

**SQUASH WA NEWSLETTER: FEBRUARY 2025** 

# **AUSTRALIA DAY OPEN**





Congratualations to our 2025 Australia Day Open Champions
Pascale Louka & Oscar Curtis



## © Squash WA - February 2025 - ISSUE 107

Welcome

SQUASH WA WEBSITE

The 2025 tournament season has commenced with the running of the Australia Day Open in Kings Park. **Pascale Louka** bounced back into form with a 3-1 win over Hannah Slyth and **Oscar Curtis** was too strong for David Ilich winning his final 3-0. Congratulations to you both.



The production of this edition of the SWAN has encountered some minor setbacks which we hope to rectify in the next edition. A write up for the Australia Day Open is still in the pipeline plus the rankings and statistics will return next month. Our sincere apologies.

This month however, we are introducing a Caption Competition. You can win \$20 if you submit the funniest caption! Check out page 9.

A number of coaches assisted **Josh Blakey** with conducting a Futures Clinic whilst some helped **Tim Cowell** hunt for hidden gems in the Talent Squad Program. Thank you to everyone who gave of their time to help.



#### **Rebel Junior Sports Star**

**Daniel Marsh (Squash),** Iona Anderson (Swimming), Mahli Beardman (Cricket), Mia Kretzer (Skateboarding), Spencer Harrison (Golf), Taylah Preston (Tennis)

#### Hyundai Sport Initiative of the Year

LGBTQIA+ Allyship in Sport Program (UWA Sport),
School Programs Free Squash Initiative (Squash WA),
Sensory Convergence Container (WA All Abilities Football Association)

#### **Organisation of the Year**

Football West (Football), Rugby WA (Rugby Union), Squash WA (Squash)

## Squash WA: Administration



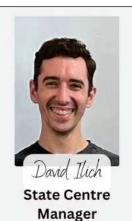


Engagement Officer



Josh Blakey

Junior Development Officer



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## **Behind the Scenes**

with Leigh Kaye

It's a short and sweet one from me as we have a very demanding workload in the office this month!

- · There are a number of grant applications and acquittals due.
- · We're preparing for the Club Forum on Wednesday 19 February. Please ensure at least one representative from your club registers.
- · Setting up and running pennants and league through Revo has unearthed a few creases which require ironing out, and plenty of support to clubs accordingly.
- We're getting the necessary items and reports together for the AGM which is coming up on 26 March

   please save the date!
- · Promoting the West Coast Open using every channel at our disposal (link and flyer further down).

If you haven't yet signed up for the latter, please do so soon. It will be your last chance to play in a Perth Metro tournament until the WA Open in June!

Rankings and membership statistics have been omitted this month but will be back for the March edition.









World Squash Day - Saturday 11 October 2025



## 2025 TOURNAMENT CALENDAI

## JANUARY

22-23	Summer Talent Camp**	Belmont
24	Summer Futures Talent Clinic**	Belmont
25-26	Australia Day Open Next Gen (k	(ings Park)

## MARCH

8	Marmion Junior Classic <b>B</b>	Squash Factory
11-16	Australian Open	TBC
21-23	South West Open S	Bunbury

## MAY

2-4	Geraldton Open <b>B</b>	Geraldton
16-18	Broome Invitational	Broome
17	Marmion Junior Teams	Squash Factory
30-1/6	Golden Open PSA C-6 B	Kalgoorlie

## JULY

5-6	WA State Jnr Individuals G**	Belmont
7-8	WA State Jnr Zone Teams G**	Belmont
10	Winter Futures Talent Clinic**	Belmont
18-20	WA State 35+ Champs**	Belmont

### SEPTEMBER

2, 3, 8	Trans-Tas Masters	Belmont/Mirrabooka
5-13	Aust. Masters Cham	ps Mirrabooka
13-14	Cambridge Junior Te	eams Cambridge
19-20	Vic Park Open	Vic Park
26-28	Country Week Team	s** Mirrabooka
28-1/10	Aust. Junior Champs	S IND P TBC

