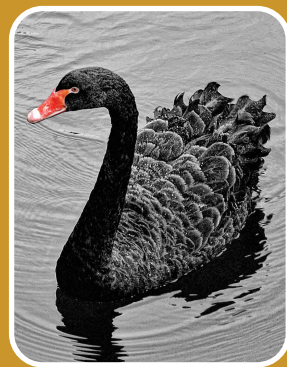




SWAN



SQUASH WA NEWSLETTER : APRIL 2025



2025 SOUTH WEST OPEN CHAMPIONS
CONGRATULATIONS : FIONA WHOOLEY and ARTHUR LAW



Congratulations to **Fiona Whooley** and **Arthur Law** for taking out the South West Open. Fiona won her final comfortably but Arthur had to fight all the way to beat Remi Young. Arthur, the defending champion, had to fight back from 1-2 down and eventually took the open title 12-10 in the 5th!

Let's have some fun off the court!

Firstly, you can enter the April Caption Competition for a chance to win a Bunnings voucher! Secondly, you can enter the Junior Art Contest. Wouldn't it be cool to design the 2025 Squashathon shirt. What a buzz it would be to see your design used extensively to promote the event on posters, flyers, etc.



SQUASHATHON 2025: JUNIOR ART CONTEST

Design this year's Squashathon shirt!

Draw, paint, or use graphic design software.

The only two rules are:

1. Make it squash related.
2. Keep to the bright Squashathon brand colours of purple, pink and blue.

Don't miss this awesome opportunity to have your artwork used as the design for the Squashathon 2025 shirt, flyers and posters! Enter as many times as you like.

The winner will receive free entry to the event (valued at \$75).

Submit your design to engagement@squashwa.asn.au.

Acceptable formats: PDF, JPG, PNG and AI.

Entries close 31 July 2025

GOOD LUCK

Squash WA : Administration



Leigh-Anne Kaye
General Manager



Serena Richardson
Engagement Officer



Roxy Edery
Administration



Josh Blakey
Junior Development Officer



David Ilich
State Centre Manager



Behind the Scenes

with Leigh Kaye

3

Over the last few weeks, the office has spent a significant amount of time completing grant acquittals for our Healthway schools programs, and DLGSC funding which features a large Sports Governance Standards process.

Membership fees dropped another 25% on 1 April as per the Squash Australia pro-rata agreement. Earlier this month, I volunteered my time to assist at the Easy Times Brewing Australian Open in Brisbane, and BOY was it an amazing experience.

I was asked to run the 36-strong volunteer crew from entry and exiting the venue, to carrying player bags, ushering and court servicing. I learnt about how much goes on behind the scenes of a world class event like this, and what personnel like Squash TV staff, media, photographers and PSA staff do and don't do. The comments from PSA staff about the event, crowds and location was really positive and I believe this tournament has put Australian squash back on the map.

Annual General Meeting

Many people hear the words AGM and look to find the largest rock they can find to hide behind. I know this, because I used to do the same. This year we had 60 + individuals from 22 Clubs attend the Annual General Meeting, which is 81% of our Member Clubs. This is the biggest turn out for many years!

Squash Australia CEO Robert Donaghue was present online throughout the meeting and took questions from anyone who asked them.

Our member clubs voted in the new 'umbrella model' virtual club that we have talked about for just over 18 months, and we are excited about developing this for our sport.

Three positions were up for re-election and four nominations were received. After voting was complete, there were no changes to Board members.

We have many fantastic people in our squash community who volunteer their time to their clubs and/or to Squash WA. We also have passionate people in our community with questions, thoughts and great ideas. Thank you.

The Board and office of Squash WA are always keen to answer questions to ensure our clubs and players know what's going on. The more you know, the more invested you become, and the quicker our amazing sport grows.

Whilst we send invitations to our member clubs and our life members, anyone is welcome to attend an AGM to listen, learn and ask questions. If anyone has any ideas on how we can jazz up the AGM moving forward, we are all ears! 🙋

2025 WA Open

Squash WA will run the 2025 WA Open international as a Challenger 6 in both Men and Women in June this year, and we would LOVE to break the 200 entries we achieved last year. We will have the exciting opportunity to once again see players in the world's top 100 doing their thing.



