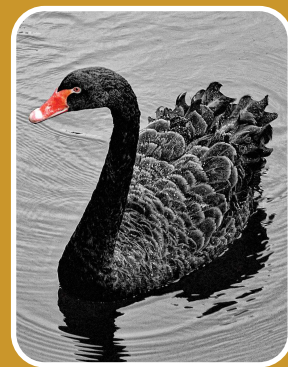




SWAN



SQUASH WA NEWSLETTER : SEPTEMBER 2024

Congratulations ...

Ladies A Grade Winners : Combined Country

Country Week 2024



Men's A Grade Winners : Goldfields



WELCOME

© Squash WA - October 2024 - ISSUE 103

P 2

**SQUASH
WA
WEBSITE**



There was no joy for WA at the recent Australian Junior Championships. We will report on the AJC held in Melbourne in next month's edition.

In the meantime, here are all the results of finals played. Australian players only secured 2 titles out of 10.

Girls Finals

U19 [2] Ella Lash (NZL) d [1] Madison Lyon (QLD) 3-2
U17 [2] Mehwish Ali (PAK) d [5/8] Xin Yui Lee (MAS) 3-2
U15 [1] Tina Ma (VIC) d [2] Lilly Wilson (QLD) 3-0
U13 [1] Emily Senior (JPN) d [2] Mahnoor Ali (PAK) 3-0
U11 [1] Aradhana Singh (IND) d [2] Sashana Istritharan (MAS) 3-0

Boys Finals

U19 [3/4] Thomas Scott (NSW) d [5/8] Wong Lee Hong (MAS) 3-0
U17 [3/4] Ibrahim Zeb (PAK) d [1] Brodie Bennett (NZL) 3-0
U15 [17/32] Yahya Khan (PAK) d [1] Henry Kross (AUS) 3-0
U13 [1] Huzaifa Shaid (PAK) d [2] Ong Hung Yu (MAS) 3-0
U11 [3/4] Edward Lam (MAS) d [3/4] Aleister Loo (VIC) 3-1

2024 JUNIOR TOURNAMENT TOUR

Only 10 places available per stop

Email engagement@squashwa.asn.au to register your junior's interest in one or more events

**SQUASH
WA**



1 DONE!

March: South West Open (Bunbury)



3 DONE!

July: Geraldton Open

15-17 November: Great Southern Wheatbelt Teams (Narrogin)





BEHIND THE SCENES

with Leigh Kaye

P 3

I received my monthly SWAN reminder from Serena to get my 'Behind the Scenes' info to her a few days earlier than usual. Country Week was fast approaching and consuming a lot of time in the office, so we needed to get a head start on the newsletter.

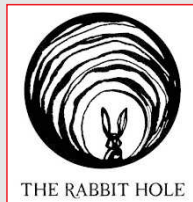
When I saw the reminder, I was dealing with a few negative and unhelpful comments from people in our community. Being in that frame of mind, I looked at the title of my monthly newsletter segment 'Behind the Scenes', and began to ponder a little more deeply about all things squash.

Does our community know what Squash WA does on a day-to-day basis? Do they care? Should they care? Are they aware that we have the equivalent of only two full-time employees in the office, and that these people are human too?

It was then that I realised that the rabbit hole was in sight as I asked myself, what would happen if Squash WA wasn't around to do the 'Behind the Scenes' tasks for the sport of squash in Western Australia?

For example, who (or what) would:

- *Advertise our sport?*
- *Run events such as pennants and league, annual awards nights, junior Squashathon, school holiday clinics, etc?*
- *Plan and deliver Country Week (the largest squash tournament in Australia)?*
- *Plan and deliver State Masters Championships?*
- *Plan and deliver a State Junior Championships including Individuals and Zone Teams events?*
- *Work collaboratively with Zone Coordinators to ensure all four zones are able to field full teams?*
- *Drive the metro and country tournament participation increase we've seen?*
- *Organise Tournament Tours so metro juniors can participate in country tournaments?*
- *Coordinate volunteers to help run events?*
- *Coordinate the logistics for a WA Junior State Team (eg. selection, travel, training, uniforms, dietary requirements, wellbeing initiatives, etc.)?*
- *Organise and drive coaching and officiating courses/information sessions at both metro and country clubs?*
- *Coordinate coaches to deliver primary and secondary school programs, and maintain their equipment?*
- *Scout juniors and design and implement a Junior Development Pathway?*
- *Liaise with 32 metro and country clubs to provide support and resources such as advertising their events, funding and helping to run open days, starting up junior programs, designing flyers/banners, governance requirements, etc.?*
- *Manage and provide support for membership and competition software platforms?*
- *Decipher and provide support for the governance and red tape information that applies to clubs?*
- *Look for and secure sponsorship for projects and events?*
- *Liaise with Local and State government funding partners? Wait - would there*





BEHIND THE SCENES

with Leigh Kaye

P 4

revolutioniseSPORT

even be funding partners (Healthway, Department Local Government, Sport and Cultural Industries, City of Stirling, etc.)?

- *Liaise with Squash Australia on all things squash?*
- *Liaise with SportWest, WA Institute of Sport, Sporting Schools, School Sports WA, etc.?*
- *Maintain a functional, user-friendly and up-to-date website?*
- *Run active, engaging and relevant social media to keep people informed and attract new people to the sport?*
- *Pull together an electronic newsletter each month to keep everyone informed, recognise volunteers and sponsors, provide education around coaching and officiating, share tournament and event write ups and photographs?*
- *Promote, advertise and celebrate our volunteers through annual awards nights, volunteer of the month articles, etc.?*
- *Make difficult disciplinary decisions?*

The list could've gone on !!!

Now I was deep in the rabbit hole! Would it be possible:

- *For the people in the office to do all these tasks day after day, week after week, year after year, without dropping the ball every now and then?*
- *For Squash WA to keep every single person happy all of the time?*
- *For players to see that the Board and office staff are doing all we can with what we have?*
- *For squash in Western Australia to double in registered members (hell yeah if we had everyone working together!)?*
- *To identify and solve all the challenges we face in squash today, and find six- or seven-figure funding sources to build new facilities?*

STOP!! *By this point I'd had enough of roaming the rabbit warren. I needed to instead find a way to get our community to understand a little more about what Squash WA does behind the scenes.*

*Hence this article was born. To appeal to the squash community to **STOP** and think. To consider how much blood, sweat and tears our small but passionate workforce and few volunteers put in each and every day. Rain, hail or shine. In sickness and in health.*

To convert any negativity into positivity.