### *NOVEMBER*

1	Stars Gala and Awards Night**	TBC
14-16	Great South. Wheatbelt Teams	Katanning
22-23	Squashathon**	Mirrabooka
28-30	Cambridge Open PSA-3 -B	Cambridge





### **FEBRUARY**

14-16	West Coast Open S**	The Squash Factory
15-16	Australian Doubles Op	en QLD
28-2/3	Esperance Open PSA-S	Sat B Esperance

### APRIL

13-17	Australian Junior Open P	VIC
22	Autumn Futures Talent Clinic**	Belmont
23-24	Autumn Talent Camp**	Belmont

### JUNE

5-8	WA Open Intl. PSA-C6**	TBC
6-8	HEAD Junior Classic <b>S</b> **	TBC
19-24	Aust. National Championships	QLD
20-22	South West Masters Teams	Busselton

#### **AUGUST**

1-3	FeNaClNG Teams	Dampier
8-10	Ice Cold Winter Teams	Mirrabooka
13-14	Interschool Competition**	Mirrabooka
22-24	Leschenault Classic Teams	Leschenault

## OCTOBER

1-3	Aust. Junior Champs TEAMS P	TBC
8	Teachers Games	Mandurah
9	Spring Futures Talent Clinic**	Belmont
24-26	Busselton Invitational	Busselton
31-1/12	WA Closed S**	Belmont

#### DECEMBER

7 Belmont Junior Classic Belmont









## Australia Day Open in Kings Park

**25-26 January** 



Australia Day Open: Royal Kings Park 25-26 January 2025			
EVENT	Winner	Runner Up	Third
Mens Open	Oscar Curtis	David Ilich	Lewis Christie
Mens Div 1	Fawer Ocampo	Jacob Curry	Ashton Clement
Mens Div 2	Bryn Holland	Ryan Callegari	Mark Rukuata
Mens Div 3	Ferris Xu	John Tetlow	Tom Grieve
Mens Div 4	Emilio Chiarenza	Ryan McGrath	Onnie Biswas
Masters Div 1	Greg Laurence	Stuart Wilkinson	Paul Ratcliff
Masters Div 2	Paul Griffith	Edward Gatti	Kieron Finlay-Mulligan
Masters Div 3	Dennis Heathcote	Ryan McGrath	Lou Cotter
Ladies Open	Pascale Louka	Hannah Slyth	Joannah Hitch
Ladies Div 1	Leigh Barnes	Sydney Ennis	Michelle Hodge
Ladies Div 2	Joey Scott	Kayla Clarke	Evie Clark
Ladies Div 3	Vera Bruce	Ella Clarke	Olivia Lynch
Masters Div 1	Emma Handreck	Erin Zolnier	Kim Duffecy
Masters Div 2	Debbie Shahar	Christine Reston	Di Cook
Junior Novice D1	Ethan Shahar	Miranda Clarke	Leo Ferguson
Junior Novice D2	Hugo King	Harrison Hitch	Evie Callegari















