

SWAN

SQUASH WA NEWSLETTER : NOVEMBER 2023



Club of the Year Award
— Mirrabooka WA —



27 November 2023



**WORLD
RANKINGS**

TM: This Month
HWR: Highest World Ranking

PSA PLAYER:

Mike Corren

Oscar Curtis

Remi Young

David Ilich

Dylan Classen

Erin Classen

Pascale Louka

TM:

222

303

320

582

825

152

180

HWR:

38

250

308

210

630

130

179

Congratulations to everyone in WA who have contributed to helping Squash WA achieve the title of Best State Association. That is a terrific acknowledgment that the State, as a whole, is active, growing and doing positive things for the betterment of all. If you look back through the SWAN you will see Squash WA is very active with many people contributing to its success.

Please however don't sit back and think the mountain has been climbed. There is so much more still to be done and improved at all levels and in all clubs.

**SQUASH
WA**

TO OUR SQUASH FAMILY ACROSS WESTERN AUSTRALIA

**HAVE A SAFE AND PEACEFUL BREAK,
AND ENJOY THE QUALITY TIME WITH YOUR LOVED ONES.
ON BEHALF OF THE STAFF AND BOARD OF SQUASH WA**

*The Squash WA office will be closed from
3pm on Friday 22 December 2023 through
to 9am Tuesday 2 January 2024.*



Congratulations to you, the squash community, for playing your part in Western Australia winning Squash Australia's Ted Barlow State of the Year award at their annual awards night on 25 November.



No matter how big or small your contribution, every last one of you should give yourselves a big pat on the back.

2023 has been full of achievements for squash in Western Australia. We have broken records, won multiple Squash Australia awards, finally been added to the Olympic Games' repertoire of sports, and will be hosting the Australian National Championships next year in June!

I'm well aware that 2023 has also been a tough slog; with thousands upon thousands of hours spent, from every corner of our squash community. We could not have done this without the blood, sweat, and tears of:

- Serena, and more recently Roxy, in the office
- Our volunteers on the Board
- Our volunteer Pennant, League and Country Week committees
- Our volunteers on Club Committees
- Our officials and coaches
- Our tournament and initiative sponsors
- Our partners in DLGSCI and Healthway
- Our players – your support has been nothing short of amazing.



To each and every one of you, I thank you from the very bottom of my heart. Reflecting on what we've collectively achieved in laying such a solid foundation during 2023 - I can't imagine what 2024 has in store for us!

I'm so proud to be part of Western Australia's phenomenal achievements and look forward to the continued growth of squash across the board.

I invite anyone who can assist in any capacity, to volunteer to assist Squash WA in our journey next year. For example, we are on the lookout for a minute-taker for the monthly Wednesday evening Board meetings - no experience necessary.

Lastly, while the office will be officially closed from Saturday 23 December through to Tuesday 2 January, I'm always available for a chat.

Merry Christmas to all those who celebrate it, have a wonderful break with your loved ones, and see you soon for a positively prosperous 2024!

JUNIOR SQUASH DEVELOPMENT PATHWAY

Squash WA Academy
National/International



Squash WA
State Team

Events

- Tournament Tours
- School holiday clinics
- Squashathon



Squash WA
Talent Squad

Competition

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

Squash WA
Zone Squads



..or just for fun!



Club
Development
Squads



Club Junior
Programs



Open Days



School Programs

**SQUASH
WA**



Department of
Local Government, Sport
and Cultural Industries





2024 TOURNAMENT CALENDAR

JANUARY

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

FEBRUARY

9-11	Red Hot Teams Challenge	Mirrabooka
16-18	West Coast Open**	Cambridge
16-18	New Years Bash S**	Cambridge
24	Mandurah 1000	Mandurah

MARCH

1-3	Esperance Open PSA-Sat B	Esperance
9	Marmion Junior Classic	Squash Factory
20-24	Australian Open	(Various) NSW
22-24	South West Open PSA-Sat S	Bunbury

APRIL

4	Easter School Holiday Clinic**	Belmont
8-11	Australian Junior Open P	MSAC (VIC)
10	The Northern Knock Out	Mirrabooka
20-21	Mandurah Open B	Mandurah

MAY

3-5	Geraldton Open B	Geraldton
17-19	Broome Invitational	Broome
18	Marmion Junior Teams	Squash Factory
31-2/6	Golden Open PSA-3 B	Kalgoorlie

JUNE

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

JULY

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

AUGUST

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

SEPTEMBER

6-7	Vic Park Open	Vic Park
14-15	Cambridge Junior Teams	Cambridge
20-22	Country Week Teams**	Mirrabooka
28-4/10	Aust. Junior Champs P	Thornleigh (NSW)

OCTOBER

5-6	Junior Squash-a-thon**	Mirrabooka
11-12	Cambridge Open	Cambridge
12	World Squash Day	n/a
25-27	Busselton Invitational	Busselton

NOVEMBER

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

DECEMBER

7	Belmont Junior Classic	Belmont
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The Squash Australia night of nights was held at the Grand Chancellor Hotel, Brisbane, on Saturday 25 November 2023. It was humbling to be in a room filled with so much passion, talent, and decades worth of experience and knowledge. Another year of kicking massive goals was celebrated, including Melbourne hosting the WSF World Junior Championships, and our incredible sport FINALLY being added to the Olympic Games portfolio.

At the west coast table sat Squash WA General Manager Leigh-Anne Kaye, Board Member Katy Scott, and Engagement Officer Serena Richardson. Joining them was national Referee and 2022 Squash WA Referee of the Year Luke Jamieson, and Mirrabooka Squash Club President Daniel Richardson. Filling the last three seats were Squash Australia representatives, Board Member Joanne Martin, Acting National Lead - Competitions & Events Leanna Davey, and National and World Squash Federation Referee Russell Weatherburn.

