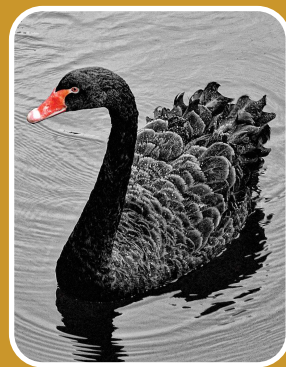




SWAN



SQUASH WA NEWSLETTER : MARCH 2025



2025 West Coast Open Champions
Congratulations : Isla Harris and Andreas Christou



Great to see the fresh faces of Isla Harris and Andreas Christou emerge as the 2025 West Coast Open Champions ... congratulations!

Canberra born, but now living on the Gold Coast, **James Lloyd** took out the **Lucky Bay Brewing Esperance Open PSA-Sat-B** beating NSW's Thomas Scott 13-11, 11-9, 6-11, 11-6. #1 seed Remi Young blew a 2 games to 1 lead over Thomas Scott in the semi final to eventually lose 8-11, 11-4, 11-9, 6-11, 8-11. Life didn't get any better the next day for Remi losing the 3v4 playoff against Arthur Law 3-11, 11-4, 11-9, 11-8.

Pascale Louka dominated the Ladies Open winning the final 11-2, 11-7, 11-4 against Lisa Christou.

A VERY BIG CONGRATULATIONS to Squash WA for being recognised and awarded the Organisation of the Year at the recent WA Sport Awards. The organisation has not only been very active but has also significantly improved the health of our great sport.



Organisation of the Year ... **and the winner is ... Squash WA !!!**

"From Juniors through to Masters, Squash WA strive to create participation opportunities for all. With the backing of sponsors eager to support the sport, Squash WA have provided sustainable pathways for participants to engage with the game now and for a long time to come. 2024 saw Squash in WA exceed expectations, with the newly returned delivery of the WA State Masters Title attract a huge 93 entries across ages ranging from 35 years through to over 80 years. And with the state body in control of a revamped State Squash Centre since last July, the game in WA is well placed to take advantage of their entry to Olympic competition in LA 2028".

- EXTRACT FROM THE SPORT WEST WEBSITE

Squash WA : Administration



Leigh-Anne Kaye
General Manager



Serena Richardson
Engagement Officer



Roxy Edery
Administration



Josh Blakey
Junior Development
Officer



David Illich
State Centre
Manager



Behind the Scenes

with Leigh Kaye

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Squash is BUZZING!

Pennant and League numbers are up, with 62 Day League players, 48 Monday Pennant and 155 Tuesday Pennant players. The sheer number of tournaments on offer this year is incredible. Junior programs are growing steadily, and some are even bursting at the seams with numbers upwards of 35-40. There are new players calling, emailing and turning up at both metro and country clubs, and membership registrations are also on the rise. At the end of the last financial year, we were sitting at 1,601 registrations. At the time of this month's SWAN being published, we have surpassed this figure already with 1,644 registrations and still four months to go!

Thank you to those who took time out of their busy schedules to attend our Club Forum on 19 February, either online or in person. The purpose of these Club Forums is to provide information about what's happening in squash, and how we're doing as a sport. Not all the information is relevant to all clubs, but most of the topics are based on questions being directed to the office. Huge thank you to Serena for putting the PowerPoint together and sorting all the logistics for the night.

One of the points that I forgot to raise was to ask for people who were keen to put their hand up to form a Junior Sub-committee. Now that juniors are going gang busters, we'd love some new parents to come forward with new ideas, and help Squash WA build on the already promising future by volunteering to contribute to a junior committee. If you are interested and can spare a few hours a month, please get in touch with me.

We are thrilled to be working with court operators to develop a new activity across metro centres. A new Friday night competition will soon be hitting a centre near you. More information will be provided as the finer details are locked in.

For those who may not know – Squash WA recently won the 2024 Sportwest Organisation of the Year award! Considering we were up against Rugby WA and Football West, as you can imagine, we are very chuffed! We were also a finalist for the Initiative of the Year award with our free squash for schools initiative, and Daniel Marsh was a finalist for the Junior Sportstar of the Year award. Read more about the nominees and winners for all the award categories here: <https://www.sportwest.com.au/sportwest-awards/>.

We are always looking for sponsors to support our tournaments, junior pathway and state grade competition. Now that Squash is on the up and up, it's never been a better time to dive right in to share and experience the impending growth of squash with us.

In September we will be hosting the 2025 Australian Masters National Squash Championships which will attract 450 to 600 participants from every state and territory. Any businesses that

Become a SPONSOR

We invite you to be part of the
2025 WA Open International!
A range of sponsorship levels
with numerous benefits are
available. Contact the office
today for more information.

gm@squashwa.asn.au

See Page 15



Behind the Scenes

with Leigh Kaye

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would like to join us for the ride should reach out to the office right away, as through this event, we can elevate you on a national platform and an enormous level of exposure.

