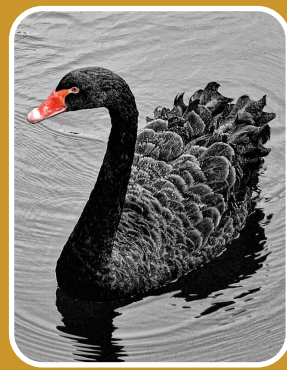




SWAN



SQUASH WA NEWSLETTER : NOVEMBER 2024

Happy Halloween ...





WELCOME

© Squash WA - November 2024 - ISSUE 104

P2

**SQUASH
WA
WEBSITE**



Did you spot the error from last month? My apologies but I posted the results from the Australian Junior Open held in April and not the Australian Junior Championships held in September.



Congratulations to Daniel Marsh (2nd), Isla Harris (3rd) and Aidan Finlay-Mulligan (3rd) on reaching the podium.

Daniel was runner-up to Thomas Scott (NSW) in the U19 age group losing the final 5-11, 12-10, 8-11, 9-11.

Isla had a titanic struggle against Dakshyani Muniandy beating the South Australian 5-11, 11-4, 11-3, 9-11, 11-7 in the Under 19 Girls 3v4 Playoff.

Aiden (U17) beat Connor Haberecht from NSW to claim third place with a strong victory in three 13-11, 13-11, 11-4.

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

P3

Since 1998 squash has been in the Commonwealth Games, but for the first time since then, squash (along with many other sports) have been omitted from the Glasgow 2026 Games. The withdrawal of Victoria as host for these Games meant someone else had to step up to take them on, and resulted in significantly less time to organise facilities, and the myriad of logistics that go along with hosting an international multi-sport event. This, in turn, forced the games to be held on a much smaller scale, from 23 sports down to only 10. It is understood that the following Commonwealth Games, will be back to normal.

In more positive news for squash in Australia, it was announced earlier this month that Australia will be hosting the World Masters Championships in 2026. This year's event hosted in Amsterdam attracted roughly 1,150 participants. Squash WA will be expressing our interest in hosting it here in Perth, with just as many participants.

Our State Junior Team travelled to New South Wales in late September to represent Western Australia at the Australian Junior Championships. Whilst we did not finish as well as we would have liked, we learned a lot about our new players, and they learned even more about what's required to get better at the game for both themselves and in the team.

Thanks to our amazing parent carers Lisa Christou, Mark Foo, Linda Black and Mieghan Bruce, who gave up their time to look after the team (32 of us), and to Tim Cowell and Paul Kershaw (and myself) as the coaches that watched every match our kids played, co-ordinated every bus ride to and from the courts, and mentored every kid on and off the court. Thank you for your voluntary time and passion shown across the nine days. See the Team Captain's report by Josie and Daniel in the AJC segment. Tim also touches on it from a coaching perspective in his monthly article.

Squash WA, along with all the other states, met with Squash Australia to work through a few operational items to improve squash in Australia. It was a very positive meeting with exciting outcomes:

- Coach accreditation and re-accreditation will become more streamlined and user-friendly.
- Revo is now live and training for state associations has commenced. Training for Club administrators will be rolled out over the new few weeks.
- SportyHQ access will cease after 30 December. All new Pennant and League seasons and Tournaments will be run on Revo in their entirety. If you are not registered into the system at the correct level, you will not be able to play.
- Match history from Sporty HQ has been moved to SquashLevels, which has been running in the background, and Squash levels will take the place of sporty rankings when it ceases.
- Pro-rata memberships will be introduced with immediate effect, on 1 January and 1 April each year from the National and State associations, while each Club will need to make their own decision as to whether they too will pro-rata their fees at these intervals.



BEHIND THE SCENES

with Leigh Kaye

P4

A working group has been formed to develop value-adds and benefits that will link to each of the Revo membership levels (eg. Lifestyle, Local, etc.). This is a significant piece of work with much to consider to may take a while to develop. We are hoping to have this completed before the Christmas break so we can educate Clubs on “what you get for your Squash WA Registration” and inturn, have a better value proposition for our member players, come renewals/register 1 July 2025.

Financial Members per Club									
By Club	Unpaid/ Digital	Support	Lifestyle		Local		Compete		Total
			Adult	Junior	Adult	Junior	Adult	Junior	
Belmont	14	1	7	2	40	2	4	7	77
Blue Gum	5	1	3	1	68	5	6	8	97
Broome	4	0	3	0	25	2	2	0	36
Bunbury	2	0	6	1	28	1	11	1	50
Busselton	4	0	3	0	40	16	1	1	65
Cambridge	37	2	6	3	36	6	6	7	103
Dampier	4	0	1	1	19	0	0	0	25
Eastern Goldfields	10	0	6	21	68	10	1	1	117
Esperance	3	0	10	1	82	1	4	1	102
Geraldton	7	0	0	0	33	8	7	3	58
Karratha	3	0	1	0	28	8	0	1	41
Katanning	9	0	2	0	6	0	2	0	19
Kununurra	4	0	0	0	1	0	0	0	5
Leschenault	3	0	5	0	20	5	2	0	35
Maddington-Gosnells	0	0	0	1	10	0	1	0	12
Mandurah	29	0	23	1	27	1	4	2	87
Manjimup	2	0	2	0	21	0	1	0	26
Marmion	4	1	5	3	16	8	6	6	49
Mirrabooka	19	4	13	30	83	17	12	2	180
Moora	1	0	0	0	2	1	0	1	5
Narrogin	16	0	3	0	17	1	1	0	38
Subi Kings	4	0	0	0	0	0	0	0	4
Tom Price	1	0	0	0	0	0	0	0	1
Vic Park	7	0	11	2	37	3	5	3	68
Wickham	2	0	1	5	7	0	6	0	21
Wongan Hills	0	0	0	0	4	0	0	0	4
Hilton (not yet transferred)	1	0	0	0	0	0	2	0	3
Kensington (as above)	1	0	0	0	3	0	1	0	5
No Club (Staff)	1	0	0	0	0	0	0	0	1
Totals	197	9	111	72	721	95	85	44	1,334