Behind the Scenes

4

with Leigh Kaye

Everyone in the squash community, from juniors and parents, to coaches and our elite, are encouraged to come along and enjoy a week of amazing squash.

Huge thanks to this year's sponsors (so far) in **Department of Local Government, Sport, and Cultural Industries, Healthway, and Warthog Workshop Washers.**

We are looking for additional sponsors, so if you are interested in a mutually beneficial sponsorship arrangement, please reach out to the office.

There will also be a call out for WA Open volunteers to do a few tasks across the five days. If you're keen, again please let us know. You can even just reply to this newsletter.

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.

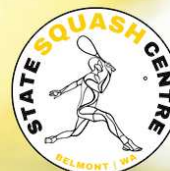
gm@squashwa.asn.au

See Page 17



STATE GRADE MID SEASON STANDINGS

1		Belmont Saints	27
1		Mirrabooka	27
3		Cambridge Trick Shots	25
4		Blue Gum Sharks	19
5		Mirrabooka Stars	13



HOLIDAY OPENING TIMES

Friday 18 April (Good Friday) CLOSED

Saturday 19 April 9.30am-2pm

Sunday 20 April 9.30am-2pm

Monday 21 April 9am-2pm

Tues 22, Wed 23 & Thur 24 April 9am-9pm

Friday 25 April (ANZAC Day) CLOSED

Normal opening times from Saturday 26 April onwards.

Queries?
Call 0468 421 524 or email centremanager@squashwa.asn.au



Membership Statistics

5

Financial Members per Club											
By Club	Total	Unpaid/ Digital	Support	Lifestyle		Local		Compete		Total	
				Adult	Junior	Adult	Junior	Adult	Junior	Adult	Junior
Mirrabooka	220	27	5	19	44	88	19	17	1	156	64
Eastern Goldfields	151	9	0	7	32	87	14	1	1	104	47
Cambridge	150	71	5	5	3	46	6	6	8	133	17
Esperance	135	6	0	13	2	97	6	7	4	123	12
Blue Gum	105	7	1	3	2	72	5	6	9	89	16
Mandurah	98	32	0	23	1	32	1	5	4	92	6
Belmont	98	20	1	10	2	50	2	6	7	87	11
Broome	89	4	0	5	0	62	5	12	1	83	6
Vic Park	84	8	0	20	3	41	4	5	3	74	10
Geraldton	75	11	0	1	0	41	7	9	6	62	13
Busselton	72	6	0	3	0	45	15	1	2	55	17
Marmion	70	12	1	3	3	22	14	8	7	46	24
Bunbury	66	5	0	13	1	30	3	12	2	60	6
Karratha	47	3	0	2	0	32	9	0	1	37	10
Leschenault	41	9	0	5	0	19	5	3	0	36	5
Narrogin	39	16	0	3	0	17	2	1	0	37	2
Dampier	31	4	0	4	1	22	0	0	0	30	1
Manjimup	27	2	0	2	0	21	0	2	0	27	0
Wickham	25	2	0	3	5	8	0	7	0	20	5
Katanning	20	9	0	2	0	7	0	2	0	20	0
No Club	16	8	0	0	0	5	0	3	0	16	0
Maddington-Gosnells	12	0	0	0	1	10	0	1	0	11	1
Kununurra	5	4	0	0	0	1	0	0	0	5	0
Moora	5	1	0	0	0	2	1	0	1	3	2
Wongan Hills	4	0	0	0	0	4	0	0	0	4	0
Tom Price	1	1	0	0	0	0	0	0	0	1	0
Totals	1,686	277	13	146	100	861	118	114	57	1,411	275

Total	1686	Metro	755	Country	931
Males	1198	Metro	537	Country	661
Females	467	Metro	209	Country	258
Other	21	Other	9	Other	12



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
---	------------------------	---------





Marmion Junior Classic

thanks Sue Cowell

8 March

7



Proudly sponsored by IN FRONT AUSTRALIAN BUSINESS SOLUTIONS, the 2025 Marmion Junior Squash Classic was held on Saturday 8 March 2025. We had juniors participate that represented Marmion, Mirrabooka, Cambridge, and Blue Gum squash clubs.

