

TASMANIAN SQUASH RACKETS ASSOCIATION INC

**Minutes of Committee Meeting held on
Saturday 16 June 2012 Time: 9:30am
Meeting held at Eastside Squash Centre**

1. PRESENT

Chris Doig, Michael Brown, Kent Harbutt, Cheryl Unsworth (in person); Greg Ward, Nathan Ward, Mark Noonan, Julie Smith-Kingston (via skype).

2. APOLOGIES

None.

3. CONFIRMATION OF MINUTES OF PREVIOUS MEETING

It was moved Mark Noonan, seconded Greg Ward "that the minutes of the previous meeting held on Saturday 5 May 2012 be confirmed".

All in favour. **CARRIED.**

4. BUSINESS ARISING FROM THE MINUTES

- **7.4 Ian Hocking Medal** – to be discussed at this meeting.
- **8.1 Complaint – Tory Puglisi** – Mark Noonan asked how this was progressing and Greg Ward mentioned Tory meeting a Member Protection Officer. Chris Doig advised that he had written to Tory with a view to meeting to discuss the incident; however there has been no response.
- **8.2 Dinner – Coaching Conference** – At the last meeting it was agreed that the cost of attending the Coaching Conference for Squash Tasmania committee members would be met by Squash Tasmania. Those wishing to claim the fee for the dinner should contact the Treasurer direct.
- **8.4 Affiliation** – Nothing has been received from the Ulverstone Club as yet.

5. CORRESPONDENCE – INWARDS AND OUTWARDS

A list of emails and correspondence received up until 14 June was circulated prior to the meeting. It was moved Michael Brown, seconded Mark Noonan "that the correspondence list be received."

All in favour. **CARRIED**

6. TREASURER'S REPORT

The Treasurer's report was circulated prior to the meeting. It was moved Kent Harbutt, seconded Cheryl Unsworth "that the Treasurer's Report be received".

All in favour. **CARRIED.**

The Treasurer indicated that the report was a statement of amounts in and out of the Squash Tasmania account. Another report prepared today (to be circulated to the committee) concerns revenue received so far this year from affiliation fees. There has been quite a reduction in the amount of affiliation payments so far; however Chris Doig was confident that final figures will be close to the estimate. Committee members advised that numbers at their clubs were similar to last year or slightly down. There may be a different mix of senior and junior members.

7. GENERAL BUSINESS

7.1 AJC 2012

Chris Doig advised that a decision was made by Squash Australia to move the AJC 2012 from Devonport to Hobart. The reasons for the move were questioned by some committee members. Chris Doig had contacted all Committee members when the move was raised by Squash Australia. Squash Australia is taking a different approach – they are running the AJC with states assisting. Mark Noonan said it was unfortunate that this has happened midway through this year's organization. Chris said it is likely that future AJC will be held in capital cities, for easy access. States will make income from shirts and the canteen. Michael Brown said that distribution of any profit be it from shirts or canteen, should be decided by the Squash Tasmania Committee. Mark Noonan asked if Squash Australia was providing financial assistance to people who may lose money for flights/accommodation already booked. Michael Brown is waiting on a budget from Squash Australia. Chris Doig said that with Squash Australia taking over the tournament there should be no adverse impact on Squash Tasmania. Cheryl Unsworth asked about catering. Questions were raised as to anyone being out of pocket for work already done. Chris advised that Max Moorhouse is putting together an accommodation list. Chris Doig said he would be preparing a report, addressing all issues (including the running of the canteen) which will be presented to the next meeting of the Squash Tasmania Committee. Kent Harbutt said thanks should go to Leon for his hard work and all the committee agreed.

7.2 Ian Hocking Medal 2012

It was moved Greg Ward, seconded Kent Harbutt "that the report prepared by the Secretary in relation to the Ian Hocking Medal be received".

All in favour. **CARRIED.**

All clubs and committee members had the opportunity to nominate recipients of the Ian Hocking Medal for 2012. The nominations that had been received were discussed at length and the decisions will be announced at the Tasmanian Open tournament in July.