Metro	599	Country	735	Females	390	Males	941	Unidentified	3
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BEHIND THE SCENES

with Leigh Kaye

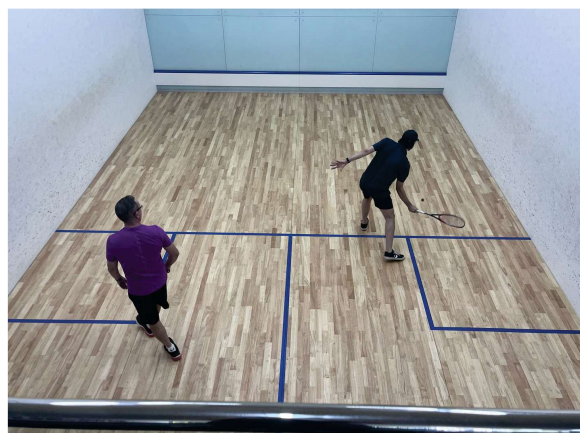
P5

On Wednesday 9 October, **former WA Premier Mark McGowan** dropped by the State Squash Centre to see all the wonderful upgrades that have occurred. Mark sat chatting with GM Leigh Kaye, Engagement Officer Serena Richardson and Centre Manager Dave Ilich for some time before asking if he could borrow a racquet to have a quick hit which ended up being around half an hour!

A little known fact about Mark is that he once played squash, alot! His parents owned squash centres in country NSW where he grew up. Unfortunately, he had to hang his racquet up in adulthood due to injuries, but Mark remains a huge fan and advocate for the sport.

A week later on Wednesday 16 October, another couple of VIPs attended the centre – **David Templeman MLA, Minister for Sport and Recreation**, as well as **Cassie Rowe MLA, Member for Belmont**. Squash WA staff and board members were delighted to introduce some of the volunteers key to the significant upgrades that have taken place, to Mr Templeman and Ms Rowe, and share what's in store for the future.

Thank you to our special guests, and we hope to see you again soon!



revolutioniseSPORT



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

1-2	WA State Jnr Zone Team Champs**	Belmont
19-21	WA 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
30	Squashathon	Mirrabooka

FEBRUARY

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

APRIL

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
21-23	South West Masters Teams	Busselton
26-27	Interschool Competition**	Mirrabooka
29-30	WA State Jnr Champs G**	Belmont

AUGUST

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

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

DECEMBER

8	Belmont Junior Classic	Belmont
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Department of
Local Government, Sport
and Cultural Industries

**SQUASH
WA**





Australian Junior Championships

P7



2024 AJC Captains Report



We entered this tournament as underdogs, and while we may not have emerged victorious, our performance was anything but a loss. We were put through our paces in the teams event, scraping 4th spot in both divisions by a few games, so it's fair to say that as a team, we left everything on the court.

Most of the days of individual comp were long and tiring; 8-hour days watching and supporting all the WA players as they battled it out on court with their weapons of choice. Much of the team achieved success, credit to the support of everyone. Whether it was a big upset or a personal accomplishment, we celebrated every victory. Aidan and Daniel got handy with their cameras and put their skills on show to capture action shots of the event.

After a hard day at the courts, there was always good cheer back at the accommodation- countless hands of cards, a dip in the ice-cold pool, or a cheeky nap before dinner; we savoured our time to recover and switch off before the next day.

This year, we achieved commendable results, with Daniel reaching the final, and Isla and Aiden securing third place finishes.

Regardless of results, the team put in a stupendous effort and should all be extremely proud of themselves. Except for you Aiden, especially for being a Tottenham Spurs supporter. (this message was privately endorsed by none other than Chelsea supporter, Paul Kershaw and Tim even though his football team hasn't won anything either).

After four gruelling days of individual competition, we emerged from the sheds, our spirits a bit battered but unbroken. With renewed determination, we rallied our forces and charged headlong into the challenge of the teams event. Our division one team faced all four states in two days with little respite from the courts with Div 2 scoring an afternoon bye and a well deserved break. From our U13's all the way through to 19's, each and every player gave it their all, we cannot fault everyone's dedication to the team. The support that WA rallied for our fellow teammates was phenomenal and it was so great to see everyone getting behind each other. This was also our first year with an official mascot- a big shout out to Jess who slaved away for over a year to carefully craft our very own wasp.

Courtside antics were in full swing from day dot- the rivalry between WA and QLD still aflame as we began marking our territory with "GO WA" left all over the place (not limited to players themselves) and assuming custody of the shark. We cannot disclose the exact location of said fish who will hopefully return home to the state centre where it can finally have the opportunity to swim out the rest of its life. Although, our mascot was not safe from our eastern states rivals, with several rescues being conducted over the course of the week.

2024 AJC has been a truly memorable experience for all team veterans, and first time representatives, it was a week filled with squash, the odd bit of golf, cards, shark thievery, 50 million loads of washing and hopefully a lot of fun for everyone. As captains, we are both immeasurably proud of the campaign we were lucky enough to lead this year.

We look forward to next year's event, as there are sure to be a few revenge arcs to plot and after this year's shenanigans a mascot to protect with your lives!