The office and Board are thrilled to announce that Josh Blakey has joined the office team as a part time Junior Development Officer. Josh has hit the ground running and doing a fantastic job already with his extensive knowledge of all things squash. Josh is now looking after everything school and junior related.

Coming up next is the AGM on Wednesday 26 March (<https://www.revolutionise.com.au/squashwa/events/280897>), and then a series of education opportunities:

Level 1 Coach Certification 29-30 March

(<https://www.revolutionise.com.au/squashwa/events/276310>).

Level 1 Referee Certification 26 Apr

(<https://www.revolutionise.com.au/squashwa/events/283699>).

Level 1 Referee Certification 15 Jun

(<https://www.revolutionise.com.au/squashwa/events/283700>).

Lastly, just a quick shout out about a gorgeous photo that was taken at the recent West Coast Open. The youngest and oldest players of the tournament posed for a photo which has melted the hearts of many! Six year old Harrison Hitch was snapped with 85 year old Ray Villaroya.



**SQUASH
WA**



NOTICE OF ANNUAL GENERAL MEETING

SQUASH WA

TOGETHER, WE SHAPE A BRIGHTER FUTURE FOR SQUASH.

6.30PM, WEDNESDAY 26 MARCH 2025

STATE SQUASH CENTRE, BELMONT

A ZOOM LINK WILL BE PROVIDED TO COUNTRY CLUBS



Fuel to Go & Play™

revolutioniseSPORT



Membership Stats

5

Financial Members per Club											
By Club	Total	Unpaid/ Digital	Support	Lifestyle		Local		Compete		Total	
				Adult	Junior	Adult	Junior	Adult	Junior	Adult	Junior
Mirrabooka	212	23	5	16	44	88	19	16	1		148
Cambridge	147	69	5	5	3	45	6	6	8		130
Eastern Goldfields	141	9	0	6	25	86	13	1	1		102
Esperance	135	6	0	13	2	97	6	7	4		123
Blue Gum	105	7	1	2	2	73	5	6	9		89
Belmont	96	18	1	10	2	50	2	6	7		85
Mandurah	95	31	0	23	1	30	1	5	4		89
Broome	88	4	0	5	0	61	5	12	1		82
Vic Park	82	7	0	18	3	42	4	5	3		72
Busselton	71	5	0	3	0	45	16	1	1		54
Geraldton	71	7	0	1	0	41	7	9	6		58
Marmion	70	11	1	3	3	23	14	8	7		46
Bunbury	59	3	0	13	1	27	3	11	1		54
Karratha	46	3	0	1	0	32	9	0	1		36
Leschenault	41	9	0	5	0	19	5	3	0		36
Narrogin	39	16	0	3	0	17	2	1	0		37
Dampier	31	4	0	4	1	22	0	0	0		30
Manjimup	27	2	0	2	0	21	0	2	0		27
Wickham	25	2	0	3	5	8	0	7	0		20
Katanning	20	9	0	2	0	7	0	2	0		20
No Club	16	8	0	0	0	5	0	3	0		16
Maddington-Gosnells	12	0	0	0	1	10	0	1	0		11
Kununurra	5	4	0	0	0	1	0	0	0		5
Moora	5	1	0	0	0	2	1	0	1		3
Wongan Hills	4	0	0	0	0	4	0	0	0		4
Tom Price	1	1	0	0	0	0	0	0	0		1
Totals	1,644	259	13	138	93	856	118	112	55	-	1,378

Total	1644	Metro	740	Country	904
Males	1173	Metro	523	Country	650
Females	458	Metro	208	Country	250
Other	13	Other	9	Other	4



2025 TOURNAMENT CALENDAR

JANUARY

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

MARCH

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

MAY

2-4	Geraldton Open 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 Champs	Mirrabooka
13-14	Cambridge Junior Teams	Cambridge
19-20	Vic Park Open	Vic Park
26-28	Country Week Teams**	Mirrabooka
28-1/10	Aust. Junior Champs 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 Open	QLD
28-2/3	Esperance Open PSA-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 S**	TBC
19-24	Aust. National Championships	QLD
20-22	South West Masters Teams	Busselton

AUGUST

1-3	FeNaCLING 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
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West Coast Open & New Year's Bash

7

14-16 February

*Thanks Kim Duffecy
(Tournament Director)*

The West Coast Open was a weekend of exciting matches, fantastic community atmosphere and some impressive wins. The Men's and Women's Open titles were claimed respectively by rising stars Andreas Christou and Isla Harris, who also triumphed in their junior divisions.

The tone for the weekend was set when the first match of the tournament, Fiona Whooley vs Lisa Christou, became a nail-biting five-game thriller where Fi edged out Lisa 13-11 in the final game. Similarly, Muradali Mukadam became our unofficial player of the tournament. Muri took every single one of his matches to 5, and eventually won Division 2 of the Men's Masters.