The challenges of Revo and the new registration system were a factor in the reduced number of entrants this year. We were however, treated to some amazing squash from our new stars of the future and we congratulate all our participants on their great sportsmanship throughout the day.

Divisions 1 through to 4 played a 5 round-robin format with Division 5 & Novice (merged) playing a 4 round-robin format. Except for Division 5 & Novice, we managed to have all our matches Live Scored. Division 5 & Novice were excellent in their hard copy scoring and refereeing. Thank you to the parents who assisted them.

Marmion Junior Classic		The Squash Factory 8 March 2025	
Event	Winner	Runner Up	Third
Division 1	Luke Jamieson Jnr	Jonathan Groenewald	Sydney Ennis
Division 2	Toby Trewern	Ruby Foo	Kayla Clarke
Division 3	Laney Rawling	Ella Clarke	Olivia Lynch
Division 4	Miranda Clarke	Holly Bourn	Parker Romanelli
Novice	Lillian Gallemore	Calean Thomas	John Bourn
Doubles	Div 1 Winners	Abhin Behl & Will Rawling	
	Div 1 Runner Ups	Sydney Ennis & Olivia Lynch	
	Div 2 Winners	Nicholas Whittaker & Ruby Foo	
	Div 2 Runner Ups	Conall Fletcher & Evie Clark	
Sportsmanship Awards	Girls	Olivia Lynch	
	Boys	Hayden Lake	



Marmion Squash Club President **Shaun Billowes** presented the Sportsmanship Awards to Olivia Lynch (Mirrabooka) and Hayden Lake (Marmion).

Unfortunately, most of the presentation photos were blurry so they have not been included here. Our sincere apologies.





Marmion Junior Classic

8

thanks Sue Cowell

8 March



At the conclusion of the individuals we then had 14 juniors compete in our timed doubles event. Because of the wide range of abilities we decided to run 2 divisions with Div 1 having 4 teams and Div 2 with 3 teams. Matches were extremely close with two teams in Div 1 ending up on equal points! The winner was decided by who had won their respective match!

It should be noted that 10 Year Old Abhin Behl was the defending Champion from last year!

A huge vote of thanks to Josh Blakey for his dedication, encouragement and “Revo” know-how in helping to get this tournament up and going. Thanks to Leigh Kaye and Serena Richardson at Squash WA for helping us through the last few hurdles.

Thanks to our wonderful parents for manning the canteen and providing some yummy food throughout the day.

*Once again thanks to our major sponsor **Jason Rawling** representing **In Front Australian Business Solutions** for their invaluable support of this event. We also thank our host venue The Squash Factory and the awesome support of the Marmion Squash Club.*

We look forward to seeing everyone at our next junior event being the 2025 Marmion Junior Teams Challenge on 17 May 2025.



Div 1 Doubles



Div 2 Doubles

**SQUASH
FACTORY**

18 Garino Rise, Wangara



RIP



Rest in Peace Bob

Vale Robert (Bob) Paterson (22/11/1944 – 11/03/2025)

It is with much sadness we inform the Australian squash community of the passing of Bob Paterson. A man of vision, a developer, builder and with wife Lynne, original owner of the Marmion Squash centre located in Padbury. He was a forward thinker, pioneer of the sport of squash in Perth, WA, and certainly did the Northern suburbs a great favour in building the Marmion Squash centre.

Bob, along with wife Lynne, established the Marmion Squash Centre in 1973. While there were several squash centres south of the river at the time, squash courts were few and far between in the Northern coastal area, meaning that playing squash also involved travel. The Marmion Squash Centre soon became popular. The building itself catered for functions and other occasions for members. Many fabulous nights were had by all downstairs in the club room.

The Marmion Squash Courts soon became a hub for a burgeoning squash community. A creche was available from day one, which encouraged women with young children to become involved in the sport, many of whom continue to play squash and have remained firm friends to this day.

His passion was to also develop young players in the sport, and one of his innovations was establishing our successful Marmion Mighty Midgets junior club, which is still running today. Bob and the Paterson family created a warm, friendly inclusive environment loved by all.