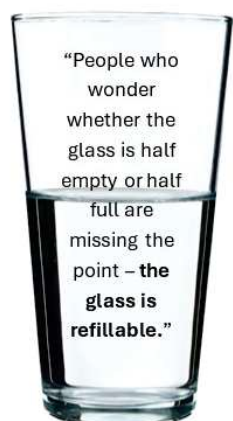
To ask questions to understand and not to accuse.

To choose to help us accomplish these tasks quicker, easier and better.

To be part of the solution, not the problem.

There are many more tasks I could've added to the list, but I'm sure that as long as people exist, these tasks will be taken for granted or questioned by some.

While negative, unhelpful comments will always be made, one thing I do know is that squash players are the most resilient people around, and if we rallied together, worked together, supported each other, we can overcome any challenge we face in





BEHIND THE SCENES

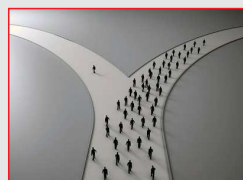
with Leigh Kaye

P 5

squash.

Players : Parents : Staff : Board : Volunteers : Officials : Coaches : Court operators.
Every single person in the squash community has a very important decision that lies before them, "will you be part of the problem or part of the solution?"

What's your choice?



Tuesday Pennants / Thursday State Premier League

Club	2022			2023		
	Autumn	Winter	Spring	Autumn	Winter	Spring
Belmont Saints	3	2	1	2	3	6
Blue Gum	13	11	12	13	16	17
Cambridge	10	9	10	8	7	8
Hilton	3	3	3	3	2	2
Kensington	3	2	2	2	2	1
Maddington Gosnells/Leeming	2	1	1	2	1	1
Marmion	5	6	5	6	4	6
Mirraboooka	15	16	14	15	13	13
Subiaco Kings/Next Gen	0	0	0	0	1	2
Vic Park	1	1	0	0	0	0
Total Teams	55	51	48	51	49	56
	SPL inc.	SPL inc.		SPL inc.		SPL inc.

Club	2024		
	Autumn	Winter	Spring
Belmont Saints	5	3	3
Blue Gum	13	12	14
Cambridge	6	5	6
Hilton	1	1	0
Kensington	1	1	1
Maddington Gosnells/Leeming	1	1	3
Marmion	3	3	3
Mirraboooka	10	8	9
Subiaco Kings/Next Gen	2	2	0
Vic Park	0	0	0
Total Teams	42	36	39
	SPL inc.		

*Two State Premier League seasons per year / three Pennant seasons per year



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

MARCH

1-3	Esperance Open PSA-Sat B	Esperance
9	Marmion Junior Classic	Squash Factory
15-17	South West Open S	Bunbury
20-24	Australian Open	(Various) NSW

APRIL

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

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
28-1/10	Aust. Junior Champs IND P	NSW

OCTOBER

2-4	Aust. Junior Champs TEAMS P	NSW
11-12	Cambridge Open	Cambridge
12	World Squash Day	n/a
25-27	Busselton Invitational	Busselton

NOVEMBER

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

DECEMBER

8	Belmont Junior Classic	Belmont
---	------------------------	---------





VIC PARK OPEN

Thanks Lisa Christou

P 7

Another successful Vic Park open has come to an end. A huge thank you to everyone who came along to play/referee/support/spectate.

Thank you to all the volunteers; we really appreciate all the work you put into the event. Thanks also to Luke Jamieson for being Tournament referee.

Vic Park would like to thank our magnificent Sponsors:

Sammy Cheung

MOR Constructions Pty Ltd

ENCO

Body Tune

Vic Park Leisurelife Centre

Sinatras Pizza

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



***Best match – Dave Ilich & Daniel Marsh ...** Their match went for 1 hour, 4 mins & 23 seconds!*

***Fairest & Best Award – Yvette Clement ...** Yvette was always at hand whenever anything was needed, helping keep the tournament on schedule, organising coffees and nourishment for the tournament officials, and generally an air of positivity around the courts.*



Vic Park Open : 6-7 September 2024

EVENT	Winner	Runner Up	Plate
Open	<i>Oscar Curtis</i>	<i>Daniel Marsh</i>	<i>Dan Jones</i>
Division 1	<i>Jackson Kiely</i>	<i>Luke Jamieson Jnr</i>	<i>Eric Marsh</i>
Division 2	<i>Alex Marsh</i>	<i>Jacob Curry</i>	<i>Edward Gatti</i>
Division 3	<i>Domenic Christou</i>	<i>Greg Blycha</i>	<i>Josie Jones</i>
Division 4	<i>Scott Burton</i>	<i>Ferris Xu</i>	<i>Glenn Gould</i>
Division 5	<i>Roger Schmidlin</i>	<i>Pritam Turtle</i>	<i>Mason Tolman</i>
Division 6	<i>Jessica Jellis</i>	<i>Simon Tulip</i>	<i>Mark Foo</i>
Division 7	<i>Taylem Frost</i>	<i>Ben Clement</i>	<i>Kay Uchiyama</i>



VIC PARK OPEN

Thanks Lisa Christou

P 8



Open



Division 1



Division 2



Division 3



Division 4



Division 5



Division 6



Division 7

CONGRATULATIONS

WOMEN'S SQUASH WEEK

P 9

From 16 to 23 September 2024, we profiled seven sensational women of the West Aussie squash community and received a LOT of love for them!! Here they all are for you to enjoy one more time.

THANK YOU to ALL the ladies in our sensational West Aussie squash community. Every little thing you do at club level, has a profound knock-on effect on our sport, and we cannot thank you enough.

Women's Squash Week

SQUASH WA

#womenssquashweek #playlikeagirl

16-23 SEPTEMBER 2024



#womenssquashweek #playlikeagirl

SQUASH WA

BRONWYN LEWIS

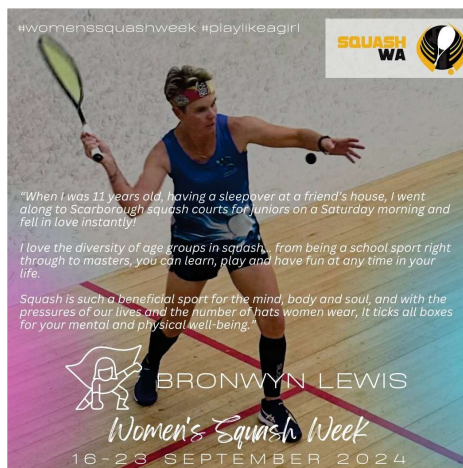
Women's Squash Week

16-23 SEPTEMBER 2024

"When I was 11 years old, having a sleepover at a friend's house, I went along to Scarborough squash courts for juniors on a Saturday morning and fell in love instantly!