Off the court, camaraderie was exceptional. Players of all levels offered coaching and support to each other,



Tournament Director Kim with Marmion Squash Club and the Squash Factory's Sue

both for the playing of the games, the reffing of matches and learning how to operate Revo.

Congratulations to all the winners, participants and spectators for making the West Coast Open a successful and enjoyable event.

*Thanks Luke Jamieson
(Tournament Referee)*

This year's West Coast Open showcased exceptional sportsmanship and outstanding player behaviour. While the spirit of the game may not be an official rule, the contenders embodied it wholeheartedly, demonstrating fair play, sportsmanship and integrity with every shot played.

Conduct on and off the court set a remarkable standard, reinforcing the essence of this fine long-standing tournament.

West Coast Open & New Year's Bash : Marmion 14-16 February 2025			
EVENT	Winner	Runner Up	Plate
Mens Open	Andreas Christou	Jacob Curry	Stuart Wilkinson
Mens Div 1	Josh Blakey	James Quirke	Bob Price
Mens Div 2	Marco Amazzini	Alex Clarke	
Masters Div 1	Danny Zande	Ryan Callegari	
Masters Div 2	Muri Mukadam	Mauro Amazzini	Josh Mitchell
Ladies Open	Isla Harris	Fiona Whooley	
Ladies Div 1	Jess Jellis	Kayla Clarke	Laney Rawling
Masters Div 1	Khris Wiaceck	Terry Brookes	
Masters Div 2	Marianne Thoroughgood	Di Cook	
Junior Boys D1	Andreas Christou	Luke Jamieson Jnr	
Junior Boys D2	Domenic Christou	Emilio Chiarenza	
Junior Boys D3	Toby Trewern	Nic Whittaker	
Junior Girls D1	Isla Harris	Sydney Ennis	
Junior Girls D2	Kayla Clarke	Laney Rawling	
Junior Mixed	Amalie Jacobs	Carmela Christou	Hugo King
Junior Novice	Miranda Clarke	Isla Quirke	



West Coast Open & New Year's Bash

8

14-16 February



Junior Girls Div 2



Junior Girls Div 1



Junior Boys Div 3



Junior Boys Div 2



Junior Boys Div 1



Junior Mixed



Junior Mixed Novice



Ladies Masters Div 2



Ladies Masters Div 1



Mens Masters Div 2



Mens Masters Div 1



Ladies Div 1



Mens Div 2



Mens Div 1



Ladies Open



Mens Open



LET'S MAKE SOME POSITIVE CHANGES ...

9

The BALL is in your COURT!

Sport is an Australian way of life. It brings people together, transcending differences in language, ability, culture and beliefs, and provides physical, social and economic benefits. Athletes, supporters and fans should be able to participate in and celebrate sport, confident in the knowledge that they are part of a safe, ethical and inclusive environment. **Every single one of us has an obligation to protect and maintain the integrity of our sport, as well as the health and well-being of all participants.**

2025 will be a year of positive change for squash. From now on, behaviour that breaches our Code of Conduct or the rules of squash, will be met with consequences. More information on this will soon appear in our competition by-laws and tournament T&Cs, with a number of guides and resources also in development for clubs to utilise.

In the five weeks leading up to the beginning of the current Pennant/League season, we ran a social media campaign tackling a variety of topics. Here are the 'wraps' we did at the end of each week.

WRAP: Looking after our Referees

KEY TAKEAWAYS



1 When YOU referee a match, is every single call perfect? Do you expect this of people who are refereeing your match?



2 Aggressive/challenging behaviour from players and spectators is literally STOPPING people from becoming accredited Referees, and is HURTING our sport.



3 Without Refs, there is NO SQUASH!



WRAP: Being better role models for our juniors

KEY TAKEAWAYS



1 Having a welcoming, family-friendly atmosphere can increase your membership when families know it's a good place to send their kids!



2 Juniors learn to be fair and have fun by watching adults behave in the right way.



3 What are little eyes seeing around your Club?



WRAP: Wellbeing, on and off the court

KEY TAKEAWAYS



1 Looking after our social and emotional wellbeing is as important as keeping our body healthy.



2 When we're feeling emotionally healthy, we can be fully present with our family, friends and community. AND play our best squash!



3 We've scoured the universe for some amazing resources you can share with your members and/or print and display at your centres.



WRAP: Squash Etiquette



1 Be friendly, respectful and honest towards markers and referees. They're probably not experts and are doing the very best they can.



2 Arrive at least 15 minutes early for your pennant/league match, or one hour early for your tournament match.



3 When you sign up for a competition or tournament, you are making a COMMITMENT. Turn up, don't be late, and mark/ref before you go!



4 Be patient with event organisers. Running any kind of event is NO MEAN FEAT, and takes a LOT of time, focus, and patience.



COACHES COURSE

Saturday 29 and Sunday 30 March 2025

Delivered by Level 2 Coach Paul Kershaw

- 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 Level 1 accredited.
 Foundation level also available online.