Quickly deemed 'The Winner's Table' once the presentations had commenced, there was much laughter and friendly banter, absolutely superb entrée, main and dessert offerings, and bottomless refreshments. So, who won the awards for WA on the night?!

Ted Barlow State/Territory of the Year : Western Australia

There's no other way of saying it - Western Australia has EXCELLED in the last 12 months, breaking national records for the highest rollout of MySquashAUS (revo). WA have increased their core and event funding for the association, secured a state facility, and been awarded substantial funds to update it. WA has had significant participation and input into national strategic and operational plans and working teams. This has allowed the state to align more with Squash Australia, positively influence change within the sport, and commence driving that change to better support participation within WA.



Paul Vear Administrator of the Year : Leigh-Anne Kaye

In her role as General Manager, Leigh is a pivotal force within the squash community. After working tirelessly as a volunteer and Board Member, she saw the opportunity to drive the strategic and operational changes to take squash into the modern age. With significant contributions from the past and present

workforce, Leigh has increased core funding, secured a home for squash in WA with the purchase of a new state facility, coordinates the centre upgrades, and is working with the WA State government to finalise a case study for a new purpose built 12-court facility.

Leigh is also a key contributor to Squash Australia, sitting on multiple working teams and continues to develop and embed the Squash WA Strategic Plan. Leigh's unwavering passion and drive, paired with her significant achievements, are nothing short of extraordinary.

Accepting both the State and Administrator awards, Leigh modestly reflected ...



"Thank you to our clubs, our board and our amazing volunteer base who have all helped us achieve our goals and made all this possible. Without the support of Squash Australia, the staff in our office, our volunteers and our community, we would not be where we are now. Taking these awards back to WA just shows that the community's hard work is paying off and that we are the State of choice this year."

Club of the Year : Mirrabooka Squash Club



Mirrabooka Squash Club is home to successful participation programs introducing new members to the sport and increasing their member numbers. Working with the broader community, the club supports the development of players by targeting low participation groups and have seen a significant increase in female participation.

Their commitment has seen them successfully secure numerous grants in the past 18 months. They have worked in partnership with Squashworld's Kane and Simmo, to improve the clubs' facilities to continue to host large scale events.

Club President Daniel Richardson accepted the award on the night and acknowledged the immense contribution by the committee and small army of volunteers, past and present, who have all worked tirelessly to bring the club to where it is today. **...but it didn't stop there!**

Unfortunately, not able to attend the event in person, other awards accepted by Leigh or Katy for WA achievements included:

Chris Robertson Junior Male Player of the Year : Oscar Curtis

Oscar exited his juniors journey this year, as one of the most successful Australian junior men in recent times. In September, Oscar won his third Under 19 Australian Junior Championship, a feat no other junior Australian male has achieved.

He would likely have won a fourth title if not for COVID interrupting his winning streak. Oscar's three Australian Junior Championships go with his three Australian Junior Open titles – an achievement also unmatched in the history of that event.





Keith Walker Coach Award : Tim Cowell

Tim Cowell is, without doubt, the driving force in Western Australia for junior participation. Reaching over 10,000 students each year through our unique Inflatable Mini Squash school incursion program, Tim has been instrumental in developing the sport in WA. Tim has trained over 20 new coaches in Western Australia to continue to drive squash participation.

Masters Player of the Year : Sue Hillier

Sue is a role model and mentor through her success and continued involvement in the sport. Sue has won three WSF World Masters titles, eight open titles in the Australian Masters Championships, and has represent Australia five times in the Trans-Tasman Test Series.



Squash Australia CEO Robert Donaghue closed off the evening with inspiring words,



There's no doubt that the squash community is standing a little prouder since the sport was named in the LA 2028 Olympic program and we now have a great opportunity to launch into 2024 and beyond. The Australian Open being staged in Sydney's Martin Place is going to place a spotlight on the sport, and the growth of our Squash Stars national participation program is having an impact at the grassroots level. It really is an exciting time for squash.

To find out the winners of all the awards, visit the Squash Australia newsletter article:
<https://www.squashaus.com.au/news/winners-revealed-at-squash-australia-awards>



Are you thinking about taking your squash to the next level? Why not try some one-on-one training with a qualified, experienced coach!

Find YOUR PERFECT FIT on the Squash WA website here:

Image links to:

<https://squashwa.asn.au/current-wa-coaches/>



**SQUASH
WA**



LEVEL I COACHES COURSE

Saturday 20 and Sunday 21 January 2024

Participants of this course will learn how to prepare a player to compete successfully in a club or tournament environment, along with completing all the necessary administrative requirements.

Participants must be available on both days to attend the Squash WA State Centre in Belmont, and be aged 16 years or above on 21 January 2024.

Online modules form part of this qualification, and must be completed before a coach can be certified. Visit the Squash Australia website to get started!

✉ engagement@wasquash.asn.au

🏠 Squash WA State Centre, 144 Robinson Avenue, Belmont 6104

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

Foundation level also available online

Thanks Ash Clarke. On November 17, 18 and 19 the Katanning Squash Club hosted the Annual Great Southern Wheatbelt Teams Championships.



The tournament had many sponsors with our Major sponsor being [The Premier Mill Hotel](#).

With teams of three players, the tournament reached its capacity of 120 very early on. We ended up with 10 divisions of 4 teams! Matches were scheduled starting from Friday afternoon, through to Sunday lunch time.