I love the diversity of age groups in squash, from being a school sport right through to masters, you can learn, play and have fun at any time in your life.

Squash is such a beneficial sport for the mind, body and soul, and with the pressures of our lives and the number of hats women wear, it ticks all boxes for your mental and physical well-being."



SQUASH WA

FIONA WHOOLEY

#womenssquashweek #playlikeagirl

Women's Squash Week

16-23 SEPTEMBER 2024

"Squash has been in my family since as long as I can remember. My father got my older brothers into it initially, I only really started playing when I was 17 and at University.

I love the challenge! It gives you training for all of life's challenges, and makes you fit mentally, physically, and emotionally.

Through squash, you not only get fit, you face new challenges every match. You meet fantastic and interesting people from all walks of life, all shapes and sizes and ages, who make you feel like you belong!"



SQUASH WA

#womenssquashweek #playlikeagirl

ALYCE SMITH

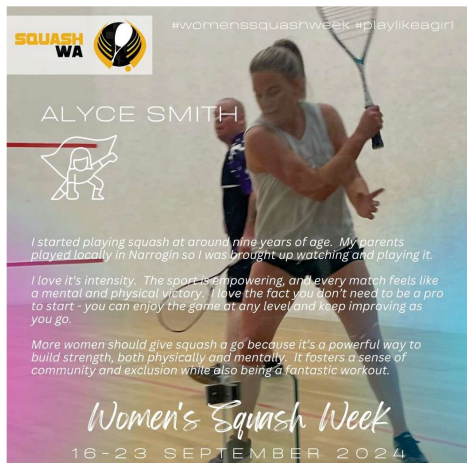
Women's Squash Week

16-23 SEPTEMBER 2024

I started playing squash at around nine years of age. My parents played locally in Narrogin so I was brought up watching and playing it.

I love it's intensity. The sport is empowering, and every match feels like a mental and physical victory. I love the fact you don't need to be a pro to start - you can enjoy the game at any level and keep improving as you go.

More women should give squash a go because it's a powerful way to build strength, both physically and mentally. It fosters a sense of community and inclusion while also being a fantastic workout.



Thank you



#womenssquashweek #playlikeagirl

SQUASH WA

BEO HERRING

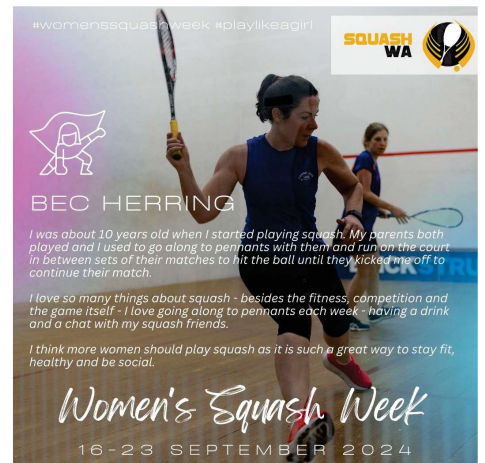
Women's Squash Week

16-23 SEPTEMBER 2024

I was about 10 years old when I started playing squash. My parents both played and I used to go along to pennants with them and run on the court in between sets of their matches to hit the ball until they kicked me off to continue their match.

I love so many things about squash - besides the fitness, competition and the game itself - I love going along to pennants each week - having a drink and a chat with my squash friends.

I think more women should play squash as it is such a great way to stay fit, healthy and be social.



SQUASH WA

#womenssquashweek #playlikeagirl

PASCALE LOUKA

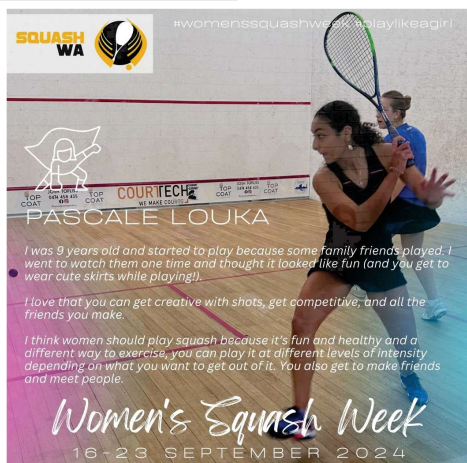
Women's Squash Week

16-23 SEPTEMBER 2024

I was 9 years old and started to play because some family friends played. I went to watch them one time and thought it looked like fun (and you get to wear cute skirts while playing!).

I love that you can get creative with shots, get competitive, and all the friends you make.

I think women should play squash because it's fun and healthy and a different way to exercise, you can play it at different levels of intensity depending on what you want to get out of it. You also get to make friends and meet people.



#womenssquashweek #playlikeagirl

AUDREY SMITH

Women's Squash Week

16-23 SEPTEMBER 2024

I was 22 when my local golf club built two courts. My first hit was with my dad and from then on I was hooked, and took lessons from day two!

Squash has given me many things; the opportunity to keep fit and meet some wonderful people along the journey, through playing in the three countries I have lived in.

More women should give squash a go as it is deemed the healthiest sport for good reason - squash can improve your balance, agility and your strength. No matter what your level, it can be fun, social and for everyone, no matter your age. It is a great way to make friends and build your special circle. All our WA clubs are welcoming and open to helping beginners get started on what can be a wonderful journey.



#womenssquashweek #playlikeagirl

SQUASH WA

MICHELLE JONES

Women's Squash Week

16-23 SEPTEMBER 2024

I was fashionably late to the squash party, starting at the ripe age of 43. Imagine my surprise when I picked up a racquet and realised it wasn't just for the fittest! It's been about 4 years since that fateful day, and my determination to progress in the game is partly fuelled by a mid-life crisis and a desire to out-squash my younger self. Better late than never, right?

Pinning down one thing I love about squash is like trying to catch a greased-up squirrel. At first, it was the intense workout and the challenge, but my real love affair is on par with a goldfish trying to climb a tree. Now, I enjoy progressing at a pace that doesn't require a stretcher. The real gem, though, is the 'chosen' family I've acquired through the game. I adore them as much as my own family, and any excuse to hang out and wreck a ball around with them is a win in my book.

Before I found squash, making friends with similar interests felt like trying to find a unicorn at a petting zoo - nearly impossible, especially since I didn't grow up here. Working for myself, I often found myself chatting with my houseplants. Then, squash came along like a secret fairy godmother! The squash community is so welcoming and accepting, it's like being hugged by a giant, racquet-wielding family. We'd love to see more women give squash a go, no matter their skill level. It's not just for the pros - we need more players in the 'I'm just here for fun and a goodie' division too!