WHAT SCHOOL STAFF AND EVENT ORGANISERS HAVE TO SAY...



The sessions were fantastic and highly engaging for our students. They enjoyed the activities the squash coaches delivered and they were developmentally appropriate so every child experienced success.
-Henley Brook PS

“ ”

I just wanted to touch base to let you know how well received the squash clinic was yesterday. The few kids I spoke to at the end of the day said that was their favourite part (especially loved the inflatable structure!) and the staff all said your coaches were amazing. We're very excited to have you back in for future programs!
-Curtin University Carnaby Kids School Holiday Program

“ ”

The coach was friendly, inclusive and knowledgeable about squash. Some students in the school had special needs and didn't want to be involved at a whole class level so he was able to set them up with a different activity and worked 1 to 1 with them while the rest of the class were involved in the inflatable activity. He then came around to help those students in the inflatable activity. He had a really good rapport with the students and they responded well to his instruction. He made some of the activities harder and more challenging and the older students really enjoyed this. Overall the students had a great time, they had lots of fun and were excited to be given a wristband to redeem free court hire so they could play squash with their friends and family in the holidays.
-Weld Square PS

“ ”

The coaches were very motivating and engaging at our school sport expo held at HBF Arena. All students participated with enjoyment and a number of them have since looked to take up squash!
-Currambine PS

“ ”

“ ”

FREE incursions to suit YOUR needs.

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 M 0406 007 142
 or scan the QR code



“ ”

Our coach was fantastic. She really engaged the kids and knew what she was doing.
-Multicultural Services Centre WA (MSCWA)



NOTICEBOARD



Bits & Pieces: Caption Competition

11

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, January and February 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.



Draw me like one of
your French girls.

- Chris Poke

March Caption Competition



For those of you not on social media, you too can take part. Email engagement@squashwa.asn.au with your caption for our March competition.

25-26 January

Firmly established now as one of the most exciting tournament additions to the WA squash calendar; the Australia Day Open 2025 at Next Generation in Kings Park and hosted by the dedicated team at Mirrabooka Squash Club, was an outstanding success and credit to all involved.

If you haven't experienced the Next Generation facility before, do yourself a favour and come check it out ... it is undoubtedly Western Australia's most prestigious, luxurious, and best resourced, multisport facility. All of the players especially appreciated the world class standard of Next Gen's 5 glass back squash courts with sprung floors, and in a WA first, fully airconditioned! Well, almost this year ... but still the coolest Perth courts over the weekend.

*A VERY BIG thank you goes to **Liam Kinneally**, our new general manager, who very generously endorsed our tournament this year! He is a big supporter of squash, and we are very grateful to him for his support. He ensured that not only the players, but also their families could come and enjoy squash in a comfortable and relaxed resort-like environment for a full 4 days!!*

Adding to the fun and intrigue of the weekend was our surprise celebrity match between none other than two football legends Bryan Cousins and Steve Malaxos. Channel 7 came down for courtside coverage of the terrific match, which was commentated by our very own squash legends Dean Williams and Paul Stephan. This event made the news Saturday night, putting squash front and centre in the public eye.

A big win for squash!! Inspired by football legend Bryan Cousins, this year also heralded a meaningful and thought-provoking element to the Saturday RKP Reunion dinner spectacularly MC'd by Amanda Hopps. Bryan addressed a topic that has touched many, if not all of us at some point in our lives. Courageously sharing his story and life experiences with mental health and the subsequent addiction that can result, he touched the hearts of all those present, with some tears shed.

We are incredibly grateful to Bryan for his generosity of spirit and so blessed to be part of such a great sport. One that not only provides physical fitness and fun, but most importantly, an outlet and a supportive community to turn to when things feel out of control. Squash is indeed the worlds healthiest sport.





Australia Day Open in Kings Park

13

25-26 January

This year also hosted an All-Star Legend panel of WA squash royalty, consisting of Barbara Wall, Barbara Oldfield and Dean Williams. What a treat it was to be entertained by the stories, special moments and life lessons that arose from their special relationship with squash.

With 14 divisions, including a Junior Novice Event, Women's Masters, Men's Masters Women's Div 1 and 2, Men's Div 1 -5 along with the Men's and Women's Open divisions, the squash was fierce and competitive with all players displaying outstanding sportsmanship behaviour both on and off the court.

The depth of competition was explosive in the Men's Open matches. Our very own Next Gen star Renato Rodrigues made a valiant effort right down to the wire, but succumbed to Lewis Christie and his last flurry seeing him take the win 11-9 in the 5th set. Dave Illich and Oscar Curtis made up the Men's Open final, a great match with Dave succumbing Oscar's shot making and consistency. A very big congratulations Oscar Curtis for taking out this event.