Some great squash was played in good spirits over the weekend. With the recently upgraded [CourtTech](#) courts and the warm weather, the ball was pinging around making for some entertaining squash!

The Katanning Squash Club committee worked tirelessly to provide plenty of food over the weekend, with the kitchen open nearly all weekend. A 78kg pig was spit-roasted on the Saturday, and lamb chops were also going strong thanks to some help from local members.

A good number of players elected to camp in the free camping grounds set up right near the courts, with an open fire pit keeping everyone warm into the early hours! The Narrogin Squash Club provided a recovery breakfast for everyone on both Saturday and Sunday mornings.

Other fun features of the weekend included the [Agwest](#) VIP Tent for teams leading their division after the first 2 rounds, and the Battlerope challenge run by Ryan McGrath!

A special thanks to the two local acts performing over the weekend, [The Winston Brothers Acoustic](#) on Friday night, and [Big Men Working](#) on the Saturday night.

The event wrapped up at lunchtime on Sunday so everyone could get back home at a reasonable time, and reflect on the awesome weekend of squash and the camaraderie we all shared.

Congratulations goes to all division winners! For 2023, Division 1 was taken out by The Hilfiger Hoes (Jason Patmore, Cooper Kennedy and Michaela Pratt)

Thanks again to everyone who participated and made the special effort to visit our club!

For full results, visit SportyHQ here: <https://sportyhq.com/league/view/1052>



Major Sponsor:

The Premier Mill Hotel

Supporting Sponsors:

AG West Machinery	Ausgold
Emu Lane	Katanning Country Club
Peter Rundle MLA	Premier Smash Repairs
RJ Smith Engineering	Rural Power Solutions
Shire of Katanning	Sports Power Katanning

Thank You



The Great Southern Wheatbelt Teams Championships

Katanning : 17-19 November 2023

Div 1	Winner – Hilfiger Hoes			Runner Up – Subi Kings		
	Jason Patmore	Cooper Kennedy	Michaela Pratt	Jordan McKellar	Courtney Diggins	Paul Stephan
Div 2	Winner – Herring's Angels			Runner Up – The Flying Nuns		
	Sam Henderson	Brad Grinter	Ben Henderson	Kane Fasolo	Derek Nunn	Luke Austin
Div 3	Winner – BDP's			Runner Up – The Turtles		
	Michael Carter	Ryan De La Rosa	Quentin Gallot	Fiona Whooley	Linda Towill	Samuel Turner
Div 4	Winner – Riss Pecks			Runner Up – KA Wild Cards		
	Wayne Bonner	Dwayne Franks	Alyce Smith	Ashley Clarke	Tom Grieve	Ryan McGrath
Div 5	Winner – AC/DC			Runner Up – Free Ballers		
	Andreas Christou	Ashton Clement	Domenic Christou	Jarrold Denholm	Victor Ranieri	Chris Allan
Div 6	Winner – Cambridge 1			Runner Up – KA Farmboys		
	Tony Cottis	James Barr	Barb Wood	Tony Richardson	Graham Bell	Anthony Kowald
Div 7	Winner – FIRST BLOOD			Runner Up – Marmites		
	Dale Ramage	Tony Worden	Dan Andersson	Jonathan Groenewald	Mathys Edery	Pamela Butler
Div 8	Winner – Pink Ladies			Runner Up – The Holy Trinity		
	Josie Jones	Katy Scott	Belinda Martella	Dale Miles	Erin Zolnier	Ann-Jeanette Bass
Div 9	Winner – All The Gear No Idea			Runner Up – Barbies		
	Bodhi Anyon	Joel Anyon	Shaun Mill	Jessica Jellis	Laney Rawling	Olivia Hibbs
Div 10	Winner – The Powerpuff Girls			Runner Up – DEGENERATION X		
	Teagan Scott	Joey Scott	Carmela Christou	Josh Reeves	Hayden Knox	Leonard Bruce





We are delighted to introduce you to Miss November - The Geraldton Squash Rackets Association (GSRA), also known as Geraldton Squash Club! GSRA are based out of a stand-alone squash facility at 288 Eighth Street, Wonthella - an inner northern suburb of sunny Geraldton. From Perth you'd be looking at a 4.5 hour road trip with plenty to look at along the way!

GSRA host the annual Geraldton Open each year in May. Squash enthusiasts travel from all corners of the state to attend this tournament, to compete in divisions for junior and adults alike. The club sell their super-cool merch, canteen staples such as toasties and bananas, and create a sensational atmosphere, ensuring players come back for more each year.

We asked the crew for a run-down of what a typical week looks like, and wow, what a fantastic selection of activities from this pro-active group of squashies:

"We have six courts for casual hire. Our club is open Monday to Thursday from 4pm-7pm and Saturday from 10am-2pm.

On Mondays our pennant players train from 5pm and social players can come down for a game with friends.

On Tuesday afternoons, we have four coaches who volunteer at the club to help our junior players develop skills to build up to competitive games and ready themselves for pennants.

After Juniors we offer reduced court hire for social squash players from 5.30pm, with an in-house social competition for any skill level to come along and try squash.

Thursday afternoon our Junior Pennant competition starts from 5pm; they play games and gain valuable experience in marking and refereeing.

At 6.30pm our Mixed Pennant Competition starts, where all levels are welcome, from beginners to experienced."

We KNOW that GSRA have been working hard on junior participation, approaching local schools, hosting open days, etc. Sounds like it's all paying off, and junior and adult participation is thriving! 1212 We then quizzed the team about who the MVPs of





the club were. Always a tough question, they responded that there are “so many fabulous members who help around the club, our committee dedicate their time to ensuring the club runs smoothly. A huge shout out to our members who planned this year's Geraldton Open, in particular Jeremy Church and Geoff Watters. It consumed a lot of their time, and it was a huge success and is very much appreciated by the club and players who travelled to compete. It was a great weekend!