COUNTRY WEEK Teams Championships

P 10

Country Week Steering Group



The September long weekend saw 186 regional players arrive in the 'big smoke' for the largest tournament in Australia – the WA Country Teams Championships. 13 towns were represented from across the State (Bunbury, Busselton, Esperance, Geraldton, Kalgoorlie, Karratha, Katanning, Leschenault, Mandurah, Manjimup, Moora, Narrogin, and Wongan Hills) forming 8 men's grades and 3 ladies grades.

For the second straight year running the recent format change continued with around 50% of first round matches kicking off at 6.00pm on Friday night and the tournament running through until last finals matches concluded around 5:00pm on Sunday evening. This allowed enough time for some 'freshening up' before dinner was served and then followed shortly after by presentations for the champion clubs/teams of each respective grade. With presentations out of the way, lots of socialising, an extremely competitively contested 'coin toss extravaganza' and plenty of dancing took place under a beautifully lit marquee area in Squashworld Mirrabooka's outside grassed area.

A huge thanks to this year's Country Week Steering Committee (CWSC) for their time and effort toward the event organisation, Mirrabooka Squash Club volunteers for working tirelessly across the whole weekend in the canteen and at Sunday night's dinner, Squashworld Mirrabooka for hosting, Neil Butler for refereeing, Luke Jamieson as Tournament Director and our sponsors for their generous support!

As noted in the closing speeches, Deb Hoffrichter, Jeremy Church and Jamie Herring will depart the CWSC after serving for two years as volunteers. If you or anyone at your regional club has a passion to help continue to build upon what has been established by the CWSC to date, and work with the members staying on for next year, please ensure you reach out to Squash WA! Bring on 2025's event!!

Thanks
Jamie Herring

Ladies A Grade: W Combined Country RU Narrogin
Ladies B Grade: W Goldfield 1 RU Goldfields 2
Ladies C Grade: W Busselton RU Goldfields 3
Men's A Grade: W Goldfields RU Mandurah
Men's B Grade: W Leschenault RU Geraldton
Men's C Grade: W Goldfields RU Bunbury
Men's D Grade: W Mandurah RU Leschenault
Men's E Grade: W Goldfields RU Bunbury
Men's F Grade: W Geraldton RU Leschenault
Men's G Grade: W Geraldton RU Mandurah
Men's H Grade: W Goldfields RU Narrogin



All photos courtesy of Michelle Jones [Little Brown Rabbit Photography](#)



COUNTRY WEEK

Teams Championships

P 11



Ladies A Grade: Combined Country

Ladies B Grade: Goldfield 1



Ladies C Grade: Busselton

Men's A Grade: Goldfields



Men's B Grade: Leschenault

Men's C Grade: Goldfields



Men's D Grade: Mandurah

Men's E Grade: Goldfields

Men's F Grade: Geraldton



Men's G Grade: Geraldton

Men's H Grade: Goldfields



COUNTRY WEEK

Teams Championships

P 12





SPONSOR SPOTLIGHT

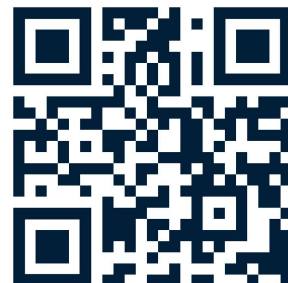
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P 13



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SPONSOR SPOTLIGHT

LachWil

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LachWil is a management consulting firm known for its outstanding, people-centric management consulting, project management and project services – particularly for highly complex, time poor projects.

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2024 STATE TEAM

Junior Presentation Dinner

P 15

Thank you



Under 13 Team



Under 15 Team



Under 17 Team



Under 19 Team



Carers



Carmella



Ella



2024 STATE TEAM

The Mighty Wasps!

P 16





MARMION JUNIOR OPEN DAY

P 17

**Thanks
Sue Cowell**

The Marmion Squash Club in association with The Squash Factory held a Junior Open Day on Friday 27 September 2024. 12 Registrations were received through Eventbrite with 8 juniors turning up on the day aged between 5 years through to 12 years. 4 of the juniors had never seen or played squash before! We then had 4 of our regular Marmion Mini Juniors (ages 5 to 7 years) join us for the last hour.

The day started with a brief talk about squash and a demonstration game by Jason Rawling and Will Rawling. Coach Josh Blakey then allocated 2 juniors per coach per court for an initial coaching session. A brief break for an icy pole and fresh fruit was then followed by more coaching and then our juniors were ready for game play.

Coach Sue kept the time for King of the Court game play. It was simply amazing to see how well our new juniors had played especially when our regular Mini Juniors joined the game play. We finished off the day with some more fruit and snacks which the juniors devoured!

Congratulations to Parker Romanelli and Flynn Power who ended up on the top court. Congratulations to Cody Kolin for winning the Coaches Award for his enthusiasm and his attention on court. We certainly have some emerging talent!



Thanks go to our wonderful Marmion Squash Club Members for coming along and coaching our emerging stars: Josh Blakey, Greg Harwood, Jason Rawling, Will Rawling, Evie Clark and Sue Cowell.

All new players were given information about the Marmion Friday afternoon junior program and we are expecting a 100% future attendance by them all! Parents were all very enthusiastic about how the juniors progressed on the Open Day and they look forward to becoming regular participants.





LET'S PLAY FAIR

with Neil Butler

P 18

Depending on which sport you participate in, the name for the officials varies.

- Soccer – Referee and Linesmen
- Cricket – Umpires
- AFL – Umpires, Goal Umpires and Boundary Umpires
- Tennis – Central Umpire and Linesmen

In Squash we have **Referees and Markers**.

So often I hear players and spectators refer to them as Umpires and Scorers. Also, we have terminology for the Marker to use, to advise the players and spectators the situation of the game or match, but so many Markers use incorrect terminology.

For example, we hear Markers calling 'high ball', when in fact the correct call is '**out**'. Another example is 'double bounce' being called for '**not up**'. Double bounce can be used as the explanation of a 'not up' call if the player queries the call. We have '**matches**' and not 'sets'.



**Good, Better, Best,
never let it rest, till
your good is better
and your better best**

David Rees

The following are calls to be made by the Marker:

DOWN - To indicate that a player's return hit the tin, or the floor before reaching the front wall, or hit the front wall and then the tin.

FAULT - To indicate that a serve was not good.

HAND OUT - To indicate a change of server.

NOT UP - To indicate that a return was not struck correctly; or bounced more than once on the floor before being struck; or touched the striker or the striker's clothing.