*Signing off as your friendly campsite washing wenches and 2024 State Team captains,
Josie and Daniel*



Australian Junior Championships

P8

Teams Championship

Overall - Division 1

Team	Played	For	Against	Diff.	Points
1. NSW	4	44	20	24	52
2. VIC	4	43	21	22	49
3. QLD	4	36	28	8	40
4. WA	4	19	45	-26	21
5. SA	4	18	46	-28	18

Overall - Division 2

Team	Played	For	Against	Diff.	Points
1. QLD	4	23	9	14	31
2. NSW	4	24	8	16	30
3. ACT	4	14	18	-4	18
4. WA	4	10	22	-12	12
5. VIC	4	9	23	-14	9

Division 1	VIC	SA	QLD	WA	NSW
	VIC	VIC won! 14-44-561 2-10-340	VIC won! 8-31-566 8-31-542	VIC won! 13-41-538 3-14-364	NSW won! 8-31-547 8-28-484
	SA	VIC won! 14-44-561 2-10-340	QLD won! 12-39-546 4-16-397	WA won! 8-26-435 8-30-477	NSW won! 12-40-520 4-13-331
	QLD	VIC won! 8-31-566 8-31-542	QLD won! 12-39-546 4-16-397	QLD won! 11-38-564 5-22-446	NSW won! 11-37-585 5-23-501
	WA	VIC won! 13-41-538 3-14-364	QLD won! 11-38-564 5-22-446	QLD won! 11-38-564 5-22-446	NSW won! 13-42-566 3-14-386
	NSW	NSW won! 8-31-547 8-28-484	NSW won! 11-37-585 5-23-501	NSW won! 13-42-566 3-14-386	NSW won! 13-42-566 3-14-386

Division 2	NSW	WA	QLD	VIC	ACT
	NSW	NSW won! 7-23-294 1-4-170	QLD won! 4-14-246 4-15-254	NSW won! 7-21-264 1-5-166	NSW won! 2-7-186 6-18-241
	WA	NSW won! 7-23-294 1-4-170	QLD won! 7-22-270 1-4-140	WA won! 5-15-236 3-12-230	ACT won! 5-15-216 3-11-192
	QLD	QLD won! 4-14-246 4-15-254	QLD won! 7-22-270 1-4-140	QLD won! 7-23-290 1-5-194	QLD won! 3-13-213 5-16-257
	VIC	NSW won! 7-21-264 1-5-166	QLD won! 7-23-290 1-5-194	QLD won! 7-23-290 1-5-194	ACT won! 4-12-196 4-12-183
	ACT	NSW won! 2-7-186 6-18-241	ACT won! 5-15-216 3-11-192	ACT won! 4-12-196 4-12-183	ACT won! 4-12-196 4-12-183

Photos of WA Players who featured on the Squash Australia Facebook Page





Australian Junior Championships

P9

Championship Photos





2024 AUSTRALIAN JUNIOR TEAMS CHAMPIONSHIP





BACK ROW:

THIRD ROW:

SECOND ROW:

FRONT ROW:

KAYLA CLARKE, LUKE JAMIESON, AIDEN FINLAY-MULLIGAN, AIDAN MASCARO, JONATHAN GROENEWALD, ANDREAS CHRISTOU

LISA CHRISTOU, LINDA BLACK, LEIGH KAYE (ASSISTANT COACH), TIM COWELL (HEAD COACH), PAUL KERSHAW (ASSISTANT COACH), MARK FOO, MIEGHAN BRUCE

JESS JELLIS, ERIC MARSH, HOLLY CARVER, ELLA CLARKE, JOEY SCOTT, RUBY FOO, ALEXANDER MARSH, ISLA HARRIS, TEAGAN SCOTT

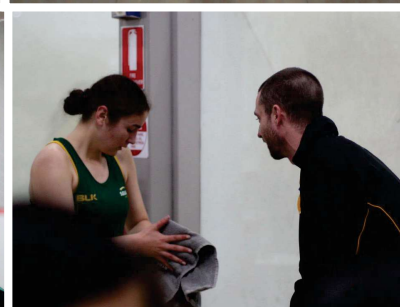
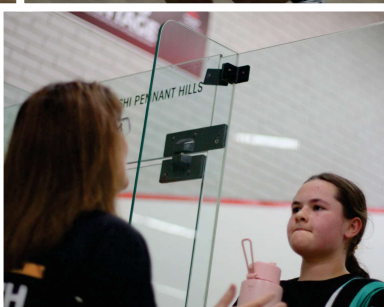
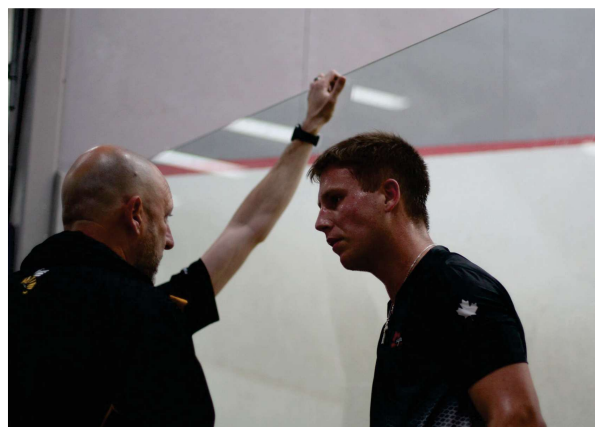
LUCAS CURRY, DOMENIC CHRISTOU, JACOB CURRY, MARK BLACK, DANIEL MARSH (CAPT), JOSIE JONES (CAPT) RENEE TAN, SYDNEY ENNIS, LEONARD BRUCE, CARMELA CHRISTOU



