

INSIDE COURT

March 2017

\$15 (3 ISSUE SUBSCRIPTION)

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SQUASH
AUSTRALIA



SQUASH

AUSTRALIA

Why Squash?



1,000,000

One million viewers watched squash finals in Glasgow 2014 Commonwealth Games

An estimated **35,000** people watched the live squash games at Glasgow 2014 Commonwealth.

AUSTRALIAN OPEN:

1980 – First Event
2015 –
streamed to
50 nations.



squash.org.au

over 1.200 million hits per year



squashaustralia.tv

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1,572 likes



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squash players world-wide



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sport**

Squash is a
**DRUG
FREE
sport**

In Australia

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AUSTRALIA
FOUNDED 1934

768 Squash
Centres



1918 Squash
Courts



More than

200,000

people playing squash



Squash Australia won 2 Gold
medals & 1 Bronze at Glasgow
2014 Commonwealth Games

Forbes

rated squash as
the number 1
healthiest sport to play



Squash can be played by all
ages. Good for physical and
mental health.

89%

of people believe that
sports has a positive effect
on the country's reputation

Court Update

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Richard Vaughan
Chief Executive,
Squash Australia

The 2017 Squash season has kicked off as we eagerly anticipate the event in Sandgate which marks the start of the new Australian Squash Tour. This is shortly followed by Esperance, Elanora before the whole of Australian squash descends upon Townsville for the Australian National Championships at PSA, A, C and E grades.

Whilst we may not have many foreign players at this event, it offers a great opportunity to see our up and coming talent, especially since 2017 is the qualifying year for the Commonwealth Games. Better yet, many players can battle it out for a chance to win a National Title in their own grade! It is worth noting the other Graded National events (Premier, B and D) will take place in Darwin in November alongside the Australian Open.

The Squash Australia Annual Awards will also be hosted in Townsville, where we look to recognise our best players, coaches and volunteers. Once again, I look forward to catching up with all stakeholders involved.

The Australian National Junior Championships was recently run by Squash NT in Darwin, where they once again, did a great job in the running of a National event. We look forward to having Sydney and Geelong host the 2018 Australian Junior Open and the September

2017 Australian Junior Championships respectively.

We are now only just over a year away from the Gold Coast 2018 Commonwealth Games, and all players, coaches, referees and volunteers are encouraged to get behind the team both on and off the court to make this a great Commonwealth Games for our sport. Information on the Commonwealth Games can be found on the website or alternatively, please do not hesitate to enquire with a member of the Squash Australia team for more information on how you can get involved.

In additional good news, the Australian Sports Commission has expressed satisfaction as to how squash has been during the past year, resulting in a green rating in the ASC's Australian Sports Performance Review. We do need to make some small changes moving forward and I hope you can all work with us to keep the sport green.

Finally, we appreciate all the positive feedback on the streaming and general social media interaction. Hopefully there will be more to come - keep following www.squashaustralia.tv for more live streams.

Richard Vaughan
Chief Executive Officer

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Around the Clubs



1 Woden Squash Centre (ACT)

4 Launceston Street, Phillip ACT 2606

The Woden Squash Centre is home to the South Canberra Squash Club and is the ACT's biggest squash club. Home to 8 courts, Woden has great viewing areas for all spectators.

Woden Squash Centre is the home of the ACT Junior Squad which is coached by Australian squash champion Anthony Ricketts.

Woden is the premier venue for hosting squash tournaments in the ACT. In 2017 Woden, will host the ACT Senior and Junior Opens and the ACT Doubles event.

The centre is also the home for Squash ACT and hosts South Canberra's squash teams for pennant competitions as well as two nights of Masters competition on Monday and Wednesday nights.



2 Thornleigh Squash Club (NSW)

6 Duffy Avenue, Thornleigh NSW 2120

Briars at Thornleigh is one of the premier squash clubs in Sydney and New South Wales. After winning Club of the Year at the Squash Australia Annual Awards Night in August last year, Thornleigh hosted the Australian Junior Championships in September and October. The AJC was a tremendous success with a great turnout of young juniors and high quality squash on show.

The club also hosted an exhibition match featuring Australian stars Ryan Cuskelly and Cameron Pilley. This exhibition match raised funds and awareness for one80tc – an organisation that aims to restore the lives of young men and women and help rebuild families.

Thornleigh have made significant upgrades to their centre with new court floors and LED lighting. The club continues to see an increase of juniors as well as returning pennant and social



players.

Thornleigh have been a pioneer in advocating the Groupon initiative with great success at their centre. This success has generated into a national deal that Squash Australia wishes to build on for all centres around the country.