Marmion Squash Club is forever thankful to Bob for his tireless work for squash in general and in establishing our club. 51 years later we are still strong and embracing the true family virtues of those early years he ingrained. Bob will always be remembered sincerely by all who came in contact with him. Condolences to Lynne, Donna, Sandy, Scott and families. Bob was a special man.



NOT ↓ ICEBOARD

COUNTRY CITY

JUNIOR SQUASH OPEN

A collaboration between
Busselton and Mirrabooka
Squash Clubs

Friday 9th and Saturday 10th May 2025
Sebel Resort, Busselton
NO ENTRY FEE | PRIZES GALORE!
Discounted accommodation
(pay nothing until you arrive):
2 brm studio (sleeps 2) \$194/night
2 brm apartment (sleeps 4) \$286/night
3 brm apartment (sleeps 6) \$339/night



South West Open Championships

11

22-23 March

The 44th South West Open was played in Bunbury at the South West Sports Centre over 22 and 23 March. This year saw 103 competitors play across 19 divisions, split into Men's, Ladies, Masters, Juniors and Novice Junior.

With the tournament being listed as an AJST Silver event, it was great to see a third of the entries made up of juniors, with many of them participating in both the junior and main draw events.

After a full day of games starting at 8am, the club hosted a Saturday night function at The Rose Hotel, which was a great opportunity to catch up with familiar faces and recap the day's play. Seeing so many people at the tournament and the function really highlights the strong community we have in our sport and state!

When the division finals came around on Sunday afternoon, we saw Andreas Christou defeat Luke Jamieson Jnr (3-0) in Boys Division 1, Fiona Whooley defeated Bronwyn Lewis (3-0) in the Ladies Open, and Arthur Law defeated Remi Young in a five-game thriller, with Arthur coming back from 2-1 down and getting up 12-10 in 5th. This is Arthur's second SW Open win, after winning last years event as well!

The Girl's Division 1 was a round robin which was won by Josie Jones, with Sydney Ennis finishing runner up. The novice division was won by Lucy Mackenzie with Leo Ferguson finishing runner up. Dan Jones and Khris Wiaceck took out the Men's and Ladies Masters titles.

Not only was it great to see so many competitors come down over the weekend, but also a strong contingent of Squash WA personnel in Board members Ryan, Katy and Yvette, GM Leigh-Anne Kaye, and even Squash Australia Board member Greg Blycha. Some played, and others were there just to help where they could, offer advice and field many questions from the squash community. The work you guys are doing is appreciated and it's great to see you around and participating in tournaments at ground level.

Overall, the weekend was a success with some great squash being played and smiles all round. A huge congratulations to all division winners.

A big thank you to Luke Jamieson for being tournament referee, our club sponsors and to all the members of the Bunbury Squash Club that volunteered and helped throughout the weekend. We enjoyed hosting you all and hope you continue to support regional squash and come back in 2026!

South West Open Championships		Bunbury 22-23 March 2025
Event	Winner	Runner Up
Mens Open	Arthur Law	Remi Young
Mens Div 1	Andreas Christou	Jamie Herring
Mens Div 2	Sean Brockman	William Gentsch
Mens Div 3	Dominic Christou	Mark Rukuata
Mens Div 4	Brandon Kitt	Luke Missack
Mens Div 5	Dale Ramage	Ryan McGrath
Mens Div 6	Mason Craig	Jeff Rose
Mens Div 7	Tyler Stone	Vincent Rodgers
Mens 35+ Div 1	Dan Jones	Brendan Marsh
Mens 35+ Div 2	Clifton Risk	Tom Grieve
Ladies Open	Fiona Whooley	Bronwyn Lewis
Ladies Div 1	Teagan Scott	Jessica Jellis
Ladies Div 2	Kayla Clarke	Evie Clarke
Ladies 35+ Div 1	Khris Wiaceck	Cindy Parsley
Boys Div 1	Andreas Christou	Luke Jamieson Jnr
Boys Div 2	Tyler Stone	Toby Trewern
Girls Div 1	Josie Jones	Sydney Ennis
Girls Div 2	Evie Clarke	Ella Clarke
Novice	Lucy Mckenzie	Leo Ferguson





South West Open Championships

12

22-23 March





Bits & Pieces: Caption Competition

13

with Serena Richardson

The winner of last month's competition is **Louise Jamieson!** We've even added a special little something to the photo in honour of the winning caption.