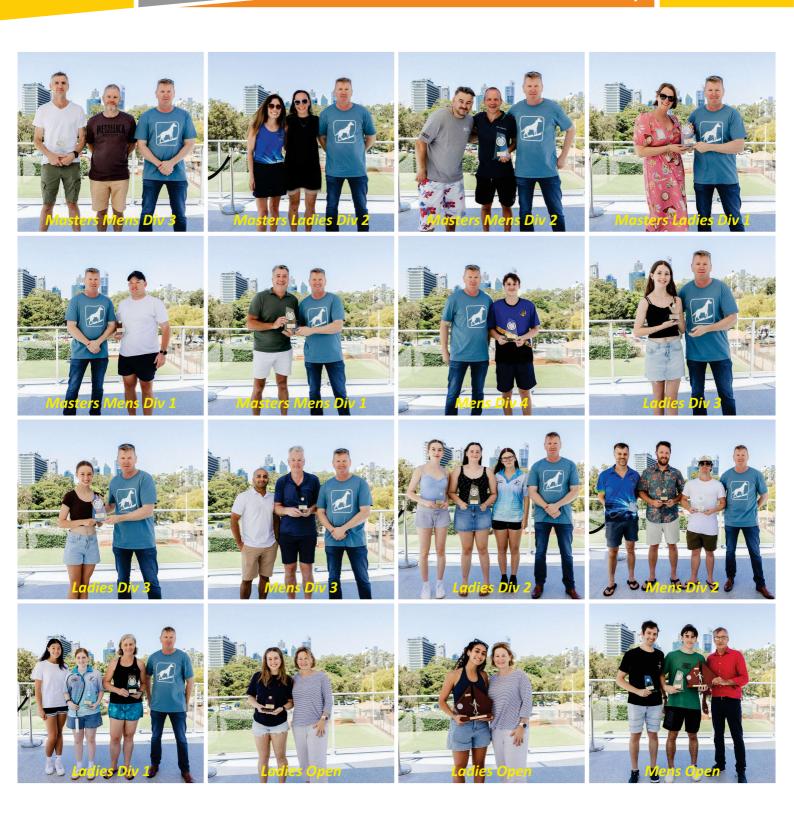
Div 1 Top: Div 2 Bottom





## Australia Day Open in Kings Park

**25-26 January** 



## Thank You





















Monday Pennants | Monday League | Tuesday Pennants | Wednesday Day League | Sunday Junior League

IT'S TIME FOR YOUR SCHOOL TO ENTER THE

# 12025 HEALTHWAY INTERSCHOOL SQUASH COMPETITION

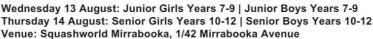
3 person teams | Round Robin competition Point a rally scoring | Timed squash











Cost: \$8 per student. No registration fee.

Registration: schoolsportwa.com.au by Monday 28 July. More information: engagement@wasquash.asn.au







## **Bits & Pieces: Caption Competition**

with Serena Richardson

We have started a caption competition on social media where we post a photo and award a \$20 Belmont Racquet Shop voucher to the person who writes the funniest caption.

Below are our December and January winners!



"Hey can you believe I dropped my trophy?"



"If you ever put a picture of my face on a shirt again there is going to be hell to pay"



For those of you not on social media, you too can take part. Email <a href="mailto:engagement@squashwa.asn.au">engagement@squashwa.asn.au</a> with your caption for our February



## Your invitation to become a Sponsor

2025 WA Open International

Promote your brand by supporting squash ... the world's healthiest sport!











Thank you once again to our wonderful sponsors of the 2024 WA Open International















2025 WEST COAST OPEN

> AND NEW YEAR'S BASH (JUNIOR-SILVER)

FRI 14 - SUN 16 FEBRUARY AT THE SQUASH FACTORY, WANGARA



KIM DUFFECY





















RAI

HAMPION

SOUASHWORLD MIRRABOOKA

SEPTEMBER

TRANS TASMAN TEST SERIES 3rd, 4th & 8th INDIVIDUALS 5th-7th

**TEAMS** 9th -13th













**ESPERANCE SQUASH CLUB PRESENTS...** 

SQUASH TOURNAMENT

28th February -THE DATE 2nd March

QUASH EST. CLUB 1967

#### **ENTRY REGISTRATIONS OPEN IN JANUARY**

Contact the Esperance Visitor Centre for any accommodation aueries



www.visitesperance.com/stay



THE PERFECT OPPORTUNITY FOR A SCHOOL HOLIDAY GETAWAY IN BEAUTIFUL MANDURAH!

PROFESSIONAL DEVELOPMENT

Please keep in mind that matches will be scheduled and commence from 5pm on Friday.

**HEALTH AND WELLBEING ACTIVITY** 

SOUASH COMPETITION ON 8 OCTOBER

WELCOME FUNCTION TUESDAY 6 OCTOBER



## **2025 Futures Clinic**

with Josh Blakey



I was excited to be asked to run another Futures Clinic as part of Squash WA's Pathway Programs. I was also thrilled to see 26 juniors aged from 6 through to 12 years of age signed up, and knew we were going to need a good group of assistant coaches to make sure each participant got the most out of the day.

For this clinic, the assistant coaches and I worked on instilling in the juniors the importance of playing a volley and knowing when to use one in a game.