OUT - To indicate that a return has hit the wall on or above the out-line; or hit any fixture above the out-line; or hit the top edge of any wall of the court or passed over a wall and out of the court; or passed through any fixture.

10-ALL: A PLAYER MUST WIN BY 2 POINTS - To indicate at 10-all that a player must lead by 2 points to win the game.

GAME BALL - To indicate that a player requires one point to win the game.

MATCH BALL - To indicate that a player requires one point to win the match.

YES, LET / LET - To repeat the Referee's decision that a rally is to be replayed.

STROKE TO (PLAYER or TEAM) - To repeat the Referee's decision to award a stroke to a player or team.

NO LET - To repeat the Referee's decision that a request for a let is disallowed.

Examples of Marker's Calls

Match introduction: 'Smith to serve, Jones to receive, best of 5 games, love-all.'

Order of calls:

- Anything affecting the score (eg. Stroke to Brown).
- The score (with the server's score always called first).



LET'S PLAY FAIR

with Neil Butler

P 19

- *Comments on the score (eg. game ball).*

Calling the score:

- *"Not up, hand out, 4-3."*
- *"Yes, let, 3-4."*
- *"Stroke to Jones, 10-8, game ball."*
- *"Fault, hand out, 8-3."*
- *"Not up, 10-all: a player must win by 2 points."*
- *"10-8, match ball."*
- *"13-12, match ball."*

End of a game:

- *"11-3, game to Smith. Smith leads 1 game to love."*
- *"11-7, game to Jones. Smith leads 2 games to 1."*
- *"11-8, match to Jones, 3 games to 2, 3-11, 11-7, 6-11, 11-9, 11-8."*

Start of successive games:

- *"Smith leads 1 game to love, love-all."*
- *"Smith leads 2 games to 1, Jones to serve, love-all."*
- *"2 games all, Smith to serve, love-all."*

This is all simple stuff, so let's be proud of our sport and use the correct names for the

SQUASH SMARTS



Squash Australia has launched the first of a series of videos positioned to showcase the great work being done across the game and what can be achieved.

Squash Smarts will highlight key areas of success and best practice that have been achieved by states, clubs, coaches and players in areas that are often considered too difficult to undertake.

*The opening episode of **Squash Smarts** focuses on the newly-renovated Squash WA State Centre in Perth and the steps taken to take the facility from one which was tired and uninspiring to a venue lauded after its recent hosting of the Australian National Championships.*

Our very own GM Leigh-Anne Kaye worked with Squash Australia to produce Episode 1 – a great insight into the work that has been done to transform the State Squash Centre, and a reference and resource for other clubs about what can be achieved.

<https://www.squashaus.com.au/info-hub/squash-smarts>



Beerfarm Leschenault Classic Teams

P 20

Another year, and another squash family reunion (AKA the 2024 Beerfarm Leschenault Teams Classic) is over. Thank you to our 2024 sponsors, LSC Members and Committee, and of course, the players! It takes all of you to pull together a tournament and to help make it a success ... and a success it was (if we do say so ourselves).

This year we hosted 72 players - old friends and new - travelling from all corners of the state to attend. Congratulations to this year's winners and runners up. Our committee are taking a well-earned rest, but in 365 days we'll be ready and raring to go, to host you all again!

No Photo - Div 4 Winners Katanning Lads RU Busso Court Jest-Hers



Div 1 Winners Steph's Boys



Div 1 RU Fists of Fury



Div 2 Winners Busso Lads



Div 2 RU Left is Best



Div 3 Winners Millers Chill



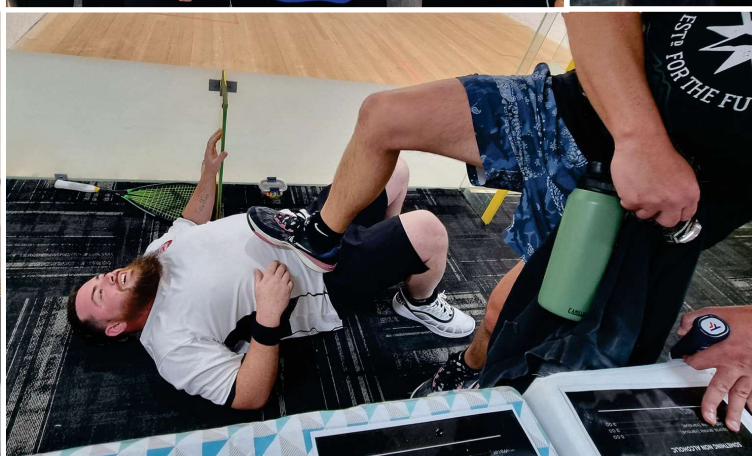
Div 3 RU Country Boys



Div 5 Winners Pebbles Friends



Div 5 RU Watch Out





JUNIOR LADDER LEAGUE

P 21

Thanks Serena Richardson

Formally known as Junior Pennants, we trialled a new format in term 3 after a suggestion from junior parents Steve and Tracey Tapley. It's a format used at their home club Blue Gum that works really well. Players are more evenly matched up, and there's plenty of movement due to the ladder element of it.

Division	Player	Sporty
1	A	700
	B	650
	C	600
2	D	550
	E	500
	F	450
3	G	400
	H	350
	I	300
4	J	Novice
	K	Novice
	L	Novice

When all the registrations come in, players are listed in order of SportyHQ ranking from highest to lowest. That list is what determines how many divisions of three players there are. Example pictured left.

Each week there is a round robin of the players within each division. So in the above example, the match up in division 1 would be A vs B, A vs C and B vs C. So just like the Junior Pennant competition we've been running for years, each junior still plays two matches each week, with the same point a rally to 11, best of five scoring system.

One the round is complete, players receive one point per game won. Whoever wins the highest number of games that round, would move up a division for the following round (or stay where they are if in the highest division). Second place would stay in the same division, and the player winning the least number of games that round would move down a division (or stay where they are if in the lowest division). At the end of the five rounds (finals day), the winner of each round gets a prize.

Another element is that as there are no teams, and to ensure everyone has a support person/coach, we have two divisions playing on the same court. The players in position one are 'buddied' up. This way everyone has support, and the higher and lower players get to know each other. Example pictured right.

Division	Player	Division	Player	Buddies
1	A	3	G	AG
	B		H	BH
	C		I	CI
2	D	4	J	DJ
	E		K	EK
	F		L	FL

At the end of term 3, we sent a survey out for parents and juniors to provide us with feedback. A huge majority either voted to keep going with Ladder League, or that they didn't mind which format was used. Therefore, we've decided to continue with Ladder League!

