Sunday is work free is a small solution to this. It's not easy knocking back work when people ask for weekend lessons, but there would be no work/life balance if I did. Squash for most is a competitive outlet - stress relief for some. It's refreshing at times to get on court and play a match without having to coach someone. It's also just as refreshing going to the gym or getting out on the bike because it is a change of scenery. What have I seen out there that has worked?



COACHES CORNER

with Tim Cowell

P 23

Managing Burn Out

Mirraboooka has a great system with their coaches, with a 2 week roster meaning it's a fortnightly commitment for their volunteers instead of weekly. Sharing the load across more people certainly helps this. As long as you have enough people prepared to help!

Players need an off season! As much as we would love to see everyone playing daily, a few weeks off here or there certainly doesn't hurt. For kids, go play something different! It's just as beneficial to learn new skills rather than specialise in one sport, especially early on. As administrators though we also need to recognise this by managing an events schedule to allow breaks for players and not feel the FOMO pressure of playing every single tournament. Too many events dilutes and actually makes it worse for tournament promoters. We want people to be excited for a tournament not feeling like, oh there is another tournament, I should probably play it just cause.



So, if burnout is starting to take hold of you, speak to people, and try to take a break before you eventually pull the pin on squash completely. If you recognise someone in this position, see what you can do to help, fact is that sports across the world rely on volunteers to function, the time they commit is worth billions!



LEVEL 1

COACHES COURSE

Saturday 19 and Sunday 20 October 2024



- Learn how to prepare a player to compete successfully in a club or tournament environment.
- Make a difference to someone else's squash journey.
- Nurture your own development.
- Visit the Squash Australia website to get started!

✉ engagement@squashwa.asn.au

📍 State Squash Centre, 144 Robinson Avenue, Belmont

🌐 <https://learning.squash.org.au/login/index.php>

REQUIREMENTS:

Participants must be available on both days to attend the State Centre in Belmont.

Online modules form part of this qualification, and must be completed before attending.

Participants must be over the age of 16 to become accredited.

Foundation level also available online.



SQUASH AUSTRALIA

Coach Webinar Series

P 24

Coach Upskilling Opportunities

Squash Australia is excited to invite you to the **2024 Squash Australia Coach Webinar Series**, a unique opportunity to connect with fellow coaches, share valuable insights, and enhance your coaching skills. This series is designed to bring coaches from across Australia together in a dynamic and engaging online environment.

What to Expect:

The 2024 Coach Webinar Series will feature a range of 45-minute sessions hosted on Microsoft Teams. Each session will include a 30-minute presentation or discussion led by experienced professionals, followed by a 15-minute Q&A session where you can ask questions and engage directly with the speakers.

Session Topics:

1. WJC Reflection: How Australian Juniors Stack Up Against the Rest of the World and How We Can Close the Gap - *Presenters: Stewart Boswell, Squash Australia National Coach & Jenny Duncalf, Squash Australia National Pathways Coach*

Analyse the performance of Australian juniors on the world stage and discuss strategies to bridge the competitive gap.

2. Engaging Participation Groups - *Presenter: Lucas Norman, Squash South Australia Development Officer*
Learn strategies and best practices for fostering engagement and growth in the squash community.

3. Working with Female Athletes - *Presenter: Sue Hillier, Squash WA Coach*

Explore best practices and strategies for effectively coaching and supporting female athletes in sports.

4. Technical Perspectives: Swing Thoughts & Fundamentals and Common Faults - *Presenters: Stewart Boswell, Squash Australia National Coach & Jenny Duncalf, Squash Australia National Pathways Coach*

Dive into the technical aspects of coaching, focussing on swing techniques, fundamentals, and addressing common faults.

5. What the Training of a World #1 Looks Like - *Presenter: Rod Martin, Professional Squash Coach*

Discover the training tips and routines that propel a world #1 athlete to the top.

6. WSC Update - *Presenter: Jason Fletcher, Squash NZ Coach Development Leader*

Get the latest updates on international coach certification and approaches to development.

Why You Should Attend:

- **Enhance your coaching skills** with expert insights from seasoned professionals.
- **Connect with fellow coaches** across Australia and build a supportive community.
- **Participate in interactive Q&A sessions** to deepen your understanding of key topics.
- **Gain practical strategies** to improve your coaching techniques and contribute to the development of squash in Australia.

Don't miss this opportunity to elevate your coaching knowledge and be part of the growth of squash in our community. **Register now to secure your spot in this enriching series!**

<https://www.squashaus.com.au/learn/2024-coach-webinar-series>

Not a coach yet but interested? Squash WA are delivering a Level 1 course over the 19-20 October weekend. Register via revo here: <https://www.revolutionise.com.au/squashwa/events/249708>

Broome Squash Club recently hosted an open day for 15 juniors, due to the support of Healthway's Fuel to Go & Play program sponsorship. Junior Coordinator Mel Forster sent us a fantastic report which showcased how the day unfolded.