At the start of the day, we observed many of the juniors struggling to hit even one, but by the end of the day they were confidently playing volleys during gameplay.

Thanks to the help of coaches Hannah Slyth, Sydney Ennis, Lockie Jamieson, Luke Jamieson Jnr, Charlie Richardson and Nic Whittaker, the juniors all seemed to progress well throughout the day and have plenty of fun in the process.

Special thanks to Kellie Thomas for preparing a healthy morning tea and lunch for all the hungry juniors (and coaches)!

I can't wait to see how well they've all improved next time.





## **2024 WA Annual Awards**

Coach of the Year

Congratulations

**Michelle Jones** 

The six nominations from the squash community were:

- 1. Derek Nunn Vic Park
- 2. Josh Blakey Marmion
- 3. Katy Scott Belmont
- 4. Michelle Jones Mirrabooka
- 5. Ryan Eaton Mirrabooka
- 6. Sue Hillier Vic Park

And the winner was ... Michelle Jones! ... and here's why:



Michelle Jones is part of the very fabric of Mirrabooka Squash Club. She is not only the club's Vice President and merchandise coordinator, but also finds time to be a Thursday junior program coach.

Having achieved her Level 1 coaching accreditation some time ago, Michelle runs a fortnightly Girl's Squad to help Mirrabooka's young ladies refine the basics in a fun, supportive, and inclusive environment. While Michelle may never coach high-performance athletes or travel with a state team, her impact on the future of our sport is undeniable. Over the past year, she has focused on what our sport desperately needs: grassroots development. She's been reaching the kids who aren't already involved in squash, those whose parents may not be familiar with the sport.

For decades, our sport has been in decline, largely because there aren't enough coaches like Michelle – coaches who are passionate about introducing squash to new audiences.

Michelle dedicates countless hours to nurturing young players. Her contribution goes beyond just her club; she also coaches under the Squash WA banner, bringing energy and enthusiasm to Junior Tournament Tours, Squashathon, and school programs. Her commitment to fostering the next generation of squash players is exactly the kind of leadership our sport needs to not just survive, but thrive.

Michelle's passion and dedication are reshaping the future of squash by making it more inclusive and accessible. She is the kind of coach who plants the seeds for long-term growth in our sport. Michelle creates opportunities for kids to experience and fall in love with squash, just like our squash family has. What Michelle does has a profound knock-on effect on our sport. She has shown a genuine commitment to squash, and helping young people reach their full potential.







## **PROUDLY PRESENTS**

## MARMION JUNIOR CLASSIC -B

## **SAT 8TH MARCH 2025**

@ The Squash Factory, 18 Garino Rise, Wangara







Ability-based Junior Tournament Bronze AJST Event PLUS "CLASSIC CUP DOUBLES"

(Saturday afternoon after the individuals)

Enter via Revo: www.revolutionise.com.au/msctsf/events/268493

Tournament Director and Referee: Sue Cowell



## SQUASH FACTORY





## **Coaches Corner: Talent Squad Program**

with Tim Cowell

**22-23 January** 





Our Talent Squad program kicked back into action this year, with our Summer camp taking place on 22 and 23 January at the State Squash Centre.

The camp was an opportunity to see how the juniors had gone over summer, as well as a chance to see some others on the fringe of selection do their thing for us to see. A call out to junior coordinators was put out for any other juniors they felt might be potential starters in the program, so thanks to their assistance for recommending a few.

The first part of the camp was the fitness testing, some had already completed them whilst for the others it was to get a base of results to work off.

**2 x 5 minute Court Sprints** - Our version of a time trial. The repeat is to see what their recovery is like, seeing the difference between both sets. Most of them were fairly consistent.

**'Y' Test** - A quick movement test to check their agility, features change of direction and movements done on the court Horrizontal Jumps - 2 feet and single feet. Testing not just power but balance when landing.

**Push up Test** - Not your traditional do as many as you can in 30 secs or 1 minute, rather seeing what their range of movement is like and keeping form. Walls and benches were used to get better depth of movement.

**Sit Up Test** - Again, not a quantity test, but if they could perform certain degrees of difficulty, highlighting where their core strength is at.