Australian Junior Championships

P10

Highlights from the **Individual Event**

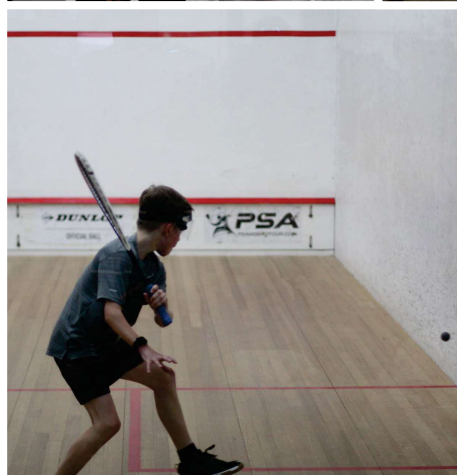




Australian Junior Championships

P11

Highlights from the *Individual Event*

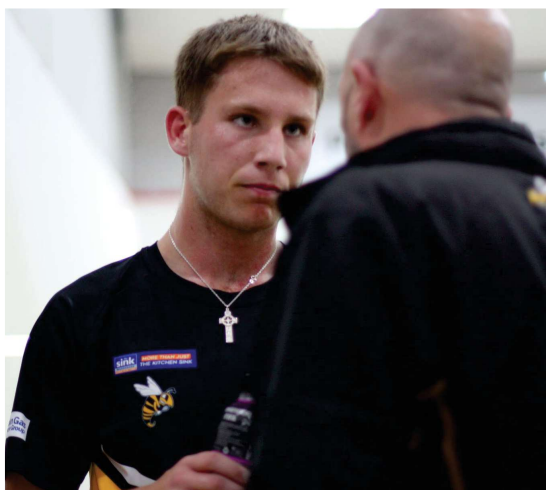
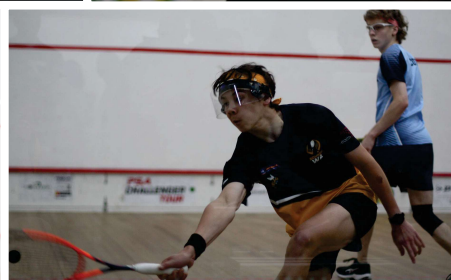




Australian Junior Championships

P12

Highlights from the Teams Event





BUSSELTON INVITATIONAL

P13

And just like that the 2024 Busseton Invitational has been and gone!



Men's Open

Jason Patmore - David Ilich - Dan Jones



Ladies Open

Michaela Pratt - Fiona Whooley -
Lisa Christou



Men's Div 1

Nick Laver - Luke Jamison Jnr - Chris Chan

Busseton would like to thank our magnificent Sponsors:

Rocky Ridge Brewing Co

Hillzeez Down South Surf Shop

The Racquet Shop

The Sebel Busseton

Accor Vacation Club Apartments

Cape Cellars Busseton

Nocturne Wines

Summer Star Tourist Parks

Please support our sponsors ... they support YOUR sport!

Thank you to our wonderful club members who volunteered their time and efforts into making some fabulous food and goodies to keep us going through the weekend. Thanks again to Bunbury Squash Club – Grints, Dean and Dale – nobody can come close to your BBQ skills – it was faultless!

A fantastic event, thank you to all those involved and a massive congratulations to those winners! See you all next year.



Ladies Div 1

Sandy Paterson - Roisin Brennan -
Katy Scott



Ladies Div 2

Maddy Jamieson - Corina Malatzky -
Tayah Gardner



Men's Div 3

Pete Hancock - Paul Hayward -
Christopher Watson



Ladies Div 3

Lauren Smith - Melanie Hackett -
Judy Hughes



Men's Div 4

Dale Ramage - Lockie Jamieson -
Ryan McGrath



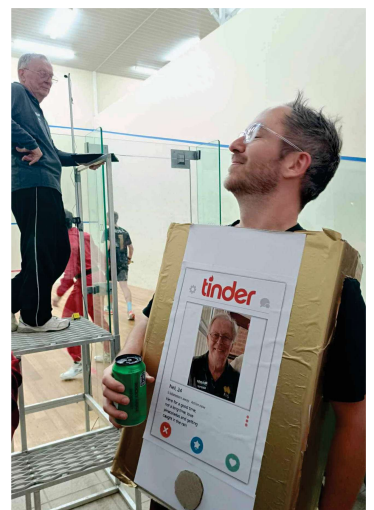
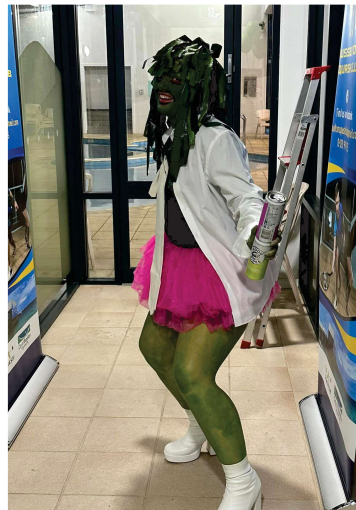
Ladies Div 4