And a big shout out to Sharon Laing who is always there to assist – a real stalwart of the club!”

A question much easier for ANY club to respond to then followed: What makes GSRA the best club in WA - what do you do or offer that other Clubs don't?

“We are a very social club, and are welcoming to new players who relocate to Geraldton, whether they stay for a few weeks or a few years. We have pennant players who travel from surrounding smaller country towns to join our Thursday night competition. We offer flexible game scheduling to FIFO members to ensure they can still participate around their work commitments. We are independently owned and operated and strive to give the best experience and value to our members.”

Well, you can't argue with that. On a final note, we gave GSRA an opportunity to highlight what they're striving to achieve, and how YOU can get involved!

“We are looking to grow our membership and would love to see more females playing this great sport. Please make sure you call in to say 'hi' and attend a coaching session to help you get started. If you're travelling through Geraldton, give us a call and join us for a game at the club!”

GSRA would also like to take this opportunity to give a shout out to their sensational sponsors!



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ELECTRICAL • COMPUTERS • FURNITURE • BEDDING

SOUTH SIDE
Mechanical Services



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Geraldton Funeral Services

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RACKETS ASSOCIATION

Thank you for your wonderful support!

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National Travel is a premium travel agency based in Brisbane, Australia and operating since 2016. We specialise in bespoke holiday and business & event travel. Our 'customer first' service is backed by leading-edge technology, digital platforms and the best people in the industry.

Discover your next wanderlust

National Travel (<https://www.national-travel.com.au/>).

Over the weekend of 17 to 19 November, the 2023 junior tournament tour finished off in Katanning for the Great Southern Wheatbelt Teams tournament.

Volunteers Serena and Michelle had an awesome weekend with nine of the kindest and funniest juniors in the metro area! They shared a huge AirBnB house which was roughly a five-minute drive away from the squash courts at Katanning Country Club. Special shout out to Richo for helping to transport everyone's luggage to and from Perth!

The juniors that came along for the adventure were: **Mirrabooka's** Hayden, Charlie and Josh; **Marmion's** Jono, Mathys, Laney and Jess; and **Cambridge's** Leonard.



L-R: (Back row) Richo, Mathys, Serena, Jono, Leonard, Hayden, Jess, Laney and MJ. (Front row) Charlie and Josh.

The journey from Perth took a little over three hours, with not much time to spare at the AirBnB before most had to step on court for first round matches. When things wrapped up by around 10pm, the group headed back for a late night dinner of pasta and salad. There was not a peep throughout the house by around 2am after the juniors had finally wound down and got all the giggles out!

Saturday morning's healthy breakfast consisted of toast, cereal, yoghurt, fruit and juice. The group then hit the courts once again, armed with a bottomless esky of healthy snacks and fruit, for a full day of squash after getting very little sleep the night before.

That evening, Katanning Squash Club had organised a Tug O' War teams competition which a very large group of juniors ended up winning, dominating the reigning four-person team from Subiaco Kings/Next

Gen. Everyone had a laugh and a great time, whether competing or just spectating.

Saturday evening also saw a beautiful buffet dinner, and the talented Ash Clarke performing for us live. On Sunday the kids played their final matches for the weekend before presentations commenced at around 2pm. All three teams came runner up in their respective divisions - a solid effort!

It was the first country tournament for little Leonard, who was also the youngest of the group. The older boys in particular, really took him under their wing and made him feel included. It comes as no surprise that Jess and Laney were total angels, offering to help the carers at every opportunity. The odd phone ban at the house also led to some hilarious conversations over games of Uno, and everyone chipping in to pay Mathys to eat a delightful concoction of 2-minute noodles and milo.

A couple of the juniors stated that Katanning had been the best Tournament Tour stop yet, and didn't want to leave!

Serena and Michelle both worked around the clock to make sure that "Team Tournament Tour" watched and supported each other at all times, to make sure they were cheered for and coached between games. On top of a slight lack of sleep, the kids walked away from the weekend with full bellies, and some incredible memories.

Serena and Michelle had a fabulous weekend as well, and while keen for the 2024 Tournament Tour, are calling for an additional parent/volunteer to join us for each tour stop, to see what we do, and how fun and easy it is! If you or someone you know might be interested, please contact the office.

If your junior is interested in having the best weekend ever under the supervision of experienced, fun carers, then reach out to the office. The 2024 stops will include:

1. South West Open in Bunbury (22-24 March)
2. Golden Open in Kalgoorlie (31 May-2 June) travelling via the Prospector train!
3. Leschenault Classic Teams (23-25 August), and
4. Great Southern Wheatbelt Teams in Narrogin (15-17 November)

Spots are strictly limited to 10 juniors per tour stop!

On a final note, any form of sponsorship is very warmly welcome, and any amount helps. To give an idea:

- \$100 would cover fuel costs.
- \$250 would cover the food bill for the weekend.
- \$500 would cover minivan hire so 10 juniors can travel together with two carers, with enough room for everyone's luggage.
- \$1,200 would cover most of the accommodation costs.





FOR JUST \$40, PLAY IN THE 2024 'AUSTRALIA DAY SQUASH OPEN'

Subiaco Kings Squash Club, 'host venue sponsor', Next Generation Kings Park, and Tournament Referees, Neil Butler and Luke Jamieson, invite you to participate in this inaugural, annual tournament, which is sanctioned by Squash WA.