The Women's Open draw saw two closely contested semi-finals matches with Sporting Hall of Fame veteran Sue Hillier taking on and finally succumbing to the younger, up and coming Hannah Slyth in a tight 4 setter. Well done Sue, you are an undisputed champion of the sport both on and off the court. The second semi-final was between Pascale Louka and Jo Hitch, Pascale the victor and the odds-on favourite was up against Hannah in the final.

The Australian Silver Medallist Award, awarded to the "player of the tournament" for the most significant contributor to the joy and positive spirit for all this year went to a very worthy recipient Taylia Shahr Well, Done!!

A big thank you to Kane Fasolo, Greg Blycha, Dean Williams and Amanda Hopps who kindly agreed to present the awards for the rooftop presentation ceremony. With the support of Mirrabooka Squash Club this year as tournament sponsor, our organisers team had great depth, and we are very grateful to all who contributed and supported the tournament.

Serena as always, you are a star! HUGE effort audio visual team Andy, Richo and especially Gys!! And thank you Michelle for your excellent photography capturing those special moments for us over the weekend. Serena, your input and assistance was also very much appreciated, thank you!

A very special acknowledgement goes to Paul Stephan, our tournament director who worked tirelessly and selflessly behind the scenes for the event. The organisation, leadership and support he extended to the team was amazing, another outstanding effort this year Paul!

As always in a spirit of positivity and can-do attitude our wonderful tournament director, Kane Fasolo did an exemplary job in taming the Revo beast, overseeing the smooth running of all matches. Our official referees Neil Butler and Luke Jamieson, who not only give generously of their time but often have the unenviable task of making those tough calls in tight situations! Thank you ALL for your amazing work over the weekend.

Can't wait for 2026!! Where a few more surprises will await this popular tournament event ...

2025



SOUTH WEST OPEN

SAT 22- SUN 23 MARCH

Mens, Ladies, Masters, Juniors (AJST Silver), and Novice Juniors (non-AJST)



South West Sports Centre,
1 Rotary Drive, Withers

**Friday night welcome function at Last Slice
(free but RSVP ESSENTIAL)**

Saturday night dinner and entertainment \$30

CONTACT BRAD FOR MORE INFO ON 0419 316 866



ASO

AUSTRALIAN JUNIOR OPEN

APRIL 13-17 2025

MELBOURNE SPORTS & AQUATIC CENTRE

SQUASH AUS

DUNLOP

UPCOMING EVENTS





Your invitation to become a Sponsor

2025 WA Open International

15

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

Become a SPONSOR

We invite you to be part of the **2025 WA Open International!** A range of sponsorship levels with numerous benefits are available. Contact the office today for more information.

gm@squashwa.asn.au



SPONSOR SPOTLIGHT
WARTHOG WORKSHOP WASHERS
www.warthogwashers.com.au G18 email: admin@warthogwashers.com.au

Thanks Mike Genders!

I have owned an engineering workshop for most of my adult life and during that time it became obvious there was a need for an inexpensive, effective and environmentally friendly way to clean workshop parts.

Previous to Warthog, the only option for automatic part washers had been a costly water-based hot wash. These are expensive to run and need constant servicing, particularly under a heavy workload. Using a water hose also means fine particles in the solution can dry on the parts, which requires the use of rust inhibitor. When cleaning internal parts, after every hot wash a hand wash in degreaser is also necessary.

It became clear that a hot wash not only resulted in higher energy bills but also created its own set of inefficient processes too. Hence the beginning of my development of the Warthog Parts Washer.

I designed and built the Warthog Parts Washer to eliminate these issues. Being a cold wash it's inexpensive and easy to operate, and using a degreaser as the cleaning agent lowers your parts clean and ready to use after one wash only. Even with a heavy workload, servicing is significantly reduced with Warthog, compared to a water-based hot wash.

In addition to designing and building an effective parts washer, it was also vitally important for me to keep running costs to a minimum while still being eco-friendly. This meant a 30-gallon degreaser needed to be created - and with that in mind I formulated EcoSolvent.

I designed and built my own distiller so that all used degreaser collected from workshops when servicing would be treated, reused and recycled. This process has meant a cheaper degreaser for the client and an environmentally sound product as no waste generated from the distilling process is collected and recycled.

Testimonials:

"We use two Warthog Washers, 1200 and 600 in our workshop. The washer is easy to use and has sped up the turnaround time on the dirty jobs. They are reliable and are made in Australia."
Ben Guller, Director, Guller Mechanical Repairs, Victoria

"We have three workshops in our business and they all have a Warthog 600. The parts washer is a ripper and works well cleaning everything. We save money as the machine is automated and my staff can work on something else while the parts washer is cleaning. The machine is a low cost option compared to other products on the market."
Adam McGrath, Service Manager, Mowers Galore

SPONSOR SPOTLIGHT
HAWTHORN CIVIL & MINING SERVICES

Hawthorn

A wonderful supporter of Squash in Western Australia
Major Sponsor: 2024 WA Open International

Thank you!