3 Darwin Squash Centre (NT)

9 Marrara Drive, Marrara NT 0812

The Darwin Squash Centre is one of the biggest and best squash centres in the country. Home of two clubs; the Darwin Squash Association (nominated for Club of the Year) and the NT Masters Squash Association, Darwin has become the premier venue for the biggest squash tournaments in Australia.

The centre features 12 world class glass-back singles courts with moveable walls to convert into 4 doubles courts. The entire centre is air-conditioned, an absolute must in the Darwin heat!

In August 2016, the centre hosted the WSF World Doubles Championships

SQUASH AUSTRALIA

which featured the best players from Australia, Colombia, India, Malaysia, New Zealand, Scotland and Wales. The following month, Darwin hosted the Australian Masters Squash Championships which featured around 550 participants, the biggest tournament in Australia.

In early 2017, the centre played host to the Australian Junior Open which featured juniors from six nations. The success of these tournaments paves the way for more domestic and international squash events to be held at this magnificent facility.



4 Cairns Squash Rackets Association (QLD)

268 Gatton St, Westcourt QLD 4870

The Cairns Squash Rackets Association is based at the Sportsworld Fitness Centre in Westcourt, Cairns.

The Association was nominated for Club of the Year at the 2016 Squash Australia Annual Awards Night. Over the past two years, Cairns has developed new, significant junior programmes and

squash has received a great deal of media coverage in the area.

The Association hosted the 2015 Australian Junior Championships which generated more junior programmes to the area. These programmes started from scratch and have already seen more than 30 young kids introduced to the sport.

competitions and social programmes for juniors and adults. Leisuretime also provides an in-house racquetball competition and has courts for casual hire.

In February 2017, it was announced that the Leisuretime Centre would be the host venue of the 2017 Australian Junior Championships. The AJC is the biggest junior tournament in the country and the first to be held in Geelong.



5 Campbelltown Squash Club (SA)

531 Lower North East Road,
Campbelltown SA 5074

In 2016, the Campbelltown Squash Club moved into their brand-new home at the ARC in Adelaide. Featuring 5 new state-of-the-art international standard squash courts, Campbelltown now boasts some of the best squash facilities in the state of South Australia.

Campbelltown offer pennant and in-house competitions as well as junior pathways programmes including training, coaching and are involved in the Sporting Schools programme. The club is also home to several qualified coaches who are available to offer coaching and guidance for all squash players.

Campbelltown has become the number one venue for hosting the top South Australian events in 2017. In March, it will host the SA Open Racquetball Championships and in June will host the SA Open and SA Junior Championships. August will also see Campbelltown host the SA Doubles Championships.



6 Kingborough Squash Club (TAS)

Summerleas Road, Kingston TAS 7050

The Kingborough Squash Club is located at the Kingborough Sports Centre south of Hobart. The club has 4 squash courts that are used for competitions and on a casual basis.

Junior development and coaching is a key facet of Kingborough. Squash coaching for kids above 8 is available and includes some of the top coaches in Tasmania.

Pennant squash is a popular activity and the competition is fierce on weeknights. The future looks bright for Kingborough as they aim to entice more competitions and events to the Kingston area.



8 Eastern Goldfields Kalgoorlie (WA)

Marshall Street, West Lamington WA 6430

The Eastern Goldfields Squash Racquets Association is located in Kalgoorlie and has recently undergone a move from the YMCA to the Ray Finlayson's Sporting Complex.

This complex has recently installed 6 state-of-the-art squash courts thanks to Courtech's Cameron Dalley and his wife - Australian squash legend Sarah Fitz-Gerald.

The Association will once again host the City of Kalgoorlie and Boulder Golden Open in 2017. This event has been a huge success for Kalgoorlie and WA and Eastern Goldfields will look to add a female event to the Open in June and the future.

It is hoped that the brand-new courts can entice more big events to the city including Australian junior titles.



7 Leisuretime Centre, Geelong (VIC)

262-282 Anakie Road, Norlane VIC 3214

The Leisuretime Centre is located just 6 kilometres from the City of Geelong. It is the city's largest indoor open spaced stadium and used for a multiple number of sports including 8 glass-back squash and racquetball courts.

The squash courts were built in 1987 and to this day hosts pennant

THE AUSTRALIAN DOUBLES IS COMING SOON

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2017 Australian Junior Open

The Australian Junior Open is not only Australia's biggest junior international tournament, but also an experience of a lifetime for players as they ventured to hot and sunny Darwin in January 2017.