**'Long Lunge'** - Squash requires a lot of lunging and the more flexible we are, the greater our reach can be, however that also requires strength which is what this can test. Some struggled for flexibility, whilst we had a few quite flexible but lost balance. Hold the lunge for 20 secs and see what distance you can hold.







## **Coaches Corner: Talent Squad Program**

with Tim Cowell

The next round of testing was the solo skills tests. 2 minutes to get as many repetitions as you could. Tests included the backwall drive, service box drives, short line volleys, drop shots and sidies. Solo is a great way of improving technique as glaring problems are hard to hide if you are trying to progress more reps consistently.

When it came to the drills and strategy based part of the camp, the motto was a simple: back to basics. The players have the idea in their mind of what shots to play but lacked the skills to execute it well enough. A focus back into a good, strong position and hitting more accurately started to unlock these, especially when getting back into game based activities late in the camp.

This was evident big time in the serve and return of serve session, where only a couple of courts were able to progress into a rally, whilst others found they returned the ball into the middle of the court far too often. The solution here is to try and get them moving their feet more on the return of serve to get into position (something spoken about in this column once or twice before).

A big thanks to our coaching contributors over the couple of days, with Sue Hillier, David Fear and Eric Gray (fitness testing). Thanks to Ryan Eaton and Jason Rawling for volunteering their time, and to Christian Hetebrij for coming on board once again to offer some psychology support across the year. In particular, starting off the year with some goal setting and how they intend to try and achieve them will hopefully set our players up well for the year.

Off court thanks also to the office staff of Josh Blakey and Serena Richardson for their efforts with the camp. The challenge for the players now will be to go back and work on those simple skills on court, alongside the basic movements which were tested which will go a long way to getting them stronger and more efficient in the squash specific areas they need it.





## **Bits & Pieces**

with Serena Richardson

#### **Officiate with Confidence Education Sessions**

Squash WA recently delivered Code of Conduct education sessions across three different locations. **Luke Jamieson** delivered sessions at Blue Gum and Belmont, and **Neil Butler** a session at Mirrabooka.

A major aspect we wanted to cover was how to deal with challenging or aggressive behaviour. Over the years, many people have been driven away from our sport because of this; having turned up to get some exercise and have fun while doing it. Luke and Neil explained what steps a player and referee can take when faced with this sort of behaviour which resulted in a multitude of questions and rich discussion.

These well-attended sessions were engaging, informative, and well-structured. All who attended learned a lot about the importance of sportsmanship, respect and etiquette, both on and off the court. Luke and Neil did a great job in making the content relevant to all players, regardless of skill level.

This series will be repeated before each pennant/league season, so if you missed out on one of these, there will be more chances to attend. Those who may have thought of questions after attending (or just have a question in general) are encouraged to contact the office to be put in contact with either Luke or Neil. Your question might even feature in next month's SWAN!



## Refereeing - Let's Play Fair

with Neil Butler

**Distraction** 

Often I'm asked about distractions during a game and what can be done about it. In this case I am going to include word for word Rule 12 – DISTRACTION

- 12.1. Either player may request a let because of distraction, but must do so immediately.
- 12.2. If the distraction was caused by one of the players, then:
- 12.2.1. if accidental, a let is allowed, unless a player's winning return was interrupted, in which case the rally is awarded to that player;
- 12.2.2. if deliberate, Rule 15 (Conduct) must be applied.
- 12.3. If the distraction was not caused by one of the players, a let is allowed, unless a player's winning return was interrupted, in which case the rally is awarded to that player.
- 12.4. At some events crowd reactions during play may occur. To encourage spectator enjoyment, Rule 12.3 may be suspended, and if sudden crowd noise occurs, players will be expected to continue play and referees will not ask spectators to be quiet. However, a player who stops play and requests a let because of a loud or isolated noise from off the court may be allowed a let for distraction.

In recent times there have been calls for more crowd participation during games and this has been equated to Big Bash Cricket with loud music. flame throwers, etc.

Even at tennis there are calls for more crowd involvement however in our game where the crowd is so close to the players, the crowd involvement has to be tempered.