7.3 Squash Tasmania Vacancy

Chris Doig advised that Vice-President Leon Barnett had resigned from the Squash Tasmania Committee and his resignation had been accepted. Darren Styles (Launceston) had been approached and Chris also contacted Merv Stone (Ulverstone Club) seeking a replacement for Leon. Chris Doig is to check the constitution regarding the appointment of a replacement. In relation to the position of Vice President, it was proposed by Chris Doig, seconded Cheryl Unsworth "that Kent Harbutt be appointed to the position of Vice-President." After ensuring that there were no other applicants the motion to appoint Kent was carried. Kent said he was happy to accept.

7.4 Performance Pathway Vacancy

Following the resignation of Gaye Mitchell from the Performance Pathway Committee Chris Doig approached Melanie Dunn (a member of the inaugural committee) to fill the vacancy. Chris said there was a need to review the regulations in relation to the Performance Pathway Committee providing a carry-over position each year, making transition easier. Mark Noonan said that the Chair (Mark Hudson) should clarify the committee members and the vacancy be formalized at the next Squash Tasmania meeting.

7.5 Squash Tasmania Website

Chris Doig and Michael Brown recently met with Trevor Smith, National Development Manager regarding the Squash Australia website. Squash Australia is keen for all states to move to their website. Ryan Weigand is able to set up a standard website in a test mode and copy across information from our current site. We can then assess and suggest any adjustments. Michael Brown said access to change the website on an on-going basis can be provided. Mark Noonan asked about club sites. Michael said that these can be linked.

7.6 Tasmanian Open

Chris Doig advised that the Tasmanian Open is being held in July and asked that the committee promote it at their clubs. We have received \$5,000 + GST to go towards prize money, with an additional \$5,000 to be found. The Tasmanian Squash Academy sought sponsorship but has been unsuccessful. Some support might be needed. Michael Brown advised that this allocation has been included in the Operational Plan/Budget 2012 but Squash Tasmania cannot keep underwriting this event unless finances change. In answer to a question from the Treasurer, Chris Doig said that the Tasmanian Open is now an annual event included in the Squash Australia calendar.

8. OTHER BUSINESS

8.1 Coaching Conference Report

It was moved Cheryl Unsworth, seconded Julie Smith-Kingston “that Melanie Dunn’s report on the Coaching Conference be received”.

All in favour. **CARRIED.**

Julie Smith-Kingston said it was a very good report and committee members agreed. Chris Doig expressed thanks to Melanie for the excellent manner in which she co-ordinated the conference.

8.2 President’s Council

Chris Doig advised that Kent Harbutt will be attending the President’s Council meeting on 16 July. Kent said that this was a follow-up to the recent AGM. Kent will report to the Squash Tasmania committee following the meeting. Chris thanked Kent for his efforts.

8.3 AJC Tournament Manager

Cheryl Unsworth raised Leon Barnett’s concern that a Tournament Manager for the AJC had not yet been appointed. Chris advised that this will be included in his report to the next meeting regarding the AJC.

8.4 Logo

Mark Noonan asked about the logo recently circulated. Chris Doig said that this was not an official logo, it was updating the current website logo for the new website. Chris Doig said that if anyone has any ideas for an official logo, they should be submitted to the committee for consideration.

8.5 Performance Pathway Members

Mark Noonan asked that Mark Hudson (Chair, PP Committee) should clarify current members of the PP squad – who were initial members and who are left. Greg Ward commented that with an unsettled panel and a reduction in player numbers, he just wanted to ensure the Performance Pathway program was headed in the right direction. Chris Doig said that there have been teething problems. The regulations need to be amended and the level of commitment clearly outlined. He sees a good future for this program with possible funding from the AIS. Kent Harbutt said it was his understanding that the PP Committee would provide regular reports to the Squash Tasmania committee and Chris said that this was the case. Chris would raise this when meeting with Mark Hudson.

8.6 Schools’ Pennant

Mark Noonan comment on an email relating to schools’ pennant. Kent Harbutt advised that the email related to a southern competition only; however he and Chris Doig said that it should be rolled out statewide. Kent would circulate comments from a recent meeting of court operators.