Thank you, as always, to the wonderful juniors and their equally wonderful parents for bringing them and supporting squash each week. Thanks also to Healthway who enable us to deliver a variety of activities and competitions to juniors each year.



JUNIOR LADDER LEAGUE

P 22

Congratulations to the division winners! L-R: Div 7 John Bourne, Div 6 Miranda Clarke, Div 5 Amalie Jacobs (had to leave early so not in photo), Div 4 Jasper Tapley, Div 3 Charlie Tear, Div 2 Hayden Knox, Div 1 Jerome Tan.C



The Racquet Shop



JUNIOR LADDER LEAGUE

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2024



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October
11th - 12th

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Post Presentations meal supplied by the Squash Club.
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Entries close Monday 7th October

Tournament Director - Tim Cowell Tournament Referee - Luke Jamieson

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November 2024

SQUASH

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- Please be available for Friday night fixtures.
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- Games finished by 12pm Sunday & presentations following.
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\$210 Nomination Fee
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WA



m LachWil.

23

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SEPTEMBER 5TH - 13TH 2025

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3rd, 4th & 8th

INDIVIDUALS
5th-7th

TEAMS
9th -13th

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SQUASH
WA



SQUASH WORLD
MIRRABOOKA

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UPCOMING EVENTS

P 24

Fuel to Go & Play™



STARS GALA AND ANNUAL AWARDS TICKETS AVAILABLE NOW

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**SQUASH
WA**



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WA**



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

SQUASHWORLD MIRRABOOKA



COACHES CORNER

with Tim Cowell

P 25

Training Age & Loading and Phases: why we do what we do and when do we do it.

At the time of printing, we will be in the middle of the 2024 Australian Junior Championships campaign. A fair bit of planning goes into a trip like this; lesson plans, what to focus on, additional training support. To be honest there is a lot more that could be done but resources limit that.

There are many challenges when working with a team as large as this one. The event spans ages from 11 through to 18. When you think about how a few other sports function, team-based sports are often very similar ages, meaning very similar stages in the 'Long Term Player Development' model.

One of the challenges has been when doing up a lesson plan, what is the target demographic for it. The answer is all, and that it needs to be scalable so that everyone can achieve something! Not the easiest feat but I hope we've done okay at it!

The other challenge is what we can focus on in a large group. The focus on that for this year has been the tactical part of the game. With 24-30 players at each session, we have tried to set out conditions or patterns for them to train to, whilst leaving the technical side of things up to them and their coach.

Getting back to that 'Long Term Player Development' model point though ...

For those who go through the coach education process, this has popped up not only in the WSF content, but previous content as well. It has high relevance to what you can focus on with your players. It would be unreasonable to expect an eight year old to run 20 sets of 400 metre sprints, for example. Athletes need to build up a tolerance to training loads. You hear about it a bit in mainstream media, especially AFL when they talk about young teams and pre-seasons. I touched on this as well in injury rehab – listen to your body!

Training Age and Increased Loading

Not to be confused with a person's actual age, training age is how long they've been 'training for'. We aren't talking junior program or development squad as such, but stepping up into talent squad level where the intensity should be a bit higher. As the training age increases, so does the body's ability to adapt to the training. This could be the stage where players go from one training session per week to two (not including matches or social junior club). Sometimes you have to protect people from themselves until their body is mature enough to handle the training loads. Training can become a bit of a grind, so the mental maturity to deal with that is another factor to consider.

Don't forget that young bodies are still growing, and growth spurts can be challenging to manage. Some issues do pop up and there isn't much that can be done. Feet and knees in particular have been some of the more common growth-related injuries that have been managed this year.

Phases

When doing up the program, there are different phases of training as you build up to a major event. We have generally looked at two major peaks in a player's program. Peak meaning the player feeling their



COACHES CORNER

with Tim Cowell

P 26

fittest and playing their best. It's hard to maintain absolute best all year round, especially in young bodies. As we get older, we might aim to hold that peak for longer – think three to four consecutive tournaments before a few weeks off and build up again. At some stage, we need to allow our bodies and minds to have a break.

What we do in each of those phases is equally important. Leading up to an event, the physical work will really ramp up. But then it needs to decrease; we need time for our bodies to freshen up and focus on speed instead. That heavy style of training can really drain the body, leaving you feeling flat – the last feeling you want before a big match! At the time of writing, our players should be focused on freshening up, playing plenty of matches to sharpen the mind knowing they have prepared their bodies as best they can for the event ahead.

This is where knowing your body comes into play. A mature body, with a high training age, may not need to do as much of this anymore. It could all be about maintaining what they have. They have almost reached their maximum development. A young body however, with plenty of improvement in mind, needs to accept that it is a long term focus and that they might aim for a 10-20% improvement each year as opposed to higher, knowing that higher might not be achievable just yet.

Once the event concludes, it's time to take a break. The AJC campaign is long and a mentally draining one. It's not just the seven to eight consecutive days of playing one to two matches per day, it's the emotional rollercoaster of big wins and tough losses. Even as a coach, it's like living and surviving on adrenaline for a full week (that plus coffee), and the moment the last match ends, the adrenaline wears off and you think back to the build-up and preparation to get there – and it all ends just like that!

One thing to keep in mind here is that squash in Australia hasn't really got a defined season, as our tournament calendar has been stretched as long as possible. The only time off is a few weeks around the festive season before jumping back into things. This can make it a little bit trickier to give players reasonable time off to go do something (be a kid for example!) and not suffer from burnout years down the track. This is where we review what we have done, where we can improve, and start planning for 2025.

There will be a few reading this who possibly start thinking, yeh but that's the HP area, what about the younger kids.

Our younger kids should be focusing on playing and having fun for starters. Any extra attention should be on basic hand/eye and coordination skills. Throwing, catching, balancing, both at the same time. Playing more games enhances creativity and awareness that hours of drop/drive routines doesn't address. Young players can do light weights and conditioning if they like it, thing is most young ones find it boring so it's more of a case of when they find it enjoyable and can stick to the task, then introduce that to them. To make it engaging, involve it in a game or a challenge against others.



SQUASH AUSTRALIA

Coach Webinar Series

P 27

Coach Upskilling Opportunities

Squash Australia is excited to invite you to the **2024 Squash Australia Coach Webinar Series**, a unique opportunity to connect with fellow coaches, share valuable insights, and enhance your coaching skills. This series is designed to bring coaches from across Australia together in a dynamic and engaging online environment.