March Caption Competition

"With a little bit of this, and a little bit of that, and shake your tail."
- Louise Jamieson



This month's subject is Grainy (AKA Board Member Richard Grain) snapped at the 2024 Stars Gala Awards Night. **Who will write the funniest caption?**

April Caption Competition



Thanks to Olly Godson for taking all the beautiful photos at the event, and to our models each month for (quite nervously) agreeing to let us use their photos.

The next few months' prizes will be \$20 Bunnings gift cards, thanks to the legends at **Bunnings Belmont!**

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

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



NOT ICEBOARD



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.

BOOK US IN FOR YOUR SCHOOL OR EVENT NOW!!



**E engagement@squashwa.asn.au
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)



**SPORTING
School**
OPTIONS AVAILABLE



2024 WA Annual Awards

15

Junior Player of the Year

Congratulations

Daniel Marsh



Following on from jointly winning the 2022 Junior of the Year award with Josie Jones for his service to juniors at both club and state level, **Daniel Marsh** was crowned the 2024 Junior Player of the Year.

The annual Junior Player of the Year award is a performance-based award, the winner of which is selected by Squash WA, rather than through nominations from the squash community.

As at 31 December 2024, Daniel was ranked #1 in Western Australia for U19 Juniors, #2 in WA's U23 rankings and #3 in the WA Open Mens rankings.

Throughout 2024, Daniel participated in tournaments in Western Australia, interstate and overseas, played State Premier League, loyally representing his home club, Belmont Saints Squash Club.

Daniel 2024 Highlights included:

- ★ *Scottish Junior Open – Plate Winner BU19*
- ★ *British Junior Open – Plate Winner BU19*
- ★ *Australia Day Open – Plate Winner Men's Open*
- ★ *West Coast Open – Winner Boys Division 1*
- ★ *Esperance Open – Winner Boys Division 1 and 3rd Place Men's Open*
- ★ *South West Open – Winner Junior Division 1 and 3rd Place Men's Open*
- ★ *Australian Junior Open – 5th Place BU19*
- ★ *Oceania Junior Championships – 4th Place BU19*
- ★ *Australian National Championships – Plate Winner Men's PSA*
- ★ *WA State Junior Championships (Individuals) – Winner BU19*
- ★ *WA State Junior Championships (Zone Teams) – Led South to 1st Place*
- ★ *Australian team selection for the World Junior Championships and Trans-Tasman Test Series*
- ★ *World Junior Championships, Houston – Highest finishing Australian boy*
- ★ *Australian Junior Championships – 2nd Place BU19*

Junior Player of the Year

Past Winners

2005	Sam Brown
2006	Jake Davidson
2007	Emily Bunting
2008	Tim Cowell
2009	Sam Brown
2010	Walter Koteka
2011	Walter Koteka
2012	Eloise O'Connor
2013	Zoe Massam
2014	William Curtis
2015	William Curtis
2016	William Curtis, Greg Chan
2017	Greg Chan
2018	Greg Chan
2019	Erin Classen, Oscar Curtis
2020	Oscar Curtis
2021	Erin Classen
2022	Oscar Curtis
2023	Oscar Curtis
2024	Daniel Marsh

GERALDTON SQUASH OPEN B 2025

2 - 5 May 2025



Senior Men's / Women's and
Junior Bronze AJST Event

Equal Prize Money for Men's and
Women's Senior Divisions and
prizes for all junior divisions!

Social night on Saturday at the
The Murchison Tavern

Register by 25 April 2025!

geraldtonsquash1@outlook.com
0490766270

More Info & Registrations Via
Rev Sport Website



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



HEAD



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



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





Your invitation to become a Sponsor

2025 WA Open International

17

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 G/F 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 oil mist inhibitor. When cleaning internal parts, after every hot wash a hand wash 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 Collier, Director, Collier 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

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 photoshoots. 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

THANK YOU

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

Patricia Davidson (affectionately known as Paddy), started Balmain Glass 22 years ago, back in 1992. 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!