At the end of the day, it's all about the people. The people who make the difference. The people who make the difference. The people who make the difference.

At the end of the day, it's all about the people. The people who make the difference. The people who make the difference. The people who make the difference.

SPONSOR SPOTLIGHT
LITTLE BROWN RABBIT

If you have the opportunity ... please support our sponsors in the spotlight! They support our sport in so many ways.

Little Brown Rabbit Photography started in 2015, shortly after owner Michelle's daughter Eleanor turned one. Michelle's work and business is constantly evolving to keep up with safety regulations, new techniques, etc. but with the same core principles at heart: classic imagery, a heartfelt welcome and authentic service.

Michelle has a natural ability to make clients feel like they're old friends, and make suburban toddlers love her. She photographs connection and emotion. Michelle's main clients are pregnant mums and their families, newborn babies, older babies and families, but loves to include pets in all her photographs.

Michelle's ideal client is someone who desires classic, timeless, heart-inspired art of their family. The experience should be fun and relaxing, and Michelle goes out of her way to make sure it is.

Next time you want some simply MAGICAL photos taken of your loved ones, throw your business Michelle's way and support one of our awesome supporters of squash!

Website: www.littlebrownrabbit.com.au
Facebook | Instagram | WhatsApp
Text: 0451 992 636

SPONSOR SPOTLIGHT
BRICK STRUT

Richard Grain (affectionately known as Grainy), started Brickstruct in 2007. Brickstruct is a provider of all aspects of bricklaying services, specialising in feature work. Anyone who knows Grainy will vouch that he is an exceptional craftsman with a sharp attention to detail. So next time you need some beautiful brickwork completed, please throw your business his way and support one of our awesome supporters of squash!

El: brickstruct@gmail.com M: 0434 302 876

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Patricia Davidson (affectionately known as Paddy), started Balmain Glass 22 years ago, back in 1995. Balmain Glass can look after ALL your glass needs including installation and repairs of windows, doors, shower screens, mirrors and more. The team at Balmain are also available after hours for emergency repairs. So next time you need some glass installed or repaired for your home or business, please throw your business Paddy's way and support one of our awesome supporters of squash!

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THANK YOU

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



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**

Enquiries: Sue Cowell 0416 082 778 scowell@hotmail.com



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

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3rd, 4th & 8th

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2025

**WA OPEN
PSA-CHALLENGER 6
AND HEAD JUNIOR CLASSIC (SILVER)**



**PSA
CHALLENGER
TOUR**



6-8 JUNE 2025
@ **SQUASHWORLD MIRRABOOKA**
PSA EVENT COMMENCES 5 JUNE 2025

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

EARLY BIRD RATES UNTIL 18 APR
REGULAR RATES 19 APR - 1 JUN
ENTRIES CLOSE 9PM 1 JUN



**TEACHER'S
GAMES**

**6-8 OCTOBER
MULTI-SPORT EVENT**

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

- ✓ PROFESSIONAL DEVELOPMENT
- ✓ HEALTH AND WELLBEING ACTIVITY

SQUASH COMPETITION ON 8 OCTOBER
SAVE THE DATE
WELCOME FUNCTION TUESDAY 6 OCTOBER

CAN I PLAY??
SCHOOL, TAFE OR UNI

TEACHERS
ADMINISTRATORS
GARDENERS
CLEANERS
EDUCATION ASSISTANTS
CHAPLAINS
NURSES
RETIRES

FULL-TIME
PART-TIME
CASUAL
RELIEF





Coaches Corner: Junior Coaching

with Tim Cowell

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What to do when you have more kids than courts!?

It's a great problem to have, more kids than courts in a program. Unfortunately, not all centres have courts aplenty, but even then, having enough supervision can be the limiting factor rather than available court space.

This term at Cambridge has presented some interesting challenges. Our Junior club has seen 30+ each week so far, which means at least 5 players per court. We currently have Lake Monger PS attending for a sporting schools program with 40+ students and Jolimont PS about to do the same to us throughout March.

Our original plan for our Junior Program was to cap it to 30 players, so on day 1 when 32 show up, you feel well we can't knock them back and a couple told us they would be here next week. So, we initiate 'Court 7' –

Court 7 is now the club room space downstairs, which has been cleared out and has plenty of room for us to set up our agility ladders, hurdles and a striking exercise, aimed to replicate the impact of the shot in their swing. With a couple of groups rotating through this we can still get 30 minutes of court time and 15 minutes of activity time for their 45 minutes of training.

Our next overflow option is Court 8! This will be in the upstairs gallery and can feature similar coordination and agility activities, or some bouncing/balancing challenges as well with the racquets. 2 different courts can rotate through this, making sure all our groups are getting sufficient time on court. At this point however, it's now a new weekend session for any new players who want to join.