PREPARE FOR TWO DAYS OF GREAT COMPETITION, FUN AND RELAXATION.

FRIDAY AND SATURDAY, JANUARY 26 & 27, IN SPECTACULAR KINGS PARK.

Next Generation is undoubtedly Western Australia's most prestigious, luxurious and best resourced, multi-sport facility. It offers tennis courts, indoor and rooftop pools, a world-class gymnasium and a superb cafe/restaurant/bar.

As impressively, it also has five, fully rejuvenated, air-conditioned squash courts, five-star change rooms, and the magnificent sauna/spa/steam-room area.

EVERYONE'S WELCOME TO ENTER THE STATE'S NEWEST SQUASH TOURNAMENT.

All player standards will be catered for, from elite 'national standard' to 'low-grade pennant level', in Open and Adults/Masters (35+) Divisions. Juniors wishing to enter are required to have a SportyHQ ranking of at least 500.

To register, simply text your name and phone number to Paul Stephan on 0414 755 335.

Or register online at <https://sportyhq.com/xxcr6>

THERE'S OVER \$2,000 IN PRIZE MONEY PLUS TROPHIES AND OTHER GREAT PRIZES.

In addition to the impressive cash rewards for the winners, there will be prizes and valuable discounts from our sponsors. And the amazing offer of free Next Generation 'Resort Lifestyle Access' to all those who enter the tournament.

AND STAY FOR \$60 WORTH OF SWIMMING, TENNIS, SPA, SAUNA AND GYM FUN. AND MORE. FREE.

Your remarkably reasonable \$40 entry fee covers your matches, court use, and welcome session.

Please note that as this is a Squash WA-sanctioned event, all players must be registered with Squash WA, as the registration cost includes insurance cover for players.

The entry fee also provides you with access to all the Next Generation facilities, excluding classes, for two days of the event (naturally, certain other terms and conditions apply-see the Entry Form for full details).

The standard Next Generation cost for this is \$30 per day.

So it's an astonishingly generous Australia Day Holiday Bonus for Adults, Masters and Junior registered entrants.

What's more, there'll be a rooftop, poolside-bar Welcome Session on the Friday and a celebration Formal Presentation by former world-ranked player, Dean Williams, on the Saturday.

ENTER NOW TO ENSURE YOU AND YOUR FRIENDS AND FAMILY DON'T MISS OUT.

TO REGISTER, VISIT <https://sportyhq.com/xxcr6> OR CALL PAUL STEPHAN ON 0414 755 335.



Thanks Heddwyn Brahma. Thanks again to everyone for a great season, the league was very competitive, and I hope that everyone enjoyed themselves. My aim is to make State Grade better each season so I'm wishing the players a great Christmas break and looking forward to next year when we kick off on the 29 February 2024!

In total there were 150 votes during the regular season which means 85% of people participated in the voting. In the final round we had 75% of players cast their nominations.

In the end it was extremely close between Eric Gray and Aedan Martin. Eric Gray finished with 49 points in the poll and Aedan Martin with 51 points, making Aedan the Spring 2023 MVP and winner of the \$200 cash prize!



Most Valuable Player - Aedan Martin



**State Challengers Final
Craig Jones**

If anyone is curious about how the final voting is tallied up, if you nominate a player as #1 they would get 5 points, #2 - 4 points, #3 - 3 points ...

The State Challengers had a big 4 setter final between the #1 seed Christiaan Haseldonckx and #3 Craig Jones. Despite Christiaan winning over Craig in a 5 setter the last time they faced each other, Craig came out stronger on the night to win the final. (7 - 11, 11 - 3, 11 - 7, 11 - 6) 26:14

The State Grade Final was incredibly close and just like last season, came down to a 5 setter to decide the victor. In the end the Belmont Bulls were able to take down the Blue Gum Sharks 2-1.

In the first match, Daniel Hartigan faced Jinseok Kim. Dan came out on fire in the first game and while Jin was able to bring it back and take the second, Hartigan stayed solid to take the match in 4. (2-11, 11-8, 3-11, 7-11) 31:38.

In the second match, Oscar Curtis versed Francois Vorster. The match was very exciting with both players going for a lot of attacking shots, but Oscar was able to absorb the pressure and although he was game ball down against Francois in the 3rd, he stayed very consistent to take the match in 3 which also solidified his flawless season of 24 - 0 games. (11-7, 11-6, 12-10) 20:34.

In the final match was myself and Eric Gray. Eric and I have a history of long 5 setters and the State Grade final was no exception. While Eric took the first game to warm up, he was quickly 2-1 against me and in the end it came down to a gruelling fitness match. I eventually scraped through the finish line in the 5th set. (11-4, 3-11, 8-11, 11-8, 11-8) 48:51.

I'd just like to say a big thank you to our opponents for some great matches. Blue Gum are a very competitive team, but they are also great sportsmen who show a lot of respect to their opponents and the referees.

I look forward to seeing everyone back next year!



**State Grade Final
Belmont Bulls**

Thanks Neil Butler.

Are you allowed to phone your coach during the break between games?

With modern technology using smart phones, smart watches, etc. an interesting question has been raised.

Are you allowed to phone your coach, to receive advice during the break between games, who happens to be in a hospital bed watching the match being streamed? Initial reaction might be 'why not'?



AFL coaches talk to their players during the game, and give them instructions by phone from the coaching box, remote from the players' dug-out.

Then comes the question that with the use of smart watches, players could receive instructions from the coach via text messages, email, or social media during the game.

So, do we not allow players to wear smart watches for the duration of the match, preventing them from being able to receive instruction from their coach, during the break between the games?