8.7 Meeting Dates

Mark Noonan advised that he may not be able to make Saturday meetings and asked that Sunday be considered. Greg Ward suggested a meeting the weekend of the Tasmanian Open. In answer to a question from Julie Smith-Kingston, Chris advised that there would be an opportunity to attend via skype as well.

CLOSE OF MEETING

The meeting closed at 10:50am. Next meeting is to be held on the weekend of the Tasmanian Open tournament (Sunday 15 July) and/or via Skype. Actual time to be advised when scheduling of the event has been completed.

Cheryl Unsworth
Secretary
unswdc@bigpond.net.au
16/6/2012

TO BE CONFIRMED
15/7/2012

Bank Reconciliation Report

Squash Tasmania

15-Jun-2012

From : 3-May-2012 To : 14-Jun-2012

Date	Description	Debit	Credit	Balance
3-May-2012	Opening Balance			12,323.55
	<i>Credits to Account</i>			
4-May-2012	M Dunn PPCC		50.00	
9-May-2012	B Uren PPCC		50.00	
9-May-2012	D Woodleigh 2012		60.00	
9-May-2012	J Harding PPCC		80.00	
9-May-2012	Strugnell PPCC		50.00	
9-May-2012	N Smith PPCC		46.00	
10-May-2012	Langworthy PPCC		96.00	
10-May-2012	M Shutt PPCC		46.00	
10-May-2012	K Pitt PPCC		80.00	
10-May-2012	M Hudson PPCC		96.00	
15-May-2012	Squash Aust Grant - Tas Open		5,500.00	
21-May-2012	C Unsworth PPCC		46.00	
22-May-2012	J Harding PPCC		40.00	
23-May-2012	D Woodleigh 2012		70.00	
23-May-2012	A Baker PPCC		80.00	
23-May-2012	C Doig PPCC		120.00	
23-May-2012	L Ellis PPCC		120.00	
25-May-2012	G Ward PPCC		270.00	
25-May-2012	J Lindsay PPCC		92.00	
28-May-2012	M Brown PPCC		46.00	
28-May-2012	P Tuffin PPCC		46.00	
28-May-2012	G Mitchell PPCC		120.00	
30-May-2012	Devonport registration 2012		1,437.00	
30-May-2012	Smithton registration 2012		225.00	
30-May-2012	Kingborough registration 2012		830.00	
1-Jun-2012	K Harbutt PPCC		46.00	
1-Jun-2012	B Cook PPCC		50.00	
1-Jun-2012	Interest Jun 12		5.91	
6-Jun-2012	D Evans PPCC		50.00	
6-Jun-2012	D Woodleigh 2012		70.00	
7-Jun-2012	Kingborough registration 2012		70.00	
8-Jun-2012	Penguin registration 2012		<u>376.00</u>	
	<i>Total</i>		10,363.91	22,687.46
	<i>Debits to Account</i>			
11-May-2012	993657, Squash Aust reg May 2012	1,031.80		
16-May-2012	993658, Bob URen PP refund	50.00		
28-May-2012	993659, Motv Speaker PP Conference	275.00		
1-Jun-2012	Bank fee Jun 12	15.00		
5-Jun-2012	993661, M Dunn (Liam Woodleigh travel)	<u>310.00</u>		
	<i>Total</i>	<u>1,681.80</u>		<u>21,005.66</u>

<u>All Unpresented Cheques</u>			
26-May-2012	993660; PP Conference Dinner	877.50	
15-Jun-2012	993662; Squash Aust Tas Open grant to TSA	<u>5,500.00</u>	
	<i>Total</i>	<u>6,377.50</u>	<u>14,628.16</u>

2012 Squash Tasmania Performance Pathway Conference Report

The Squash Tasmania Performance Pathway Conference ‘Train, Play, Win’ and group training was held with success on the weekend of the 26-27 May 2012 at Eastside Squash Centre.

Sponsors

The event was supported by Squash Australia, Squash Tasmania, the Tasmanian Squash Academy, Sport and Recreation Tasmania, Body Systems Physiotherapy, Sport Psychology Tasmania, Health Plus nutritionists, Sports Medicine Australia – Tasmanian Branch, squash.com.au and Inform Connection.