"The event was divided into two sessions: one tailored for primary school-aged



kids and another for those in secondary school. This structure allowed us to provide age-appropriate training, ensuring that every child could fully engage with the activities and enjoy the sport.

The day began with an introduction to the basics of squash, followed by drills and fun games to reinforce the skills learned. The primary school session focused on introducing the younger children to the sport in a fun and supportive environment.

One of the highlights of the day was the positive feedback we received from parents. One parent noted, "The sessions were well-organized, and the kids had a fantastic time".

The event not only provided an enjoyable experience for the children but also sparked a lasting interest in the sport. As a result of the Open Day, we had an additional five children sign up for our weekly training sessions, demonstrating the event's effectiveness in promoting squash and encouraging ongoing participation.



Learnings from the day include the importance of age-specific sessions to cater to different skill levels and the positive impact of offering healthy, kid-friendly catering options. We also realized the value of thorough planning and organization in ensuring the event ran smoothly, which was reflected in the feedback we received.

Overall, the Junior Squash Open Day was a great success, providing a fun and engaging introduction to squash for the children and laying the foundation for continued growth in our junior program."



JUNIOR RANKINGS

as at 31st August 2024

P 26

SQUASH
WA



SQUASH
AUS



U11 Boys

Oscar Callegari
Leonard Bruce
Abhin Behl
Jasper Tapley
Saim Farooq

U11 Girls

Michaela Sanyangore
Lucy Mackenzie
Freya Shah
Miranda Clarke
Lillian Gallemore

U11 Boys

1 Aleister Loo
2 Nathan Lin
3 Bodhi Wratten
4 Hankins Leung
5 Leonard Bruce

U11 Girls

Abbey Boswell
Meriam Ibrahim
Preesha Dev
Samiya Sanghera
Aime Lacquiere

U13 Boys

Lucas Curry
Mark Black
Leo Van Straaten
Charlie Tear
Noah Tan

U13 Girls

Teagan Scott
Olivia Hibbs
Ella Clarke
Carmela Christou
Ketki Suvarna

U13 Boys

1 Benjamin Boardman
2 Levi Moxey
3 Kai Dumbleton
4 Naveen Sanghera
5 James Sanders

U13 Girls

Cleo Poulava
Timonaliz Alarcos Kriebisch
Gizele Josifoski
Riyo Kawabata
Matilda Lynn

U15 Boys

Alexander Marsh
Jacob Curry
Domenic Christou
Charlie Richardson
Mathys Edery

U15 Girls

Ruby Foo
Joey Scott
Kayla Clarke
Vera Bruce
Renee Tan

U15 Boys

1 Joel Roshan Raj
2 Henry Kross
3 Bryce Correa
4 Josh Markham
5 Kaveen Kohombange

U15 Girls

Tina Ma
Lilly Wilson
Emilia Scott
Olivia van Zon
Luka Cock

U17 Boys

Andreas Christou
Aiden Finlay-Mulligan
Luke Jamieson Jr
Eric Marsh
Ashton Clement

U17 Girls

Sydney Ennis
Jessica Jellis
Holly Carver
Jamie Nunn
Holly Bourn

U17 Boys

1 Connor Haberecht
2 Stanley Chung
3 Ethan Middleton
4 Kasper Cheung
5 Ashank Gupta

U17 Girls

Joanne Joseph
Jade Reynolds
Amelia Brigden
Maeghan Wang
Shenuki Silva

U19 Boys

Daniel Marsh
Alvaro Blackall
Waldo Vorster
Aidan Mascaro
Jonathan Groenewald

U19 Girls

Hannah Slyth
Isla Harris
Josie Jones
Isla McMullen
Evie Clark

U19 Boys

1 Daniel Marsh
2 Jackson Wylie
3 Jack Hansen
4 Harry Burgess
5 Haider Naqvi

U19 Girls

Hannah Slyth
Katlyn Hall
Saige Lawson
Dakshyani Muniandy
Josie Jones



SENIOR RANKINGS

as at 31st July 2024

P 27



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	Mirrabeeka
MOO	Moora
NAR	Narrogin
WIC	Wickham
VP	Vic Park

Open Men

Mike Corren	BG
Oscar Curtis	MIR
Tim Cowell	CAM
Remi Young	MIR
David Ilich	BG
Daniel Marsh	CAM
Arthur Law	MIR
Jason Patmore	BG
Aedan Martin	CAM
Francois Vorster	MAN