This is particularly so when a game is about to begin, and the audience is still chatting away reasonably loudly for all to hear about "last night's meal" or "did you hear about ....", or worse, still talking on their mobile phone.



This can be distracting to the players, officials and other spectators. Yes, we need crowd involvement to show appreciation to the players for the skills that are on display.

The odd gasp here and there during a rally has to be accepted by players and officials.





## Refereeing - Let's Play Fair

with Neil Butler

**Distraction** 



Attempt the impossible in order to improve your work

**Bette Davis** 

At the end of the rally, appreciation can also be shown as long as it is in the "spirit of the game".

On some occasions after a rally which has shown the true skills of both players, there is silence and I think to myself "this a hard crowd to please when most could only dream of using the skills that have just been displayed".

This would not be a distraction but a show of appreciation.

I received the following question this month.

"Is there any rule that requires a referee to give an explanation for a decision?"

The writer provided these additional comments:

"I never give an explanation. An explanation invites further discussion or argument. In my younger, more tolerant days, when asked for an explanation, I would advise the player to see me after the match to discuss my reasoning. There was never a time when the invitation was accepted. If a player is intending to play competition, they should learn the rules beforehand and not expect to be tutored in the middle of a match."

The writer's comments are true to some extent, but Rule 3.7.11 states the Referee may give an explanation for a decision.

In the case of an appeal against a decision of the Marker, the Referee would state their agree or disagreement with the decision.

In the case of an appeal for interference the referee may give an explanation which is short, sharp and straight to the point, eg. 'minimal interference', 'winning return'.



Should the player wish to go on with the discussion, then this would be dealt under Rule 15 – Conduct as 'dissent to an Official'.

Quite happy for the writer to contact me to discuss further.







# **EDUCATION PATHWAYS**



#### **Head Coach**

International National Education sessions

Assessor eligibility



**Tournament Referee** 

Education sessions Assessor eligibility

International National

#### **Head Coach**

National State

Pathway Programs (Performance)

**Education sessions** 

Assessor eligibility



## 

#### **Tournament Referee**

National Team State Team Education sessions Assessor eligibility



### **Entry/Experienced Referee**

State-level Tournaments **Education Sessions** 



#### **Entry/Experienced Coach**

School Programs

Club Development Squads

Zone Squads

Pathway Programs (Talent, Youth and Futures)



## **Apprentice/Entry Coach**

Club Junior Programs Futures/Youth Clinics

Pathway Programs (Youth and Futures)



## 

#### **Apprentice Referee**

Club-level Tournaments **Adult Competitions** Junior Competitions





Department of Local Government, Sport and Cultural Industries

Contact the office for more information.



# **JUNIOR** DEVELOPMENT **PATHWAY**

**Squash WA Academy** National/Intl



Squash WA State Team



Squash WA
Pathway Programs

Youth > Talent > Performance

#### **Events**

- Tournament Tours
- School holiday camps and clinics
- Squashathon

## Competition

- · Junior Pennants/League
- · Senior Pennants/League
- Tournaments
- National
- International

..or just for fun!

Inter-club **Zone Squads** 





Development Squads







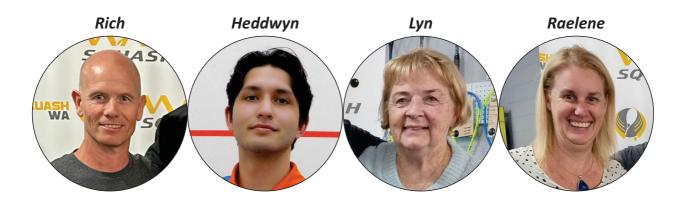




Department of Local Government, Sport and Cultural Industries



## **Leagues & Pennant**



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











WESTERN AUSTRALIA

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







## **2024 Junior State Team Major Sponsor**





## **Squash WA Directory**

The Back Wall

## The Squash WA Board

















,	/
PRESIDENT	VICE-PRESIDE

TREASURER

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BOARD MEMBER

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Treasurer:	Rick Elkington	<u>ricke@iinet.net.au</u>	0417 985 300				
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Member:	Diego Hernandez						
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	35	+ Masters Committee					
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