The school program has presented a different challenge and because of supervision, we just use the 6 courts. The classes have already sorted their students into groups. The groups will do 3 rotations, so the same challenge is set up on two courts for the groups to complete. Problem #2 is enough equipment for everyone, so the balancing act is which activities need bulk eyewear and or racquets and which ones don't.

Each session has featured a serve challenge, one challenge focussed on the others in the group catching, the other has focussed on the movement. Depending on the ball used (we use the foam ball) only 1 racquet is needed and minimal eyewear.

The second activity was either a relay based or hand eye challenge. Rob the nest featured in one session - our stash of old squash balls came in handy here for them to pick up 1 at a time and place back into their container. Buckets, shoe boxes or Cube storage containers (great as the can be stored flat) come in handy



Coaches Corner: Junior Coaching

with Tim Cowell

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here - no racquets or eyewear required.

The relays do require racquets, foam balls come in handy here. Balancing, solo bouncing, stealing balls from each other, there are a number of different hand eye challenges that can be done here that can cater for a group from 4-10 players comfortably.

The last activity was our rally court. Week 1 we divided the court up into quarters, with a foam ball, 8 students could be having mini rallies into the corner. We placed a cone down about a metre from the front wall as a bonus target to try and promote smaller hitting for safety. The 2nd week progressed to front half-court game, with the larger Karakal Big Balls or Dunlop beginner balls. The others would have to wait behind the service box, with cones placed as a reminder to stay behind.

As far as equipment goes, I would recommend clubs investing in:

- **Agility ladders and hurdles** - get the indoor non-slip options for the squash court.
- **Reaction Balls** - These are great fun for their reflexes, especially for off court activities
- **Old Squash Balls** - Even if a break here or there, your old flat squash balls can still serve a purpose, with a number of movement activities possible
- **Containers** - Recycled shoe boxes are one option, otherwise I've just invested in the cube storage containers from Kmart/Ikea. They fold back up when not in use, great to use as targets or containers for multiball activities
- **Foam balls** - Stress balls or the Squash Australia/Big Hand options. Great for your young players to start with as well
- **Cones** - Targets, Safety and group organisation, this is a must for any kit. If you break a squash ball, split it in half and they can be a handy target to use as well.

Contact me or the Squash WA office if you need a hand finding where to purchase any of the above.



5 simple tips to have the Fuel to Go & Play®

Our nutrition experts at Fuel to Go & Play shared 5 simple tips with us to ensure you perform at your best both on and off the court!

1. Eat well everyday, aim for 2 fruit and 5 veg!

- Building a foundation diet based on the 5 core food groups everyday will provide you with the building blocks you need to perform at your best. You don't need to try and change everything in one go, start small by adding one different coloured vegetable to your meal!

2. Stay hydrated with water

- With over 50% of your body being made up of water, having your water bottle on hand is literally essential! Aim for at least 2 litres per day with extra on event and training days!

3. Build the energy stores in your muscles the night before a key event with a carbohydrate rich meal

- Your muscles need to be full of energy to perform at their best. Eating a carbohydrate rich meal the night before your event will help to give you that winning edge! Think classic spaghetti bolognese or vegetarian stir-fry with rice.

4. Event morning

- Your body still uses energy whilst you sleep, so a carbohydrate rich meal or snack before you leave the house will ensure you hit the court ready to go.

5. Don't rule out recovery!

- Having a meal with a mixture of protein, carbohydrates and vegetables and staying hydrated with water within 1 hour after you finish will help back up your performance. Keep it simple with a chicken and salad wrap or burger loaded with salad!

To learn more, visit www.fuelto.go.com.au





Refereeing - Let's Play Fair

with Neil Butler

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Etiquette

Etiquette on and off the squash court is part and parcel of being a squash player.

The following list shows the way we expect players to show respect for the game, their opponent, the marker and referee, and the spectators.

For Players:

- Wear neat and tidy clothing.
- Juniors must wear glasses at all times whilst on the court.
- Take your turn to mark and referee a match.
- Be ready to play your match when called
- Players must be on court within ten minutes of the previous match having been completed. Ideally players should be ready to go on court immediately after the previous match has been completed.
- Tournament rules generally require players to check in at least 15 minutes before their scheduled match time. Pennant By-laws require players to be present 10 minutes before the advertised start time of the fixture.
- Acknowledge your opponent's good shots.
- Own up to your 'not-ups' and 'downs'.
- Retrieve the ball for the server if it's closer to you.
- Don't smash the ball around the court between rallies
- Never argue with the referee.
- Control your temper.
- Shake hands at the end of your match, and acknowledge the marker and referee.
- Usually, the winner offers to buy their opponent a drink

For Spectators:

- Be a good sport when watching – applaud other teams' good shots as well.
- Do not call out during a rally.
- Cheer for your players.

Generally:

- Never comment on anyone's gender, race, religion or ability.
- Do not use your mobile phone unless using it for keeping score!

Next month we'll have a look at etiquette for parents.



Advice is what we ask for when we already know the answer but wish we didn't.