E: balmainglass@hotmail.com M: 0439 943 028

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



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





Juniors, Parents and Coaches,

As our calendar of events is starting to ramp up, I felt it might be a good time to revisit an article I did in the SWAN back in July 2023, titled 'The Role Parents Play in Sports'. If you want to read the full article, you can do so by following [THIS LINK](#), but some of the key points of that article included:

- The challenges of my dad trying to coach me or offer feedback when I didn't want to hear it from him, I'd rather hear it from my coach. In that time and place, I wanted him to just be dad. Let the coaches coach, be the supportive parent instead. The car ride home isn't your turn to tell them all about the things they did wrong.
- The way we as parents/coaches conduct ourselves towards volunteers and officials, it's a tough gig volunteering, and no one signs up to be abused. Sport can be passionate, we love winning, detest losing, but there are ways of going about it that doesn't make life difficult for someone else. Role modelling is another important factor, do you want your children to see a calm, reassuring parent/coach or a finger pointing, abusive, spitting, full-of-stress "support" network?
- Create an environment that allows children to grow and learn. There are things they need to gradually take more responsibility for, but we as their support network also have a role to play. Making sure we are organised and getting them there on time to prepare or even providing good nutrition options pre- and post-game to help their performance.

At the end of the 2023 AJC, we took on board various feedback for the training program, some of that included additional off-court assistance. One of the people we engaged with is Psychologist Christian Hetebry. From a mental aspect, we felt that players were struggling with emotional control or in high pressure situations at the AJC, they didn't have enough coping mechanisms to work the situation and potentially flip the script. There have been a few different topics Christian has covered up to now, however the one that ties back into the parenting article the 'Post-Loss Car Ride Home' scenario which is understanding the emotional zones of regulation. I've asked him to help contribute towards this month's article with different pieces of information.

If you aren't familiar with the emotional zones of regulation, they are below. The zones are predictive of court performance (optimal is usually in the green zone, perhaps with a tinge of yellow), an individual's ability to process thoughts, and different strategies to regulate emotions which will work in different zones.

- **Green Zone** : This is the ideal state for performance and learning. Athletes feel calm, confident, and focused ... they're "in the zone."
- **Blue Zone** : This includes low-energy emotions like sadness, disappointment, fatigue, or hunger. Athletes in this state might need rest, encouragement, or reassurance.
- **Yellow Zone** : This is a state of heightened but moderate energy, including feelings like frustration, excitement, or nervousness. Athletes in this zone may still perform well, but they're more reactive and less able to process complex feedback.
- **Red Zone** : This is the high-energy emotional state of anger, anxiety, or fear. When in the red zone, athletes are emotionally overwhelmed and unable to engage thoughtfully. Squash is an



Coaches Corner

20

with Tim Cowell

: Reading & Managing Emotions

individual sport, but every player needs a team or a web to surround them and support them.

Understanding and recognising the emotional state of your child or player is critical to this team functioning at the optimum level. For example, Blue Zone – How can we get to yellow or green?

- *Quick physical boost – Fast movements to get the body moving and get some endorphins released. Between rallies, some quick jumps to try and get the feet moving.*
- *Positive, upbeat self-talk to try and lift your mood.*
- *Refocus on small goals. Something simple and achievable. It could be hitting the back wall with your length, or volleying a return of serve somewhere on court.*

Green Zone – we are in a good state here! How do we stay here though? Maintain your breathing to stay calm and focused, stick to a routine between points. I'm not the biggest fan of watching tennis, but for all the superstitions Rafael Nadal had, his between-point routine rarely wavered, avoiding lines, number of bounces, centred and ready to go again. No wonder he would recover from the brink of defeat on so many occasions. Acknowledge your good shots and choices, even if they slightly miss, you're doing the right thing, keep at it.