Open Women

Erin Classen	MIR
Pascale Louka	CAM
Sue Hillier	VP
Hannah Slyth	BG
Jo Hitch	VP
Emily Savic	MAR
Clare Slyth	BG
Fiona Whooley	MIR
Hayley Chiu	CAM
Michaela Pratt	BG

Open Men

1	Rex Hedrick
2	Aaron Frankcomb
3	Bryan Lim
4	Joseph White
5	Steve Finitsis
6	Jean-Pierre Brits
7	Rhys Dowling
8	Dylan Molinaro
9	Nicholas Calvert
10	Connor Hayes

State U23 Men

Oscar Curtis	MIR
Remi Young	MIR
Daniel Marsh	CAM
Arthur Law	MIR
Aedan Martin	CAM
Dylan Classen	MIR
Eric Gray	HIL
Cooper Kennedy	BRO
Preston Munro	DAM
Andreas Christou	VP

State U23 Women

Erin Classen	MIR
Pascale Louka	CAM
Hannah Slyth	BG
Michaela Pratt	BG
Isla Harris	MOO
Caitlin Pratt	NAR
Isabella van Emden	NAR
Josie Jones	BG
Sydney Ennis	MAR
Isla McMullen	WIC

Open Women

1	Jess Turnbull
2	Alex Haydon
3	Tiffany Twomey
4	Madeleine Hylland
5	Rachel Grinham
6	Madison Lyon
7	Urwashi Joshi
8	Sarah Cardwell
9	Erin Classen
10	Adele On Ying Fung

ACT
NSW
NT
QLD
SA
TAS
VIC
WA

2 September 2024



WORLD
RANKINGS

TM: This Month
HWR: Highest World Ranking

PSA PLAYER:

Remi Young
Daniel Marsh
Erin Classen
Pascale Louka

TM:

-
-
-
-

HWR:

239
447
112
156



MAJOR SPONSOR RECOGNITION

P 28

Our Vital Partners ... Thank You



Department of
Local Government, Sport
and Cultural Industries



2024 Junior State Team Major Sponsor

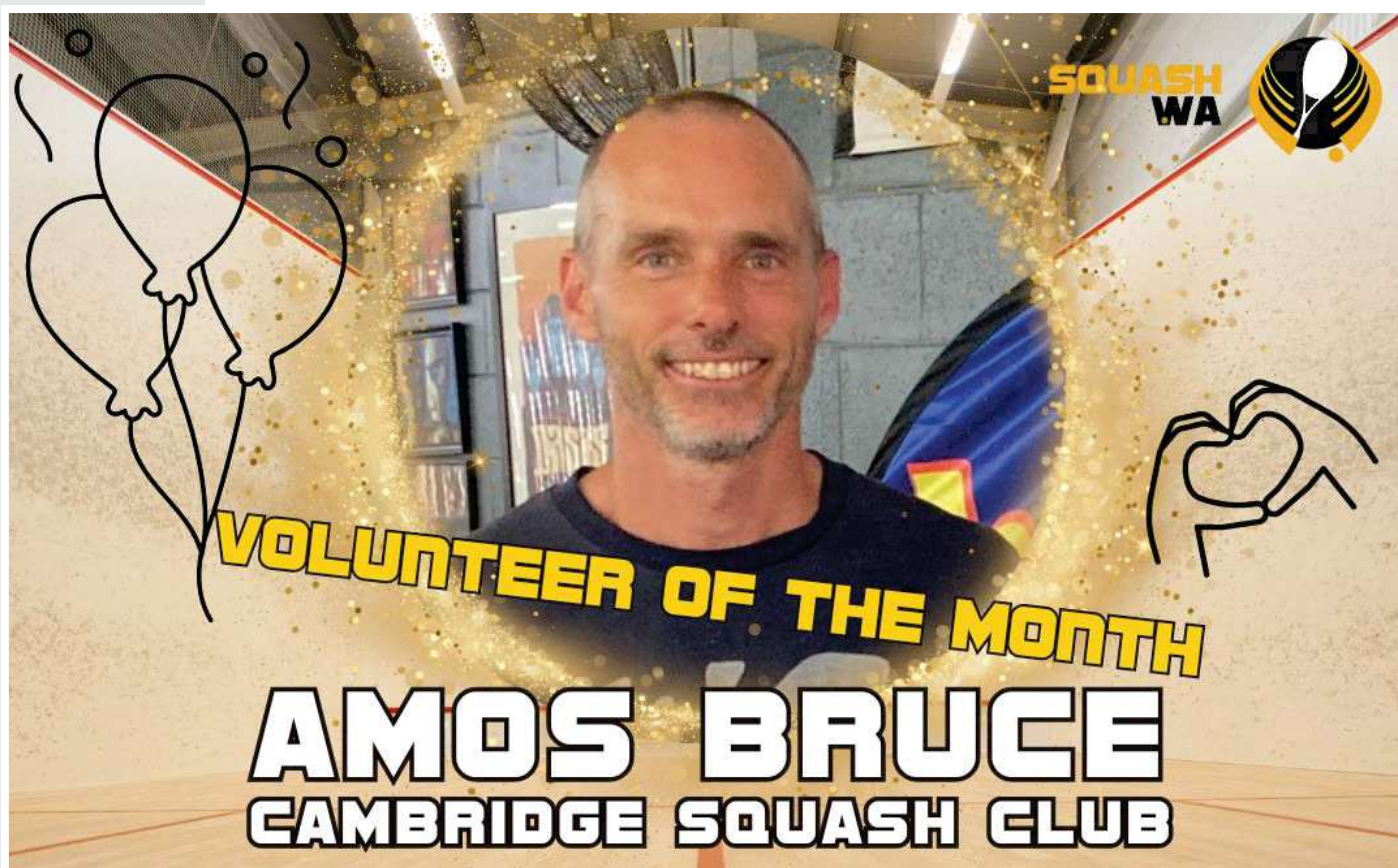




VOLUNTEER OF THE MONTH

P 29

CONGRATULATIONS & THANK YOU



Amos's contributions to the Cambridge Squash Club have had an enormous impact not only in the running of club functions, junior program, senior events and collaborating and bringing the committee together, but also on the welcoming 'vibe' and sense of belonging within the club.

He possesses a knowledgeable, friendly and encouraging manner to the junior program which has had a profound impact on junior players improving their skills and returning to the program week in week out. Parents, many of whom have limited knowledge of squash, find Amos a 'go to' person who is welcoming and helpful to all, which contributes to the continued growth of Cambridge's junior program.

Amos's consistent effort to improve his own game of squash, encouragement of others including senior players, his sense of humour, and *unquestionable* sportsmanship, provides a truly wonderful role model for all and ambassador for the sport.

Rich



Heddwyn



Lyn



Raelene



Pennant / League Committee

Chair:	Rich Grain	richard.grain@gmail.com	0404 302 976
State Grade:	Heddwyn Brahma	heddwynbrahma@gmail.com	0466 546 545
Member:	Lyn Chandler	lynchandler123@gmail.com	0400 766 521
Member:	Raelene Marriott	marriott_family@outlook.com	0407 422 639

Sub Committee: Monday Night League

Chair:	Lyn Chandler	lynchandler123@gmail.com	0400 766 521
Member:	Raelene Marriott	Member:	Quita Cass
Member:	Chantelle Garrett	Member:	Julie Scott
Member:	Jacque Cox		

Sub Committee: Wednesday Day League

Chair:	Lyn Chandler	lynchandler123@gmail.com	0400 766 521
Member:	Russell Chandler	Member:	Jacque Cox
Member:	Raelene Marriott	Member:	Chantelle Garrett
Member:	Quita Cass	Member:	Dave Lawford

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** and **WEDNESDAY Day**.

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



Thanks
Lyn Chandler

Monday Night League

The Monday night League competition came to an end with two teams contesting the Grand Final at Belmont. **Bentley**, who went through the season undefeated, took the title for the season.

Team members were Nikki McCullough (Mirrabooka), Kim Duffecy (Mirrabooka) and Di Cook (Mirrabooka). The runners up for the season were **Lamborghini**: Terry Brookes (Marmion), Kelly Baroni (Marmion) and Katie Weir. (Cambridge). Unfortunately, this team had two of their players absent, thanks to Therese Kenny (Belmont) and Quita Cass (Mirrabooka) for filling in for them. The champion club for the season was **Belmont**.

After the presentations, all players enjoyed supper and started planning for next season.

Monday night league is open to all players; men and ladies. We are keen to boost our numbers for the upcoming season which starts on 16 September. Registration is open now via Revo:

<https://www.revolutionise.com.au/squashwa/events/252789>



Answer to the quiz: a. Award the match to John (Rule 14.4.3.2)



THE BACK WALL

P 32



Squash WA Board

Website:	https://squashwa.asn.au/board/		
President:	Ryan Callegari	ryan@hillzeez.com.au	0420 947 425
Vice President:	Katy Scott	michaelscott1@westnet.com.au	0438 804 511
Treasurer:	Ric Elkington	ricke@iinet.net.au	0417 985 300
Secretary:	Yvette Clement	yvettec08squash@gmail.com	0424 410 391
Board Member:	Glenn Hitch	glennhitch@switchconcepts.com.au	0447 674 161
Board Member:	Kim Duffecy		
Board Member:	Michaela Pratt	michaela.r.pratt@gmail.com	0431 984 181
Board Member:	Rich Grain	richard.grain@gmail.com	0404 302 976

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:	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	

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

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