Carmen Kutan - Michelle Jones
Tammy McKenzie



BUSSETON INVITATIONAL

P14



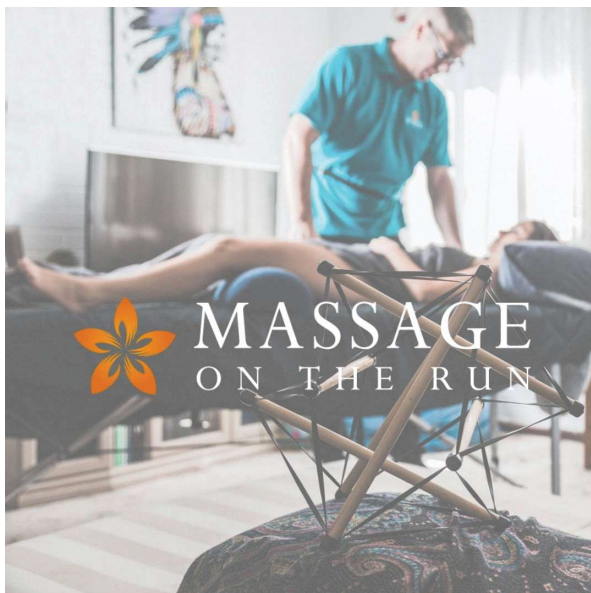


SPONSOR SPOTLIGHT

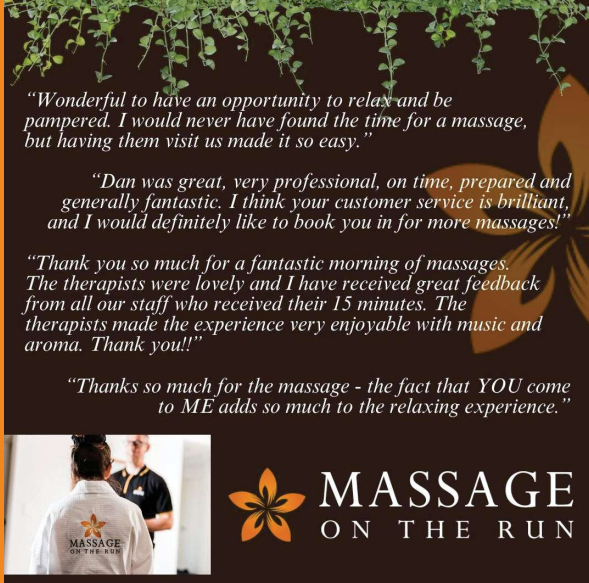
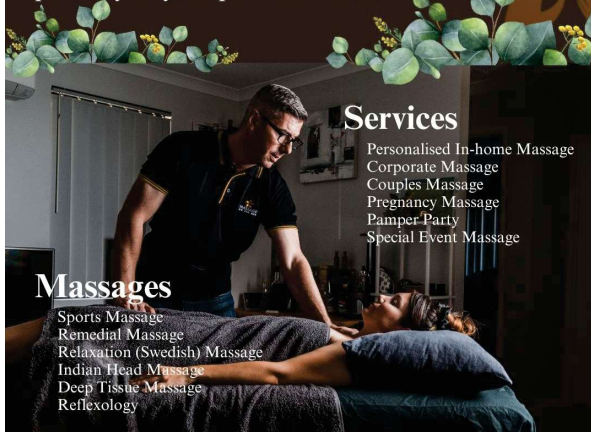
Massage on the Run

P15

Massage on the Run



Fully qualified, professional, and caring, at Massage on the Run we are all about You, Your health and Your wellbeing. We tailor our in-home (or workplace) massage therapy treatments to perfectly fit your personal needs.





CAMBRIDGE OPEN

www.lachwil.com

P16

Thanks Tim Cowell

MAJOR SPONSOR:  LachWil.

This year's Lachwil Cambridge Open finished off an incredibly busy month both for the centre and me personally.

Less than a month before, we had the juniors in for the Dunlop Junior Cup teams tournament, then it was off to Sydney with the State Team for the Australian Junior Championships and then barely a week later it was getting stuck into the Cambridge Open.

We kept our options open early to potentially run it using Rev Sport, however it wasn't to be, so a quick swap over to SportyHQ it was. Almost smooth sailing apart from Thierry becoming a ghost and being unable to add him to the draw! By 1am Thursday morning we had most of the draws set and a schedule was starting to take place.

Still a few last minute changes to the draws as we tried to recruit extra players, some numbers are just rough to work with when trying to get players adequate amounts of matches, especially when there are some playing multiple events. Numbers were down a little bit, turned out to be a pretty busy weekend with a few things on for a number of people who would have otherwise played.

Once play kicked off, it was relatively smooth sailing. Most of the draws were even enough bar 1 or 2 players. When you look through the last results of the day, the number of matches going to 4 or 5, even ending in tie breaks made for a great event.

In Division 1, both Oscar and Hannah were far too strong, not conceding a game between them for the tournament. Hannah did however push Andreas Christou the whole way in the Juniors Division 1, Andreas eventually winning 11-9, 9-11, 11-9, 12-10.

Ladies Division 2 saw Renee Tan take the win as the 3rd ranked player going into the draw, beating 4th seed Evie Clark in the final. Unfortunately for Kayla Clarke, an asthma attack in the first match ruled her out of the rest of the event.

HILLZEEZ


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CAMBRIDGE OPEN

www.lachwil.com

P17

Thanks Tim Cowell

MAJOR SPONSOR:  **LachWil.**

Cambridge Open : 11-12 October 2024			
EVENT	Winner	Runner Up	Plate / Third
Mens Div 1	Oscar Curtis	Tim Cowell	P - Andreas Christou
Mens Div 2	Alexander Marsh	Tom Bernardi	P - Domenic Christou
Mens Div 3	Sam Turner	Ethan Reeve	P - Thierry Blandin De Chalain
Mens Div 4	Craig Taggart	Mason Tolman	P - Abijeet Brahma
Ladies Div 1	Hannah Slyth	Clare Slyth	
Ladies Div 2	Renee Tan	Evie Clark	3rd - Debbie Shahar
Mens 35+ Div 1	Dan Jones	Lachlan Wilson	
Mens 35+ Div 2	Greg Lawton	Jim Barr	3rd - Roger Schmidlin
Junior Div 1	Andreas Christou	Hannah Slyth	
Junior Div 2	Nic Whittaker	Charlie Tear	
Junior Novice	Ethan Shahar	James Kuo	

Mens Division 2 was the closest event of the tournament, only two of the matches were won in 3, one of those included two tiebreaks! Alex Marsh was the eventual winner, up in 4 over Tom Bernardi.

Ethan Reeve did it the hard way in Mens division 3, but couldn't quite get over the line, going down 12-10 in the 5th to Sam Turner in the final. Another close division with 5 of the matches going to 5!

Mens Division 4 featured the battle of the Masons, with Mason Tolman winning 11-7 in the 5th over Cambridge's own Mason Woods! Waiting in the final however was craig Taggart, too strong in the end winning 11-8 in the 4th.

Dan Jones was a class above in the M35+, but it was great to see Lachlan Wilson return to playing competitive squash after a few years since his last match.

M35+ Div 2 Saw Greg Lawton slip through the cracks a bit, too strong for the other fellas. Hometown Hero James Barr put up a fight in the final, but Greg had far too much firepower.

Junior Div 2 saw a couple of upsets, with Charlie Tear, nephew of tournament sponsor Mark Tear, taking out club mate Leonard Bruce in 3, before backing that up again with a win in 3 over Ella Clarke. Nic Whittaker however was too strong for Charlie, winning the final 3-0.

Finally, the novice boys had a great time, our last minute recruit Ethan Shahar the victor over Cambridge's James Kuo, going the distance winning 2-1 at 12-10 in the 3rd!