What to Expect:

The 2024 Coach Webinar Series will feature a range of 45-minute sessions hosted on Microsoft Teams. Each session will include a 30-minute presentation or discussion led by experienced professionals, followed by a 15-minute Q&A session where you can ask questions and engage directly with the speakers.

Session Topics:

1. WJC Reflection: How Australian Juniors Stack Up Against the Rest of the World and How We Can Close the Gap - *Presenters: Stewart Boswell, Squash Australia National Coach & Jenny Duncalf, Squash Australia National Pathways Coach*

Analyse the performance of Australian juniors on the world stage and discuss strategies to bridge the competitive gap.

2. Engaging Participation Groups - *Presenter: Lucas Norman, Squash South Australia Development Officer*
Learn strategies and best practices for fostering engagement and growth in the squash community.

3. Working with Female Athletes - *Presenter: Sue Hillier, Squash WA Coach*

Explore best practices and strategies for effectively coaching and supporting female athletes in sports.

4. Technical Perspectives: Swing Thoughts & Fundamentals and Common Faults - *Presenters: Stewart Boswell, Squash Australia National Coach & Jenny Duncalf, Squash Australia National Pathways Coach*

Dive into the technical aspects of coaching, focussing on swing techniques, fundamentals, and addressing common faults.

5. What the Training of a World #1 Looks Like - *Presenter: Rod Martin, Professional Squash Coach*

Discover the training tips and routines that propel a world #1 athlete to the top.

6. WSC Update - *Presenter: Jason Fletcher, Squash NZ Coach Development Leader*

Get the latest updates on international coach certification and approaches to development.

Why You Should Attend:

- **Enhance your coaching skills** with expert insights from seasoned professionals.
- **Connect with fellow coaches** across Australia and build a supportive community.
- **Participate in interactive Q&A sessions** to deepen your understanding of key topics.
- **Gain practical strategies** to improve your coaching techniques and contribute to the development of squash in Australia.

Don't miss this opportunity to elevate your coaching knowledge and be part of the growth of squash in our community. **Register now to secure your spot in this enriching series!**

<https://www.squashaus.com.au/learn/2024-coach-webinar-series>

Not a coach yet but interested? Squash WA are delivering a Level 1 course over the 19-20 October weekend. Register via revo here: <https://www.revolutionise.com.au/squashwa/events/249708>

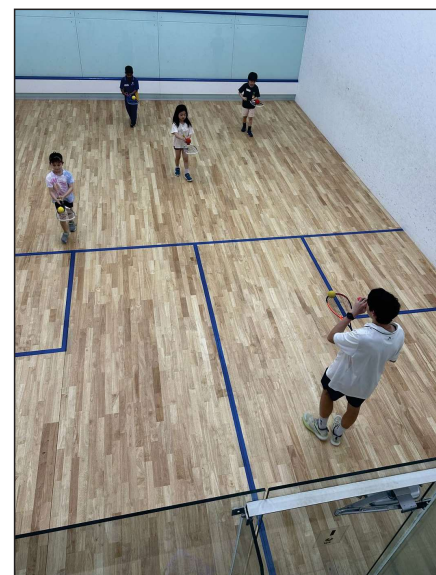
*We had an awesome time at the State Centre with some **FRESHNEWSquashies** recently, with our State Junior Team members stepping up under the direction of our Belmont Saints Squash Club Junior Coordinator **Chris Elkington**.*

We had a set of very sweaty, exhausted kids with some new friends and impressive skills by the end.

Parents were given information on next terms' program and options for the WA Government's KidSport funding if required.

Thanks to Daniel, Eric, Jacob, Joey, Teagan and Lucas for putting the kids through their paces with so much enthusiasm and thank you to Squash WA for funding the initiative!

*Thanks also to **Healthway's 'Fuel to Go and Play' Program** for providing the yummy fruit and veg at the end!*




**KIDS
HAVE A GO AT SQUASH!**

Aged 5-15? Looking for a different sport that's easy to learn?



JUNIOR RANKINGS

as at 30th September 2024

P 29

SQUASH
WA



SQUASH
AUS



U11 Boys

Oscar Callegari
Leonard Bruce
Saim Farooq
Jasper Tapley
William Mennell

U11 Girls

Michaela Sanyangore
Lucy Mackenzie
Miranda Clarke
Lillian Gallemore
Joyce Tsao

U11 Boys

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

U11 Girls

Abbey Boswell
Meriam Ibrahim
Preesha Dev
Samiya Sanghera
Aime Lacquiere

U13 Boys

Lucas Curry
Leo Van Straaten
Mark Black
Charlie Tear
Noah Tan

U13 Girls

Teagan Scott
Ella Clarke
Carmela Christou
Olivia Lynch
Ketki Suvarna

U13 Boys

1 Benjamin Boardman
2 James Sanders
3 Levi Moxey
4 Kai Dumbleton
5 Naveen Sanghera

U13 Girls

Cleo Poulava
Timonaliz Alarcos Kriebisch
Gizele Josifoski
Rigo Kawabata
Matilda Lynn

U15 Boys

Alexander Marsh
Jacob Curry
Domenic Christou
Frederik de Bruin
Tyler Stone

U15 Girls

Ruby Foo
Joey Scott
Kayla Clarke
Renee Tan
Amalie Jacobs

U15 Boys

1 Joel Roshan Raj
2 Henry Kross
3 Bryce Correa
4 Josh Markham
5 Kaveen Kohombange

U15 Girls

Tina Ma
Emilia Scott
Olivia van Zon
Luka Cock
Nadia van Zon

U17 Boys

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

U17 Girls

Jessica Jellis
Holly Carver
Jamie Nunn
Holly Bourn

U17 Boys

1 Connor Haberecht
2 Stanley Chung
3 Ethan Middleton
4 Kasper Cheung
5 Liam Fascetti

U17 Girls

Joanne Joseph
Jade Reynolds
Amelia Brigden
Maeghan Wang
Shenuki Silva

U19 Boys

Daniel Marsh
Alvaro Blackall
Waldo Vorster
Aidan Mascaro
Jonathan Groenewald

U19 Girls

Hannah Slyth
Isla Harris
Josie Jones
Sydney Ennis
Isla McMullen

U19 Boys

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

U19 Girls

Hannah Slyth
Katlyn Hall
Saige Lawson
Dakshyani Muniandy
Josie Jones



SENIOR RANKINGS

as at 30th September 2024

P 30



BEL	Belmont
BG	Blue Gum
BRO	Broome
CAM	Cambridge
DAM	Dampier
EG	Eastern
	Goldfields
ESP	Esperance
HIL	Hilton
MG	Maddington-
	Gosnells
MAN	Mandurah
MAR	Marmion
MIR	Mirrabooka
MOO	Moora
NAR	Narrogin
WIC	Wickham
VP	Vic Park