The Tasmanian Squash Academy provided support in the form of court and venue hire. This assistance was greatly appreciated and allowed the conference to be more affordable to attend for coaches and players from all around Tasmania.

It was unfortunate that due to the timing of the event clashing with talent squad commitments no member of Squash Australia was available to attend. When completing the 2013 Squash Tasmania calendar we should ensure to correspond with Squash Australia to ensure the date is such that a Squash Australia representative can attend the event.

A number of local accommodation venues were contacted to provide quotes for the deals they could offer our attendees for accommodation over the period of the conference. The best two deals were provided as options on the conference program.

A number of local restaurants and caterers were also contacted to determine the best deal for the conference dinner. We were aiming to hold a three course meal for conference attendees and also open the dinner up to anyone who would like to attend as we sourced Sarah Fitz-Gerald to be the guest speaker at the dinner. Due to cost constraints we chose the Golden Roast catering company to provide our buffet dinner and the dinner was held at Eastside Squash Centre.

Steve Walton from squash.com.au provided a Grays Racquet and soon to be released new HiTec shoes as a prize for the dinner. He also donated a 50% off Grays and HiTec products voucher to all conference attendees for use that weekend only.

Participation

Participation at the conference was good with a total of 19 coaches and players attending the conference. This included six of Tasmania’s performance pathway junior players. A summary of the delegates present is provided below.

- Seven coaches from southern Tasmania
- Two coaches from northern Tasmania
- Four Performance Pathway players from southern Tasmania
- Two Performance Pathway players from northern Tasmania
- Four players (adult and junior) from southern Tasmania

It was disappointing that more of the northern athletes and coaches did not attend, especially considering the low cost imposed on performance pathway attendees of only \$50 for the weekend including the dinner. The conference for general delegates (non performance pathway athletes and coaches) was priced at \$120. I believe that this was a very reasonable cost for a weekend of

professional guest speakers and a dinner with guest speaker Sarah Fitzgerald. This was the price required to ensure the conference did not run at a loss.

The conference dinner was held at Eastside Squash Centre and was a buffet including main and dessert. The food was top quality and local volunteers assisted me in completing the set up and decoration of the venue. All attendees agreed that it was a very special experience to hear from five-time world champion Sarah Fitz-Gerald. She was generous with her time and gave all attendees an insight into the challenges and rewards of being a professional squash player. There were 33 attendees at the conference dinner including presenters, Sarah Davidson, Susan Mcleod and Steve Walton. All conference presenters were invited to attend and we appreciate the attendance of Sarah, Susan and Steve.

Sarah Davidson, as the Sport and Recreation Tasmania Client Manager for Squash Tasmania was able to catch up with the Squash Tasmania Committee members in attendance at the dinner. This was a great benefit of the Conference Dinner to the Squash Tasmania Committee.

Guest Speakers

This year a number of professionals were sourced to be guest speakers. Although this did increase the cost of the event it ensured that the information provided to attendees was of the highest quality. I have provided a summary of the speakers and topics below:

Sarah Fitz-Gerald – As our guest speaker at the dinner Sarah spoke to us about the challenges and rewards of being a top squash player. She told us some of her personal experiences and shared some photos with the attendees. She also participated in a Q&A session where attendees asked her many different questions. Sarah was very generous with her answers and they gave a real insight into what it takes to be a professional squash player. This was an invaluable experience for those who attended.

Paul Tuffin – Paul's topic was Playing and Coaching Overseas. Paul was very well received by all attendees and his talk covered the challenges and opportunities of being a professional squash coach. I believe that this was eye opening especially to a lot of the juniors to let them understand that squash coaching is a viable career opportunity.