Erica Jong



LUCKY BAY BREWING ESPERANCE OPEN

21

28 February - 2 March

2025 Lucky Bay Brewing Esperance Open ... Thanks [Jacqui Tonkin](#) (President, Esperance Squash Club)

Almost 100 people, across 10 divisions, travelled from near and far to participate in last weekend's Lucky Bay Brewing Esperance Open! With the start of almost 200 matches commencing Friday evening, the weekend was filled with awesome rallies, tight games and fun banter and camaraderie amongst the squashies and their families who attended!

With Deb, Craig and the crew keeping everyone well fed and watered at the club, as well as having Dan the Man from 'Massage on the Run' keeping our bodies aligned, the weekend ran smoothly under the guidance of Tournament Director, Brad Grinter and Tournament Referee, Neil Butler. With Grints and Lovers (Matt Lovejoy) in the hot seat, they took on Revo together to ensure the weekend was efficiently and effectively scheduled and organised. We thank these gentlemen for the many hours of time, energy and effort that went into managing the tournament draws, fixtures and refereeing over the weekend and leading up to the Open!

A massive shout out to all the sponsors and Esperance Squash Club committee and volunteers who made the weekend viable.

Congratulations to all the division and plate winners, and special mention to the Open winners Pascale Louka and James Lloyd.

We hope to see many new and familiar faces at next year's tournament over the March long weekend! Book early, ready for next year, for another amazing tournament held in Esperance! See you at the courts!

Esperance Open : Esperance 28 February to 2 March 2025			
EVENT	Winner	Runner Up	Third
Mens Open	James Lloyd	Thomas Scott	Arthur Pak Ki Law
Mens Div 1	Daniel Zande	Chris Chan	Alexander Marsh
Mens Div 2	Daniel Hogan	Royce Newton	John Tetlow
Mens Div 3	Onnie Biswas	Massimo Chiarenza	Russell Blackall
Masters Div 1	Jason Patmore	Dan Jones	Brendan Marsh
Masters Div 2	Michael Mears	Daniel Richardson	Andy Jones
Ladies Open	Pascale Louka	Lisa Christou	Jacqui Tonkin
Ladies Div 1	Barb Wood	Ann-Jeanette Bass	Melanie Crockett
Masters Div 1	Barb Wood	Pat Barker	Terry Brookes
Junior Mixed D1	Aiden Finlay-Mulligan	Alvaro Blackall	Alexander Marsh



LUCKY BAY BREWING ESPERANCE OPEN

22

28 February - 2 March



Ladies Open



Mens Open



Mens Div 1



Mens Div 2



Mens Div 3



Ladies Div 1



Mens Masters Div 1



Mens Masters Div 2



Juniors Mixed Div 1



Ladies Masters Div 1

★ **Congratulations** ★

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



SQUASH

Play in a weekly comp!

Pennants

Monday & Tuesday Nights

League

Monday Nights & Wednesday Mornings

Junior League

Sunday Mornings

**All abilities
All ages
All welcome!**

Email engagement@squashwa.asn.au,
visit www.squashwa.asn.au or scan the QR code.



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.

**SQUASH
WA**



EDUCATION PATHWAYS

LEVEL 2

Tournament Referee
National Team
State Team
Education sessions
Assessor eligibility



LEVEL 1

Entry/Experienced Referee
State-level Tournaments
Education Sessions

LEVEL 1

Entry/Experienced Coach
School Programs
Club Development Squads
Zone Squads
Pathway Programs (Talent, Youth and Futures)



FOUNDATION

Apprentice/Entry Coach
Club Junior Programs
Futures/Youth Clinics
Pathway Programs (Youth and Futures)



LEVEL 0

Apprentice Referee
Club-level Tournaments
Adult Competitions
Junior Competitions

LEVEL 3

Tournament Referee
International
National
Education sessions
Assessor eligibility



LEVEL 3

Head Coach
International
National
Education sessions
Assessor eligibility

LEVEL 2

Head Coach
National
State
Pathway Programs (Performance)
Education sessions
Assessor eligibility

COACH REFEREE

JUNIOR DEVELOPMENT PATHWAY



**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**



**Club
Development
Squads**



**Club Junior
Programs**



Open Days



School Programs



Department of
Local Government, Sport
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Major Sponsor Recognition

27

Our Vital Partners ... Thank You



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2024 Junior State Team Major Sponsor





The Squash WA Board

							
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Squash WA Board			
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Board Member:	Kim Duffecy		
Squash WA Administration			
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Country Steering Committee			
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Member:	Yvette Clement	Board Liaison	
Member:	Daniel Richardson	Mirraboooka, Host Venue Liaison	
Member:	Hollie Siebert	Eastern Goldfields	
Member:	Jake Hendry	Geraldton	
Member:	Mathew Church	Manjimup	
Member:	Daniel Mines	Dampier	
35+ Masters Committee			
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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