Rule 15.6.10 does state that “receiving coaching during play is unacceptable behaviour”. The referee must penalise the player, and if necessary, stop play to do so.

*Was the player receiving instructions or looking at his heart monitor?
Interesting times ...*



Don't confuse my personality with my attitude. My personality is who I am, and my attitude depends on who you are

Frank Ocean



The answer is on Page 22

John plays a drop shot from the 'T'. Mary moves forward, brushes John on the way to the ball, and asks for a let. The Referee is satisfied that the interference to Mary was minimal, and she could have played the ball. What should the Referee's decision be?

- a) Yes let***
- b) No let***
- c) Stroke to Mary***

Thanks Tim Cowell.

Time for a change of tact for the Coaches Corner this month. I've spoken about the serve (and return) previously, but this time I'm touching on it from a group training perspective and how to make it a bit more interactive.

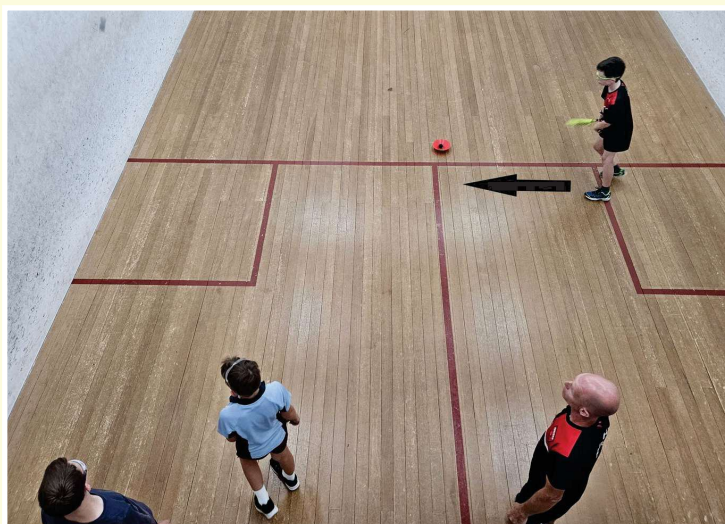
The serve is tough to teach in a group. It's static and it's easy for young group members to lose interest and drift off whilst someone else in the group is having their turn. So how can we change that? Here are a couple of suggestions to have a crack at, the next time you are trying to teach the serve in a group setting.



Before you get into the activities, remember that you can regress them for any age group. The demonstration photos are dealing with proper serving positions, however there is no reason why you can't shift everyone closer to the front wall for a younger player attempting it.

#1 - MOVEMENT

The serve is quite static, and often an overlooked aspect of group training is the movement back to the T. So, this challenge is set up as a race to challenge their movement. Set up a container of balls just in front of the T. Starting from the service box, a player must move to the T, (step past the centre line) retrieve their ball, get back to the service box to set up quickly to serve.



The challenge comes from both time completed and quality of serves (maybe a 2-second penalty for a fault serve). Players will have to work out the following to do this really well.

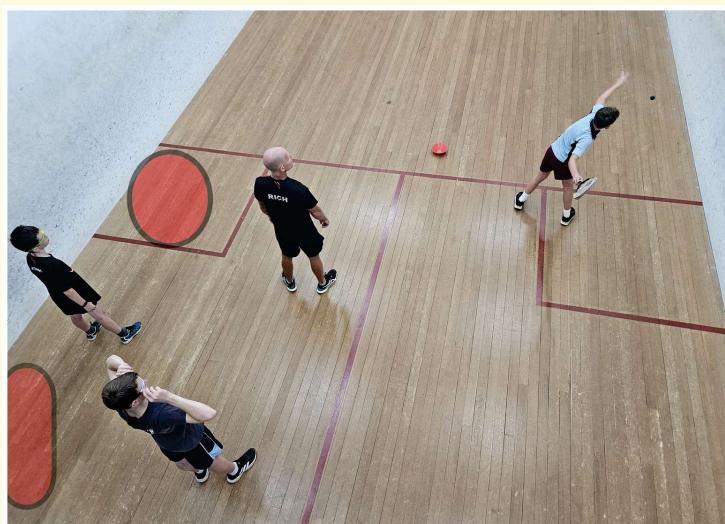
- *How can I move efficiently to the T (likewise a match to cover your opponent's shot)?*
- *Where are my ideal foot positions, and can I get into them quickly?*
- *Can I control my swing well enough to be consistent 'under pressure'?*

Engage the other players by getting them to catch the balls and potentially (if safe) replenish the container (which might add a stamina challenge to the routine).

#2 - DYNAMIC TARGET - 'Find the Gap'

Yep, I've been one of those 'whack a bucket in the back corner and let's all aim for it'. What this doesn't consider is that if that's all we practice, what happens when our opponent is standing in an ideal spot to cut it off? Why even bother looking to see where they are if it won't make a difference to our serve?

Start off by giving the extra players in the group 5 seconds to position themselves somewhere in the quarter the player is serving into. Coach calls freeze, the player quickly assesses where they are standing,



and tries to serve the ball into the gaps. If they can hit a serve which bounces or is a dropped catch, they score a point. If the extras can catch it, they score a point. Every attempt, the players get a chance to change positions.

What are we learning here;

- Mixing serve type, based on where opponent is standing
- Hand-eye/ball tracking skills from group members
- Court awareness from both - it's no good if the team members are standing shoulder to shoulder.