Over 170 players from around Australia and surrounding nations visited Darwin from the 12th of January to the 15th of January. Players from Australia, Malaysia, New Caledonia, New Zealand, Papua New Guinea and Singapore attended the tournament at the Darwin Squash Centre – one of the newest and biggest squash centres in Australia.

The event kicked off with a Welcoming Function at Parliament House the night before the tournament, which was a great chance for players to mingle with each other and local Politicians and VIP's. The AJO was Darwin's second international tournament in just six months after hosting the WSF World Doubles Championships in August 2016.

Squash NT General Manager Sarah Douglas was thrilled to showcase another big event in Darwin.

"Squash NT are excited to be hosting another international open event after the success of the World Doubles in August last year. It's great to have the support of the Northern Territory Government to be able to host these events".

Day One:

Day one of the tournament saw a few first-round upsets. In the Under 17 Boy's draw it was Singapore player Wee Jun Anders Ong who defeated the top Australian seed Peter Nuttall, and in the Under 11 Boy's draw, Malaysian player Tushyal Selvakumar came from an unseeded position to defeat third seed Nickolai Wolpers from Queensland.

In the combined Under 11/13 Girl's draw, it was young-gun Haylee Besant (NSW) at just 9 years old who defeated third seed Jamie Schubert (NT). Diana Galloway from New Zealand also proved too strong for her competitor, fourth seed Madison Lyon from Queensland. In the Under 15 Girls; Queenslander Ariel Lyon defeated third seed and countrywoman Eva Corkery from the ACT.

Day Two:

Day two saw young Malaysian player Selvakumar take out the top seed in the Under 11 Boy's draw. In the Under 13/11 Girl's draw, top seed Natalie Sayes booked a semi-final with fellow New Zealander Diana Galloway with Victorian Jananii Sukunesan booking a place against West Australian second seed Erin Classen. The Under 13 Boy's round-robin competition continued with West Australian trio Oscar Curtis, Dylan Classen and Oscar Lindsey all well placed sitting atop their respective groups.

Hayley Hankinson (QLD) was the last remaining seed in the Under 15 girls draw after second seed Georgia Lane (NSW) and fourth seed Kate Winters (SA) fell to Katie Davies (QLD) and Jemma Besant (NSW) respectively. Isabella French also moved through to the semis after the West Australian defeated Queenslander Ariel Lyon to set up a semi-final clash with Davies.



The Under 15 Boys saw two seeds fall on the second day. WA's sixth seed Eric Gray was beaten by James Lloyd of the ACT and number eight seed Declan Cashman was defeated by fellow Queenslander Brendan MacDonald in an epic five-game match. The remaining seeds Wesley Dyer (QLD), Remi Young (WA), Gregory Chan (WA), Leo Fatialofa (NZL), Haani Qureshi (NSW) and Joshua Penfold (QLD) all won their respective matches.

All four seeds remained in the Under 17 Girls with top seed Sarah Quinlivan from Victoria booking a semi-final match-up against WA's number four seed Olivia Lindsey to play alongside the second semi-final of Jade Woods (3) and Kiara Rogers (2). Singapore's Wee Jun Anders Ong continued his impressive form in the Under 17 Boys knocking out fifth seed and countryman Aaron Liang. The remaining top four seeds Maaz Khatri (SA), Jack Hudson (TAS) and Jacob Ford (NSW) all advanced to the semi-finals.

South Australia's young star Alex Haydon made it through to the semi-finals of the Under 19 Girls after a strong win over third seed Anika Jackson from New Zealand. The other semi-final was determined with second seed Kaitlyn Watts from New Zealand to take on fourth seed Wai Yhann Au Yeong of Singapore.

The semi-final match-ups of the Under 19 Boys were set with top seed Scott Galloway of New Zealand to face fourth seed Eugene Heng and Caleb Johnson to take on fellow Queenslander Jon van der Kreek (2).



Day Three:

The top two Under 13 seeds Oscar Curtis and Dylan Classen made it through their round-robin groups undefeated. New South Wales' Tom Lacy finished ahead of fourth seed Benjamin Murray who moved through to the 3/4 playoff against third seed Oscar Lindsey. The top two seeds met in the final of the Girl's Under 11/13 draw after Natalie Sayes defeated fellow Kiwi Diana Galloway and West Australian Erin Classen defeated Jananii Sukunesan from Victoria in the semi-finals.

The Under 15 Boys played both quarter-finals and semi-finals on Saturday with Joshua Penfold causing an early boilover in the quarter-finals knocking out his Queensland teammate and top seed Wesley Dyer. Penfold was then beaten by New Zealander Leo Fatialofa in three games. West Australian ace Gregory Chan defeated second seed Remi Young in the other semi-final. Hayley Hankinson survived from a game down against NSW's Jemma Besant to book her place in the Girl's Under 15 final. Katie Davies took down West Australian



Day Four: The Finals

As anticipated, the AJO Finals were a showcase of the talented junior squash players in Australia and around the world.