Yellow Zone is where the frustration and anxiety can start to build. Call it a fork in the road moment. You can still operate well, its ok to be nervous as not being nervous can possibly lead to being over confident and low motivation. But if the frustration and anxiety levels peak too much then we are shifting into orange/red category. Focus on your breathing to reduce stress and keep yourself steady. Reset yourself during rallies. I somewhat adopted Lleyton Hewitt's picking strings strategy to try and re centre before starting a rally, other coaches have worked with the 'wipe your hand on the wall'. Relaxing your grip is another method to reduce tension in your body.

Players in the Red Zone are now angry and the emotions are running out of control. Try to apply the controlled breathing techniques, calming phrases or channel the energy by squeezing your grip and then relaxing it. I might have tested a racquet's durability against a number of surfaces in my younger days and safe to say ... the racquet never won.

Now what if we also apply these zones to parents and coaches? Daniel Goleman coined the term emotional intelligence when he wrote the book of the same name. He explained that our ability to recognise and regulate our own emotions is a prerequisite to being able to positively influence the emotions of others.

Positively influencing the emotions of our young athletes is key to their development both on court and in every other area of their lives. Hence, it may be helpful to consider what zone you are in when watching a match? As a coach or parent, if you are in the yellow-orange zone, are you seeing the whole game as you should? If you are in the blue zone, are you coming across as confident for your player? If you spike into the red zone because the Ref gave a stroke and you thought it was a let, how does that impact everyone around you? If you are visibly stressed out, how are others feeling around you? If you can see someone visibly stressed out – a player, coach, volunteer, what can you do to help them through that situation, rather than escalate it? If your player sees the stress in you, how is that going to impact their performance?

If you have reached this stage, thank you for spending the time reading this article.



Coaches Corner

21

with Tim Cowell

: Reading & Managing Emotions

There are also a number of resources available on the Squash WA website that address managing emotions: <https://squashwa.asn.au/club-resources-juniors-children/>. If you don't have the password to access the secure area, contact us via engagement@squashwa.asn.au.



MANAGING BIG EMOTIONS

When athletes are relaxed, their minds and bodies work better together, and sad or angry feelings are reduced. Furthermore, relaxed bodies help your body learn "muscle-memory" movements, and you will feel more focused. Here are a few skills that the experts recommend.

Deep Breathing

Take a deep breath or two into your stomach and hold it for 4-5 seconds. This may sound simple (and it is), but it is also incredibly effective when looking to control feelings before, during or after a match.





THOUGHTS AND BEHAVIOURS OF SUCCESSFUL ATHLETES

I am good enough	If I lose, I will do so with dignity	What can I learn from that match?	If I win, I will do so graciously	I will try my best
I want to make a difference to others and to squash	I show respect to everyone around me	My physical and mental health is more important than winning	I will be a positive role model	I believe in myself

2025 Australian Trans-Tasman Test Team

Each State recently provided nominations for the 2025 Australian Trans-Tasman Test Team to AMSA. While it was a difficult decision for the selection panel, below are the names of those who were successful.

We wish the team all the best for a successful Trans-Tasman Test Series in Perth this September!



Age group	Men	Women
35-39	Tim Cowell (WA)	Kasey Bonato (QLD)
40-44	Steven Finitsis (QLD)	Rennelle Karwalski (QLD)
45-49	Doug Odewahn-Oxley (NSW)	Jane Kennedy (NSW)
50-54	Jeff Bond (NSW)	Michelle May (QLD)
55-59	Peter Bastow (NSW)	Sue Davis (QLD)
60-64	Peter Gilbee (VIC)	Sue Hillier (WA)
65+	Jim Mobbs (QLD)	Gaye Mitchell (TAS)
Test Team Manager – Garry Irwin		



Refereeing - Let's Play Fair

with Neil Butler

22

Etiquette

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

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

- **Remember that children participate in sport for their enjoyment.**
- **Encourage children to participate, do not force them.**
- **Focus on your child's efforts and performance rather than winning or losing.**
- **Encourage your child always to play according to the rules.**
- **Never ridicule or yell at your child for making a mistake or losing a competition.**
- **Remember that children learn by best example ... show appreciation for good performances and skilful plays by all participants.**
- **Support all efforts to remove verbal and physical abuse from sporting activities.**
- **Respect officials' decisions and teach your child to do likewise.**
- **Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.**
- **Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.**
- **Encourage your child to shake hands at the end of the match and to acknowledge the marker and referee.**
- **Ensure your child (if under 19) wears their protective eyewear.**
- **Don't leave it to the officials to enforce the rule.**
- **Encourage neat and tidy clothing appropriate to our sport. Do not use your mobile phone whilst watching your child is play ... give them your full attention and support.**



The craziest things other people say and do make perfect sense when you see it from their point of view.