CAMBRIDGE OPEN

www.lachwil.com

P18

Thanks Tim Cowell

MAJOR SPONSOR: **LachWil.**



Ladies Div 1



Mens Div 1



Ladies Div 2



Mens Div 3



Mens Div 3



Mens Div 4



Mens 35+ Div 1



Mens 35+ Div 2



Junior Div 1



Junior Div 2



More Thank-yous ...

Special Award to **Carolyn Temple** for Medical Assistance on Friday night.

Cambridge Squash Club for running the canteen and assistance around the centre.

Serena Richardson for some assistance with draws and finding extra players.

Luke Jamieson for being the Tournament Referee.



CAMBRIDGE OPEN

www.lachwil.com

P19

Thanks Tim Cowell

MAJOR SPONSOR:  **LachWil.**



Div 1 Champions: Oscar Curtis & Hannah Slyth





LET'S PLAY FAIR

with Neil Butler

P20

It's All About Timing

At the recent Busselton Invitational Tournament timing was very important to ensure the tournament ran on schedule. The allocated time was 30 minutes per match, and it was important the time periods under the rules were applied. The relevant time periods to be applied are:



For a self-inflicted injury with no blood flow, how much recovery time is allowed by the Referee?

- a. 3 minutes
- b. 5 minutes
- c. 15 minutes

Answer to Quiz is on P

- ➡ Warm Up – Maximum 4 minutes
- ➡ Between the end of the Warm-up and start of the First Game – Maximum 90 seconds
- ➡ Between games – Maximum 90 seconds
- ➡ Change of damaged equipment - Maximum 90 seconds

The Referee has to ensure that these times are adhered to and if not an appropriate Conduct Penalty (Warning, Stroke, Game or Match) should be applied. The players also have a responsibility to ensure that these times are adhered to as well.

In the case of the time between games it is the players responsibility to be close enough to hear the announcements of "15 seconds" and "Time".

- ➡ "15 Seconds" – to advise that 15 seconds of a permitted interval remain. Players must return to the court and be ready to commence play at the call of "Time".
- ➡ "Time" – to advise that a permitted interval has elapsed. Players must be ready to resume play.
- ➡ "Half Time" – to advise that 2 minutes of the warm-up period has elapsed.



The only place success comes before work, is in the dictionary

Vidal Sassoon

In all of the time intervals these are a maximum time period, and play may commence or resume earlier if both players agree. At the tournament these times were adhered to and as a result the tournament ran to schedule.

One final point is that the Referee may award the match to a player whose opponent is not on court ready to play within the time stated in the competition rules.

Always pays to read the Conditions of Entry before signing up.
Injury times are a topic by itself and may be dealt with in a future article.

SQUASHATHON 2024

#SAVETHEDATE #BIGGERANDBETTERTHANEVER



#SLEEPOPTIONAL



2pm Sat 30/11 - 2pm Sun 01/12

SQUASHWORLD MIRRABOOKA

2024 GREAT SOUTHERN WHEATBELT TEAMS CHAMPIONSHIPS

IS PROUDLY HOSTED BY THE **NARROGIN SQUASH CLUB**
AND IS PROUDLY SPONSORED BY ELDERS NARROGIN AND ELDERS
INSURANCE NARROGIN

TO NOMINATE EMAIL - gswopen@gmail.com

BOOK IT IN

15th - 17th

November 2024

SQUASH

Tournament



Entries CLOSE 04.11.2024

- Please be available for Friday night fixtures.
- Nomination Fees cover Friday night Supper & Exhibition Game, Saturday night social function including catering at the Narrogin Hawks FC.
- Games finished by 12pm Sunday & presentations following.
- Email or call for any questions or concerns.

gswopen@gmail.com

\$210 Nomination Fee
3 Person Teams

Elders

NARROGIN
Squash Club



Alyce 0448 771 153
Dwayne 0418 907 831
Jodie 04399 24110



SQUASHATHON 2024

#SAVETHEDATE #BIGGERANDBETTERTHANEVER



#SLEEPOPTIONAL



2pm Sat 30/11 - 2pm Sun 01/12

SQUASHWORLD MIRRABOOKA



ESPERANCE SQUASH CLUB PRESENTS...

ESPERANCE OPEN '25

SQUASH TOURNAMENT

28th February -
2nd March

SAVE
THE DATE



ENTRY REGISTRATIONS
OPEN IN JANUARY

Contact the
Esperance Visitor
Centre for any
accommodation
queries



Please keep in mind that matches
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from 5pm on Friday.

www.visitesperance.com/stay



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



Stars Gala

Annual Awards Night

2 November 2024

| Swan River Hotel

Club of the Year:
Blue Gum Squash Club

Referee of the Year:
Luke Jamieson.

Coach of the Year:
Michelle Jones

Junior of the Year:
Holly Bourn

Junior Player of the Year:
Daniel Marsh

Volunteer of the Year:
Country - Jamie Herring
Metro - Brian Logan





COACHES CORNER

with Tim Cowell

P23

Just like that, the 2024 Australian Junior Championships are over in a flash. 12 months of planning for a week of intense, back to back matches. Not only are the players knackered by the end of it, but so are the coaches and the carers.

Overall, WA Finished 4th in Division 1 and 4th in Division 2. We picked up 3 trophies in the individuals, a runner up in the 19s (Daniel Marsh) and 2 3rds (Isla Harris - G17 and Aiden Finlay Mulligan - B17)

So what are some of our key takeaways from the trip?

You always need a plan B!

Last year our arrival felt super rushed, we landed, we commuted to the courts, had a bite to eat, trained, said cheese for our photos, got to the accommodation, unpacked, ate and fell asleep. The next morning we were straight into it and everyone was a bit slow to get going. This year we decided to leave a day early, thankfully we did! An hour late leaving Perth pushed everything else back. Add 30mm of rain and peak hour and we were further behind! Fortunately though we had the morning off before training in the afternoon so the team could settle in. In hindsight maybe we should have had our first food order delivered, but we made it work.

Don't Underestimate the value of match play and competition.