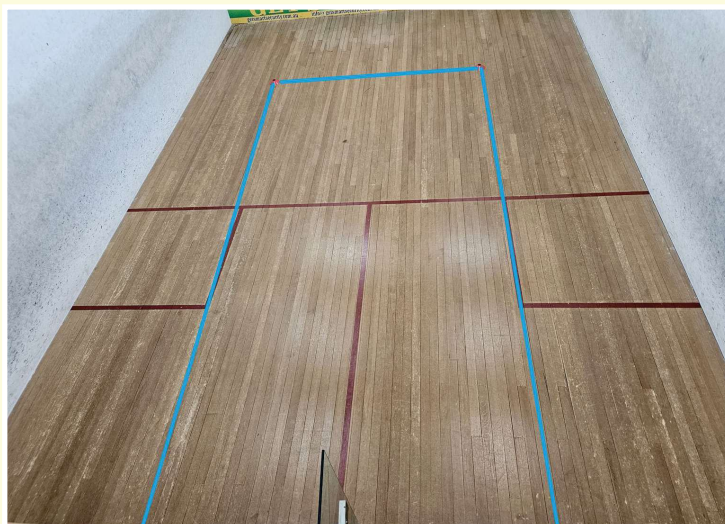


An overlooked part of training for the young players is the simple form of trying to catch the serve. It promotes ball tracking skills, hand eye and keeps them engaged. It's a pet hate of mine, seeing kids sitting in the back corner twiddling thumbs when they could be more engaged and learning something.

#3 - Return of serve - use the outer court

I've mentioned it previously about the return of serve, not to have tunnel vision that it must be a straight drive every single time, because sometimes it simply isn't possible.

So (referring to the image) it's easy for a coach to set up some cones or half balls and create an inner and outer court. By aiming to land the ball in the outer court, the server must leave the T in order to hit it.



Regress this activity by moving closer to the front wall. Progress it by moving the cones closer to the side walls (more quality of shot) or by trying to hit more challenging and varied serves.

Trying to practice the serve on your own? Go through a mental image of your target spots - both front wall and corner, and try to hit them. A partner certainly helps to give a true reflection of if the serve works or not.

The serve and return is a mini rally within the full rally. If you are struggling with your service game, set out a plan as to what you are trying to achieve with both shots, then go and execute it. Having no plan with your serve and return, and wondering why you are struggling in that area ...

Next month I'll add in some of my go-to solo routines for players, which might be a great option to practice over summer if your regular hitting partner is away.

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RUN BY SQUASH WA STATE TEAM COACH TIM COWELL

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Department of
Local Government, Sport
and Cultural Industries



STATE

SQUASH
WA


Top 5

JUNIOR RANKINGS

30 November 2023

NATIONAL

SQUASH
AUS


U11 Boys

Lucas Curry
Leonard Bruce
Noah Tan
Abhin Behl
William Mennell

U11 Girls

Michaela Sanyangore
Meetra Gunalan
Miranda Clarke
Lillian Gallemore
Eleanor Jones

1
2
3
4
5

U11 Boys

Benjamin Boardman
Grayson Coleman
Wesley Correa
Jenson Ooi
Bodhi Wratten

U11 Girls

Elizabeth Wang
Yashica Jiwa Mohan
Abbey Boswell
Preesha Dev
Meriam Ibrahim

U13 Boys

Charlie Richardson
Leo Van Straaten
Kaelan Penn
Kye Armstrong
Charlie Tear

U13 Girls

Teagan Scott
Olivia Hibbs
Emmy Dunstan
Ella Clarke
Ketki Suvarna

1
2
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4
5

U13 Boys

Thomas Wang
Charlie Richardson
James Sanders
Nathaniel Middleton
Conner Moriarty

U13 Girls

Timonaliz Alarcos Kriebisch
Jaida Wigley
Gizele Josifoski
Isabella Wilcox
Matilda Lynn

U15 Boys

Luke Jamieson Jr
Alexander Marsh
Andreas Christou
Jacob Curry
Domenic Christou

U15 Girls

Joey Scott
Ruby Foo
Holly Carver
Kayla Clarke
Renee Tan

1
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5

U15 Boys

Marcus Wang
Henry Kross
Flynn Bartlett
Ethan Middleton
Connor Haberecht

U15 Girls

Tina Ma
Luka Cock
Madison Nargar
Lilly Wilson
Emilia Scott

U17 Boys

Aiden Finlay-Mulligan
Alvaro Blackall
Waldo Vorster
Eric Marsh
Jonathan Groenewald

U17 Girls

Isla Harris
Josie Jones
Sydney Ennis
Jessica Jellis
Jasmin Legge

1
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U17 Boys

Darcy Hayes
Haider Naqvi
Jackson Wylie
Jarrod Atkins
Joshua Rahul Raj

U17 Girls

Amelie Guziak
Joanne Joseph
Amelia Brigden
Emmy Lamb
Sarbani Maitra

U19 Boys

Daniel Marsh
Preston Munro
Finlay Galt
Hamish Melvin
Harri Fox

U19 Girls

Hannah Slyth
Caitlin Pratt
Cassandra Willsher
Ella Hann

1
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4
5

U19 Boys

William Slade
Connor Hayes
Josh Porter
Daniel Marsh
Kenneth Lamb

U19 Girls

Madison Lyon
Courtney Scholtz
Hannah Slyth
Caitlin Pratt
Shona Coxsedg

Answer to the quiz: b) No let (Rule 8.6.4)

ACT NSW NT QLD

SA TAS VIC WA

Riding on the Great Southern Wheatbelt Team tournament in Katanning, coach and top WA player **Remi Young** travelled to the country town a few days earlier to deliver a range of activities for locals.

After the three-hour drive on the morning of Wednesday 15 November, Remi kicked things off delivering the Inflatable Mini Squash program at Braeside Primary School. The kids were really thrilled to have the inflatables at their school, with the majority never having given squash a go!