Open Men

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

Open Women

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

Open Men

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

State U23 Men

Oscar Curtis	MIR
Remi Young	MIR
Daniel Marsh	CAM
Arthur Law	MIR
Aedan Martin	CAM
Dylan Classen	MIR
Eric Gray	HIL
Cooper Kennedy	BRO
Andreas Christou	VP
Preston Munro	DAM

State U23 Women

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

Open Women

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

ACT
NSW
NT
QLD
SA
TAS
VIC
WA

23 September 2024



WORLD RANKINGS

TM: This Month
HWR: Highest World Ranking

No WA Players are currently ranked on the PSA World Rankings



MAJOR SPONSOR RECOGNITION

P 31

Our Vital Partners ... Thank You



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Local Government, Sport
and Cultural Industries



2024 Junior State Team Major Sponsor





VOLUNTEER OF THE MONTH

P 32

Club Captains

This month we wanted to pay homage to the often unnoticed efforts of our Club Committees, and in particular Club Captains.

While trying to organise players is no mean feat, there are all the other tasks that go along with that such as forming teams that players are happy with, grading, chasing people to renew their membership, pay their season fees, find reserve players at the eleventh hour, answer questions, hear complaints, problem-solve, mediate...the list goes on!

Prior to the commencement of each season of pennants, Club Captains are called into Squash WA headquarters for an evening meeting where teams are graded and rich discussion and feedback is shared. It's a long, but very fruitful night, which ends with everyone walking away feeling satisfied and heard. We spoke to Club Captains from a number of metro clubs to find out how they first got into the role, their favourite aspects, and their biggest challenges.



What led you to become a Club Captain?

"I went to a club AGM to get a towel for winning a pennant season. By chance the previous Club Captain was retiring. Everyone said the next captain should be young and energetic, and then turned and looked at me!"

"I had grown extremely passionate about the sport, the community and the club/centre's success. It became a home away from home. I then got asked if it was a role I'd take on by the president at the time and took it on."

"As most of my club's ladies play league, and having been part of the squash community myself for such a long time, it made sense to become that coordinating, 'go-to' person for my club."

"Squash as a sport has given me so much so it felt right to now give back."

"I enjoy the squash community and wanted to give something back to my club."

What is the best part about being a Club Captain?

"The best part for me is that it forces you to get to know everyone in the squash community, which is a lot of fun (most of the time)."

"Interacting with players and hearing how the divisions are going. Last Tuesday we had five of our pennant teams playing at our club and it was magic!"

"I LOVE seeing players progress through the grades as their game continuously improves."

"Being a contributing part of this special community, seeing growth within the club towards pennants."



VOLUNTEER OF THE MONTH

P 33

"Going in to bat for my club and trying to get the best outcome possible."

"It's great when you see new faces joining in on the fun, and watching them improve week in, week out. I'm also really excited to hopefully see participation in our competitions expand!"

What is the hardest part about being a Club Captain?

"The most difficult part of my role is getting a commitment out of players."

"The changeover from Sporty to Revo hasn't been easy."

"Personalities within the club not wanting to play certain people."

"Organising players and teams is like herding cats, it can be hard to get them to commit until the very last minute. That can be difficult at times."

"Juggling everyday life as well as the club commitment. The rest I've learnt is just a part of it really."

"Some weeks I spend a lot of time straight after work sending a heap of text messages trying to find a fill in so everyone gets a good match. I hate having to tell the other team we don't have a full side."

"Sometimes we don't communicate as often as we should or as often as we need to. Having a club newsletter and regular emails may help us to strengthen communication."

Anything else to add?

"Go easy on your club captains, they give a lot of their time for free, and they do it for the good of the squash community."

"It would make things so much easier if players committed early, paid their fee, and answered text messages and emails haha."

"While I know Squash WA is pleased with overall squash participation levels, the number of players in Tuesday Pennants has decreased in the last few years. Perhaps we all have a role to try to encourage friends and peers to step up to pennants or other forms of competition to keep the sport strong!!"

"I've had a fair amount of feedback from players having difficulty signing up with the current system. The support and assistance I get from the pennant committee is fantastic though."

Next time you see your Club Captain, give them a big please show them some love.

Buy them a beer, pat them on the back, and thank them for what they're doing for the sport we all know and love.

Rich



Heddwyn



Lyn



Raelene



Pennant / League Committee

Chair:	Rich Grain	richard.grain@gmail.com	0404 302 976
State Grade:	Heddwyn Brahma	heddwynbrahma@gmail.com	0466 546 545
Member:	Lyn Chandler	lynchandler123@gmail.com	0400 766 521
Member:	Raelene Marriott	marriott_family@outlook.com	0407 422 639

Sub Committee: Monday Night League

Chair:	Lyn Chandler	lynchandler123@gmail.com	0400 766 521
Member:	Raelene Marriott	Member:	Quita Cass
Member:	Chantelle Garrett	Member:	Julie Scott
Member:	Jacque Cox		

Sub Committee: Wednesday Day League

Chair:	Lyn Chandler	lynchandler123@gmail.com	0400 766 521
Member:	Russell Chandler	Member:	Jacque Cox
Member:	Raelene Marriott	Member:	Chantelle Garrett
Member:	Quita Cass	Member:	Dave Lawford

Looking to play squash more often? League & Pennant Competitions

7pm or 7:30pm start time, 3x 12-14 week seasons per year, home and away style, mixed or ladies competitions available, beginners welcome!

The current options are: **MONDAY Nights**; **TUESDAY Nights** and **WEDNESDAY Day**.

Can't play every week? Got holidays planned? A FIFO worker? No problem! Just let us know what dates you can't make and we'll work around it..

We are always in need of reserves, so you don't have to wait for the next season to start playing.

<https://squashwa.asn.au/pennants-leagues/>



Scan here to find out more





THE BACK WALL DIRECTORY

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The Squash WA Board

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

Squash WA Board			
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:	Ric 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 Kaye	gm@squashwa.asn.au	0411 883 320
Engagement:	Serena Richardson	engagement@squashwa.asn.au	0406 007 142
Admin Support:	Roxy Edery	adminsupport@squashwa.asn.au	0434 785 555
Events Officer:	Caleb Leathard	events@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			
Chair:	Jamie Herring	hezza2707@gmail.com	0409 539 561
Member:	Deb Hoffrichter		
Member:	Jeremy Church		
Member:	Diego Hernandez		
Member:	Dani Mayors		
Member:	Mathew Church		
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