There are plenty of sayings you could throw around. You might have heard people say things such as there is no fitness like squash fitness. I just played the Cambridge Open off next to no squash for 3 weeks. This is 100% true. Sunday morning was not enjoyable at all!

Our preparation for events needs a balance of different training activities. As you get closer to an event, the sliding scale of what becomes a higher priority shifts. If you aren't playing a lot of matches 8 weeks out from a major event, it's not necessarily a bad thing if you are focusing on fitness work or technical/tactical work. But once you get to within a month, the match play needs to increase to make sure that all that work you have done leading up is rehearsed and working well.

Some of our players did find this out the hard way. Confidence in their shot-play or ability to make good decisions. Some ran out of legs a bit earlier in the event than they would have liked. Is this a fitness thing? Potentially yes, but you could also suggest if they had played more matches and developed more control in the rally, they wouldn't have had to spend as much time chasing as they did. The learnings for 2025? Our event calendar is packed, but trying to find some suitable timed competition for the players leading up so that they do feel match hardened leading into the event.

There is also a secondary reasoning for this. Think for a moment about the following two things - Learning styles and game sense approach. If we have more people playing competition, there is more variety of opponents and the depth of competition starts to grow. More depth will naturally challenge each player to work harder and play smarter. Thus naturally lifting the level of competition. Someone tired of finishing 4th might reach out to a coach or visit another program for additional hits to bridge that gap. Whilst the person in the #1 spot has plenty of players nipping at their heels, so they have to work



COACHES CORNER

with Tim Cowell

P24

harder to keep their spot!

Fitness Levels?

We posed a question to the team after the first day of the individuals. 3 weeks before the event, we asked you all, are you fit enough, do you think you have done enough work? A lot of hands went up saying yes. When asked halfway through the event, maybe 1 or 2 hands tops.

A contributing factor towards this is that with our lower seedings in the teams events, we didn't get our byes until right at the end, so everyone had to grin and bear. The message for the players is what can you do next time to avoid this? Can you find other gaps in your weekly schedule to do something to contribute towards this?

There are plenty of bodyweight exercises that can be done to build a sufficient level of strength without having to bring in weights and a gym membership. Alternatively it's something for our centres and programs to potentially look at investing in to help our players build on their basic strength levels.

Mental Approach

This is always an intriguing area of the game and to our credit, I thought we did pretty well in this. The end of this event is often more about mental strength and will power to drag yourself on court one more time than tactics. There were a couple of examples that really shone out worth highlighting.

Isla Harris had her best event in a long time, 12 months ago the pressure of expectation got to her and it wasn't great. Fast forward 12 months and she was more focussed, confident and backed her ability and the results showed.

Mark Black is pretty inexperienced, especially on the big stage. His first match wasn't great, nerves potentially got the better of him. By the end of the trip, his confidence began to grow and next thing he was taking games off top 3 opponents and winning in 5 from 2-0 down!

Young players can be volatile and one of the areas that Christian (psychologist) spoke about with our talent squad was trying to regulate emotions. Using breathing techniques is one of those ways. It was great to see in tough times young Leonard Bruce really trying to focus on his breathing to remain calm.

Of course there were a few moments that our players might want back in order to make a different choice (but don't we all at some point!) but overall I thought their behaviour on court was pretty good.

A Snapshot of an AJC Coach

So those wondering what goes into the coaching side of things whilst away. Often on the first bus to leave at 8am and on the last bus back to the accommodation approximately 5pm. 25 players meant potentially 30 matches to cover depending on who had 2 matches for the day, or some relief if there was a bye. Day 1, 27 matches, Day 2 30 matches, Day 3 27 matches, Day 4 23 matches. So that's just over 5 hours each



COACHES CORNER

with Tim Cowell

P25

on emotional roller coasters each day, sometimes finding a spare 10-20 minutes for some fresh air outside.

The moment we are back, its prepping the next day by going through the match and court allocations, which coach can get to each player, what bus the players can come on to avoid being at the courts all day. Chip in with a bit of meal prep, a team meeting debrief of matches for the day and try to get everything wrapped up at a reasonable time for our youngest players to get to bed. Only taking 2 players per age group for the teams reduced the match up meetings for that part of the event, compared to years ago with it was 3 players per age group!

The messaging? Some of the common messages were reassurance they were doing the right things. Some needed a bit of a rev up to work a bit harder, then some were changes of tactics. Believe it or not, the refs were hot on foot faults, so some advice was to keep their foot in the box until they hit it!

Working towards 2025

Now our energies go straight into preparing towards 2025. There are a few sessions of talent squad remaining with a few tournaments still to come to remain sharp for. Our youngest age groups need the most work, which is where the **futures program** is going to come in. A large part of this is encouraging them to play lots of matches and build some match and court awareness through this, whilst trying to offer little bits of advice along the way.

For WA to return back into the top 3, its clear that our first area of improvement needs to be our competition depth in the youngest age groups. Retaining that depth for as long as possible then throughout the age groups is what will set us up in the next 5-10 years.





JUNIOR RANKINGS

as at 31 October 2024

P26

SQUASH
WA



SQUASH
AUS



U11 Boys

Oscar Callegari
Leonard Bruce
Leo Ferguson
Saim Farooq
Jasper Tapley

U11 Girls

Michaela Sanyangore
Lucy Mackenzie
Freya Shah
Miranda Clarke
Lillian Gallemore

U11 Boys

1 Aleister Loo
2 Nathan Lin
3 Bodhi Wratten
4 Leonard Bruce
5 Lucas Jones

U11 Girls

Abbey Boswell
Meriam Ibrahim
Preesha Dev
Samiya Sanghera
Aime Lacquiere

U13 Boys

Lucas Curry
Leo Van Straaten
Mark Black
Charlie Tear
Cole Jerome

U13 Girls

Teagan Scott
Ella Clarke
Carmela Christou
Olivia Lynch
Ketki Suvarna

U13 Boys

1 Benjamin Boardman
2 James Sanders
3 Kai Dumbleton
4 Naveen Sanghera
5 Wesley Correa

U13 Girls

Cleo Poulava
Timonaliz Alarcos Kriebisch
Gizele Josifoski
Riyo Kawabata
Matilda Lynn