That evening, Remi ran a ladies training session at the squash courts, located within the recently (and beautifully!) renovated Katanning Country Club. Beginner and experienced players alike, came along to this session. Six of the attendees were playing for the very first time, yet in a little over two hours, they progressed from having little knowledge of the game to moving to the T after serving, getting their racquet up before every shot, and moving out of the way of their opponent. Many of the experienced players struggle to execute those three skills and learnt a lot as a result.

Remi shared, "it was a great experience to get new people involved - hopefully they'll be keen to keep going and improving."

The next day started at St. Patrick's Primary School, where again the kids were really excited to give squash a go. One young lady enjoyed it so much that she joined in on the Katanning Junior Program that very same day!

Eight juniors attended the open session that afternoon which Remi also delivered. "I put them through some basic drills and got them focussing on their technique and getting their racquet up, followed by a crowd favourite of "Squockey" (combination of squash and hockey) to finish off, which the kids always really enjoy. I was mostly on court with two of the beginner juniors, who really made progress with their serves and overall rallying."

"Overall it was great to get out of Perth and introduce squash to a different community. I would love to do something similar in different areas, and spread our great sport far and wide."

Such great work Remi, the sport is lucky to have you! Thank you.





STATE

MEN	WOMEN
Mike Corren <i>Blue Gum</i>	Zoe Petrovansky <i>Vic Park</i>
Oscar Curtis <i>Mirrabooka</i>	Erin Classen <i>Mirrabooka</i>
Tim Cowell <i>Cambridge</i>	Sue Hillier <i>Vic Park</i>
David Ilich <i>Blue Gum</i>	Pascale Louka <i>Cambridge</i>
Remi Young <i>Mirrabooka</i>	Jo Hitch <i>Vic Park</i>
Dylan Classen <i>Mirrabooka</i>	Hannah Slyth <i>Blue Gum</i>
Jason Patmore <i>Blue Gum</i>	Clare Slyth <i>Blue Gum</i>
Daniel Marsh <i>Cambridge</i>	Hayley Chiu <i>Cambridge</i>
Dylan Tasker <i>Vic Park</i>	Emily Savic <i>Marmion</i>
Aedan Martin <i>Cambridge</i>	Fiona Whooley <i>Mirrabooka</i>



NATIONAL

MEN	WOMEN
Rex Hedrick <i>Victoria</i>	Jess Turnbull <i>Queensland</i>
Aaron Frankcomb <i>New South Wales</i>	Alex Haydon <i>Queensland</i>
Bryan Lim <i>Queensland</i>	Tanvi Khanna <i>Queensland</i>
Joseph White <i>Queensland</i>	Colette Sultana <i>Queensland</i>
Steve Finitis <i>Queensland</i>	Sarah Cardwell <i>Queensland</i>
Jean-Pierre Brits <i>Queensland</i>	Madison Lyon <i>Queensland</i>
Mike Corren <i>Western Australia</i>	Jennifer Condie <i>New South Wales</i>
Rhys Dowling <i>Queensland</i>	Adele On Ying Fung <i>New South Wales</i>
Solayaman Nowrozi <i>Queensland</i>	Karen Blom <i>New South Wales</i>
Anthony Ricketts <i>Australian Capital Territory</i>	Sophie Fadaely <i>Queensland</i>

STATE U23 MEN

Oscar Curtis <i>Mirrabooka</i>
Remi Young <i>Mirrabooka</i>
Dylan Classen <i>Mirrabooka</i>
Daniel Marsh <i>Cambridge</i>
Aedan Martin <i>Cambridge</i>
Eric Gray <i>Hilton</i>
Cooper Kennedy <i>Broome</i>
Preston Munro <i>Dampier</i>
Aiden Finlay-Mulligan <i>Esperance</i>
Jackson Kiely <i>Maddington-Gosnells</i>

STATE U23 WOMEN

Erin Classen <i>Mirrabooka</i>
Pascale Louka <i>Cambridge</i>
Hannah Slyth <i>Blue Gum</i>
Michaela Pratt <i>Blue Gum</i>
Isla Harris <i>Moora</i>
Caitlin Pratt <i>Narrogin</i>
Jade Woods <i>Eastern Goldfields</i>
Isabella van Emden <i>Bunbury</i>
Josie Jones <i>Blue Gum</i>
Georgia Gould <i>Cambridge</i>



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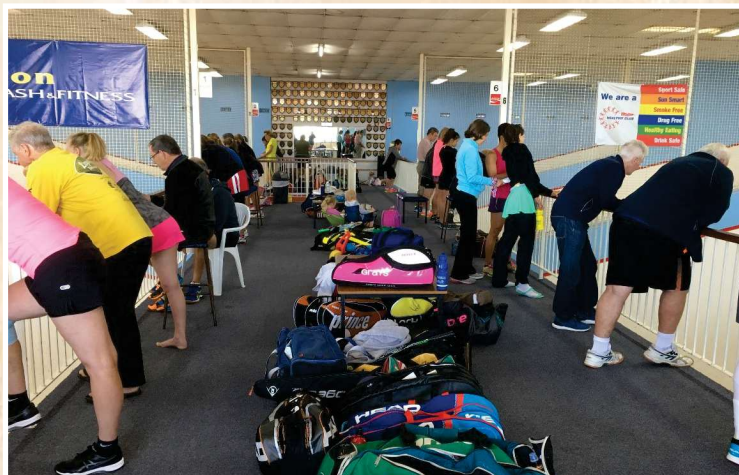
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Rachel Percival on **044 9668 558** or email at rachel-percival@hotmail.com.





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