[Play by the Rules website](#)
[Factsheet 10 – Active Listening Skills](#)



revolutioniseSPORT



2025 WA OPEN INTERNATIONAL

PSA-CHALLENGER 6

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

6-8 JUNE 2025

THE STATE SQUASH CENTRE, BELMONT
& SQUASHWORLD MIRRABOOKA
PSA EVENT COMMENCES 4 JUNE 2025







2025



WA STATE JUNIOR CHAMPIONSHIPS

INDIVIDUALS 5-6 JULY
NATIVE EVENT SUNDAY MORNING

@ THE BELMONT STATE CENTRE

SHOW US WHAT YOU'VE GOT!

ZONE TEAMS 7-8 JULY

ENTRIES CLOSE FRIDAY 27/06

THE STATE TEAM IS SELECTED AT THE END OF THE TEAMS/ZONES EVENT. TO BE CONSIDERED FOR THE STATE TEAM YOU MUST PLAY IN BOTH EVENTS.

Fuel to Go & Play healthway






JUNIOR LEAGUE

2 MATCHES PER ROUND
PART 11, BEST OF 5 GAMES
SUNDAYS FROM 9.30AM TO 12.00PM
ONLY \$44 PER PLAYER (INC. COURT HIRE)

TERM 2 2025

11 MAY MARMION (MOTHER'S DAY)
18 MAY MIRRABOOKA
25 MAY CAMBRIDGE
1 JUN BRENTWOOD
15 JUN BELMONT

SCAN THE QR CODE OR EMAIL
DEVELOPMENT@SQUASHWA.ASN.AU
FOR MORE INFO.



healthway

Make friends, have fun, get fit, with **SQUASH!**



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

Club Development Squads

Club Junior Programs

Open Days School Programs

healthway

Department of Local Government, Sport and Cultural Industries

Current as at December 2024



EDUCATION PATHWAYS

LEVEL 3

Head Coach
International
National
Education sessions
Assessor eligibility

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

COACH REFEREE

Department of Local Government, Sport and Cultural Industries

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!

SCAN ME



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



Major Sponsor Recognition

24

Our Vital Partners ... Thank You



Department of
**Local Government, Sport
and Cultural Industries**



2024 Junior State Team Major Sponsor



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 Squash WA Board

							
PRESIDENT	VICE-PRESIDENT	SECRETARY	TREASURER	BOARD MEMBER	BOARD MEMBER	BOARD MEMBER	BOARD MEMBER

Squash WA Board

Website: <https://squashwa.asn.au/board/>

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

Squash WA Administration

Website: <https://squashwa.asn.au/>

Office: 144 Robinson Ave, Belmont WA 6061

General Manager:	Leigh-Anne Kaye	gm@squashwa.asn.au	0411 883 320
Engagement Officer:	Serena Richardson	engagement@squashwa.asn.au	0406 007 142
Development Officer:	Josh Blakey	development@squashwa.asn.au	0434 785 555
Admin Support:	Roxy Edery	adminsUPPORT@squashwa.asn.au	0434 785 555
Accounts:		accounts@squashwa.asn.au	0434 785 555
State Centre Manager	David Ilich	centremanager@squashwa.asn.au	0468 421 524

Country Steering Committee

Member:	Richard Grain	Board Liaison
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

Chair:	Glenn Hitch	glennhitch@switchconcepts.com.au	0447 674 161
Vice Chair:	Steve Jones		0422 459 771
Secretary:	Lincoln North		0448 141 006
Treasurer:	Andre Blignaut		0405 717 245
Member:	Michelle Hodge		0447 544 200
Member:	Paul Campbell		0452 236 527
Member:	Luke Jamieson		0430 440 930