U15 Boys

Alexander Marsh
Jacob Curry
Domenic Christou
Charlie Richardson
Millard Chong

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
Emilia Scott
Olivia van Zon
Luka Cock
Nadia van Zon

U17 Boys

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

U17 Girls

Jessica Jellis
Holly Carver
Jamie Nunn
Holly Bourn

U17 Boys

1 Connor Haberecht
2 Stanley Chung
3 Ethan Middleton
4 Kasper Cheung
5 Daniel Yanez M

U17 Girls

Joanne Joseph
Jade Reynolds
Amelia Brigden
Maeghan Wang
Shenuki Silva

U19 Boys

Daniel Marsh
Alvaro Blackall
Waldo Vorster
Aidan Mascaro
Finlay Galt

U19 Girls

Hannah Slyth
Isla Harris
Josie Jones
Sydney Ennis
Isla McMullen

U19 Boys

1 Daniel Marsh
2 Jackson Wylie
3 Jack Hansen
4 Haider Naqvi
5 Jarrod Atkins

U19 Girls

Hannah Slyth
Katlyn Hall
Saige Lawson
Dakshyani Muniandy
Josie Jones



Level 1 Coaching Practical Course

P27

Level 1 Coaching Certification – Practical Course

On Saturday 19 and Sunday 20 October, certified Assessor and Level 2 Coach **Paul Kershaw** delivered coaching training to eight budding coaches at the State Squash Centre. Five of them were teenagers, keen to become qualified and join the coaching community, which was fantastic and inspiring to see.

We spoke to some of the attendees and asked them how they found the course, and what their biggest takeaways were.

“As someone who has not played that much squash, the Level 1 Coaching Course was a great learning experience. Paul Kershaw was brilliant in educating all of us there, teaching us many great tips no matter our experience or skill level. We focused particularly on practicing 'grip', 'Radar', and my personal favourite, George. We also got a great opportunity to practice our coaching with some young children, which was both enjoyable and valuable.”

“The best part of the course is when I could ask Paul questions while on court on coaching techniques. With that in mind, it would be nice to have even more practical content in the course itself - Paul was fantastic, and was fine with helping with essentially any coaching questions I had, many of which were out of the scope of the course. Examples include ghosting techniques, different ways to coach someone through getting their technique correct for forehand and backhand drives - I was taught forehand/backhand technique by another coach in a slightly different way; it was awesome to compare the way I was taught with ways that other coaches teach, because it gave me more ideas on how I could possibly help others back at my club.

“I'm sure this will be something that they get a lot, but I think there needs to be more practical, and less online/written. The current online modules that aren't about Child Protection could be removed, as I didn't find them particularly relevant to Squash and the level of player we will be working with as Level 1 Coaches.”

“The techniques that are in the course, Radar and George, are quite good. I'll be using those a lot back at my club, especially with the younger ones.”

“I really enjoyed the two-day session and am glad I did it!”

To express your interest in attending the next Level 1 Coach Certification course, contact the office via engagement@squashwa.asn.au. The dates are yet to be determined however you'll be the first to know when they are.



MAJOR SPONSOR RECOGNITION

P28

Our Vital Partners ... Thank You



Department of
Local Government, Sport
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2024 Junior State Team Major Sponsor





SENIOR RANKINGS

as at 31 October 2024

P 29

- 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
- WIC Wickham
- VP Vic Park



Open Men

Mike Corren	BG
Oscar Curtis	MIR
Tim Cowell	CAM
Remi Young	MIR
Daniel Marsh	CAM
Arthur Law	MIR
Jason Patmore	BG
David Ilich	VP
Aedan Martin	CAM
Dylan Classen	MIR

Open Women

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

Open Men

1	Rex Hedrick
2	Brian Byrne
3	Bryan Lim
4	Aaron Frankcomb
5	Steve Finitsis
6	Jean-Pierre Brits
7	Rhys Dowling
8	Connor Hayes
9	Dylan Molinaro
10	Cameron Darton

State U23 Men

Oscar Curtis	MIR
Daniel Marsh	CAM
Remi Young	MIR
Arthur Law	MIR
Aedan Martin	CAM
Dylan Classen	MIR
Eric Gray	HIL
Josh Forgan	BG
Cooper Kennedy	BRO
Preston Munro	DAM

State U23 Women

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

Open Women

1	Jess Turnbull
2	Alex Haydon
3	Madeleine Hylland
4	Madison Lyon
5	Urwashi Joshi
6	Sarah Cardwell
7	Erin Classen
8	Adele On Ying Fung
9	Karen Blom
10	Amelia Martin

- ACT
- NSW
- NT
- QLD
- SA
- TAS
- VIC
- WA

31 October 2024



WORLD RANKINGS

TM: This Month
HWR: Highest World Ranking

No WA Players are currently ranked on the PSA World Rankings

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





THE BACK WALL DIRECTORY

P31

The Squash WA Board

							
<i>Ryan Callegari</i>	<i>Katy Scott</i>	<i>Yvette Clement</i>	<i>Ric Elkington</i>	<i>Rich Grain</i>	<i>Michaela Pratt</i>	<i>Glenn Hitch</i>	<i>Kim Duffecy</i>
PRESIDENT	VICE-PRESIDENT	SECRETARY	TREASURER	BOARD MEMBER	BOARD MEMBER	BOARD MEMBER	BOARD MEMBER

Squash WA Board			
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Vice President:	Katy Scott	michaelscott1@westnet.com.au	0438 804 511
Treasurer:	Rick Elkington	ricke@inet.net.au	0417 985 300
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Member:	Diego Hernandez		
Member:	Dani Mayors		
Member:	Mathew Church		
35+ Masters Committee			
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Member:	Michelle Hodge		0447 544 200
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