Sarah Davidson – Play by the Rules. Sarah is Squash Tasmania's contact at Sport and Recreation Tasmania. She presented to the group on the Play by the Rules initiative and the resources available on the Play by the Rules website for players, officials and coaches. The Play by the Rules resources are something we hope we never need to use however in reality there are often a number of challenges facing coaches and players in sport and the Play by the Rules website provides a number of resources about how to deal with those issues. This topic provided important information that all coaches, parents, players and officials should be aware of. Sarah also provided attendees with some take home information cards about Play by the Rules. All parents, players, coaches and officials should check out the website; www.playbytherules.net.au

Steve Walton – Steve's presentation was in two parts. He gave a general presentation on his experiences as a player and administrator in Australia and overseas. He then gave a very interesting talk on the squash racquet making process, and why they are made the way they are. In his capacity as a HiTec retailer he also brought along a number of the soon to be released HiTec racquets and shoes for people to have a look at.

Emma Harris – Sports Psychology. Emma provided a very interesting presentation on the psychology around staying focused under pressure. Her presentation was tailored to squash and it was clear that she had researched our sport and put time and effort into making the presentation suitable for our audience.

Kate Young – Core Strength. Kate’s presentation was split into a theoretical and practical component. She presented to the group on just what are ‘core muscles’, how we use them, why we need them and why it is important as squash players to work on our core muscles. This enveloped ‘whole body’ strength exercises and not just pumping weights but doing exercises that were squash specific to engage and strengthen the core muscles used to support movement in squash. We then moved onto one of the courts and she demonstrated a number of squash specific exercises that she recommended as good exercises to improve our stabiliser muscles. A handout of these exercises were passed to all participants and time was given for all attendees to have a go at the exercises with the equipment that Kate brought with her to the presentation.

Mark Hudson – Performance Pathway Committee Update. Mark provided a short overview on the performance pathway committee’s activities so far in 2012 and discussed that athletes and coaches in Tasmania were heading in the right direction by supporting such a program especially as the program structure continues to be improved to align with that of Squash Australia. He also took the time to answer questions from the performance pathway attendees.

Susan McLeod – Sports Nutrition. Susan first gave a small introduction on Sports Medicine Tasmania and advised the group that she had provided a table full of resources on sports injury management, sports medicine education, and other useful resources for clubs and coaches which attendees were free to browse and take home copies of. She then gave her talk on general sports nutrition, focusing on how to eat when training and competing, and the importance of hydration. Susan provided attendees with a number of handouts on nutrition including an AIS nutrition booklet and a traffic light guide on food labelling.

Chris Doig – OZ Squash, Work to Rest Ratios in Squash. On behalf of Squash Australia Chris first presented the OZ Squash program. This was well received by attendees with some discussion occurring about the details of how this would be introduced, coach qualifications required, how it would tie in with the current squash programs. Overall the attendees were positive about a move to national branding of squash. Chris then presented on work to rest ratios in squash. He discussed how work to rest ratios should be a part of your periodised training program and provided examples of different drills or exercised which resulted in different work to rest ratios that player and coaches could use as part of their training programs.

Unfortunately one of our guest speakers – Glynn Bunting – did not turn up to the conference. This was very disappointing to all attendees as they were very much looking forward to seeing the ball machine. As an organiser I was also extremely disappointed with Glynn’s non-appearance. He had been extremely elusive and almost impossible to get hold of. He had confirmed on Friday that he would be in attendance. However, he simply did not turn up. I believe that ultimately it was he who lost the most as he had the opportunity to promote his product to a number of players and coaches from around the state all who were very interested in learning about and seeing what the machine could do. So ultimately he has probably missed out on a number of sale opportunities.

The feedback sourced from attendees indicated that on average all sessions were rated good to excellent which is a phenomenal result. Attendees were also provided with a conference pack containing a number of brochures, handouts etc as well as a program, pen and exercise book.

This was the second Squash Tasmania Performance Pathway Conference. It will from now on be a permanent fixture on Squash Tasmania’s calendar.
Some photos from the conference are provided below.

Melanie Dunn
2012 Conference Administrator



Attendees listening to Performance Pathway Chairperson Mark Hudson



Tasmanian Junior and Youth players with five time world champion Sarah Fitz-Gerald



Conference Dinner at Eastside Squash Centre



Conference delegates between sessions at Eastside Squash Centre