New South Wales' Eugene Heng landed a second upset in as many days, beating Queensland second seed Jon van der Kreek to grab the Boys' Under 19 title.

The Under 11 Girls who played up into the 13's draw were given their own final. New South Wales' Haylee Besant came from 2-0 down to beat Singapore's Wai Lynn Au Yeong to claim the Girl's U11 crown in a very close final, 6-11, 9-11, 11-5, 11-9, 11-5. Malaysia's Tushyal Selvakumar, who came into the tournament unseeded, beat Queensland second seed, Zane Wolpers, to claim the Boy's U11 title. The Malaysian beat Wolpers 16-14, 11-6, 11-7 in the final.

Erin Classen picked up a title for WA, beating New Zealand top seed, Natalie Sayes, in the final of the Girl's U13s. Second seed Classen beat Sayes 18-16, 11-8, 6-11, 11-9. WA's good form in Darwin continued in the U13 Boys, with Oscar Curtis beating fellow Western Australian Dylan Classen, 12-10, 11-3, 11-4 in the final.

One of the few top seeds to prevail at the Australian Juniors was Queensland's Hayley Hankinson in the Girl's U15s. Hankinson beat unseeded surprise packet and fellow Queenslander Katie Davies, 4-11, 12-10,

4-11, 11-9, 11-7. New Zealand's Leo Fatialofa continued the success of the tournament fourth seeds, beating Western Australian second seed, Gregory Chan, 11-4, 11-9, 11-6 in the final of the Under 15 Boys.

Western Australia's Kiara Rogers tasted success in the Under 17 Girls, beating fellow Western Australian Olivia Lindsey 9-11, 11-4, 11-6, 11-5. NSW player Jacob Ford continued the success of the tournament fourth seeds as he defeated South Australian second seed Maaz Khatri in the Under 17 Boy's final, 11-8, 6-11, 11-2, 11-7.

Papua New Guinea's Lynette Vai staged a remarkable comeback which included losing the second game 11-0, to beat New Zealand second seed Kaitlyn Watts in the final of the Girl's U19s. Vai, the top seed lost the opening two games 11-13, 0-11, but then turned her form around to win the next three games and the match, 11-9, 11-2, 11-6 in just over 44 minutes.

There was a similar fightback in the bronze medal match, when Singapore's Wai Yhann Au Yeong came back from 2-0 down to beat South Australia's Alex Haydon, 9-11, 6-11, 11-9, 11-9, 11-5.

24 hours earlier, Heng overcame tournament top seed, New Zealand's Scott Galloway, to book his place in the final against Jon van der Kreek (QLD). Eugene Heng the tournament fourth seed, took control from the outset against van der Kreek, taking just 25 minutes to win 13-11, 11-8, 11-5.

Isabella French in the other semi-final.

Jacob Ford took out Singapore player Wee Jun Anders Ong in the Boy's Under 17 semi-finals after a hard-fought match. On the other side of the draw, Maaz Khatri made the final after the second seed beat Tasmanian Jamie Pattison in four games. West Australian Olivia Lindsey knocked out top seed Sarah Quinlivan in the Girl's Under 17 draw. Second seed Kiara Rogers made it an all-WA final after she beat third seed Jade Woods in the second semi.

There was a big upset in the Boys Under 19 semi-finals after Eugene Heng proved too strong for New Zealand's number one seed Scott Galloway. Jon van der Kreek also made it through to the final after a win against Queenslander Caleb Johnson. Alex Haydon's strong run in the Girl's Under 19's came to an end on Saturday after the South Australian was beaten by first seed Lynette Vai from PNG. In the other semi-final, New Zealander Kaitlyn Watts defeated Wai Yhann Au Yeong to book her match-up against Vai in the final.

Overall

	Boys			Girls		
	1st	2nd	3rd	1st	2nd	3rd
U/11	Tushyal Selvakumar (MAL)	Zane Wolpers (QLD)	Aryan Madan (QLD)	Haylee Besant (NSW)	Wai Lynn Au Yeong (SNG)	Tara Black (NSW)
U/13	Oscar Curtis (WA)	Dylan Classen (WA)	Oscar Lindsey (WA)	Erin Classen (WA)	Natalie Sayes (NZL)	Diana Galloway (NZL)
U/15	Leo Fatialofa (NZL)	Gregory Chan (WA)	Remi Young (WA)	Hayley Hankinson (QLD)	Katie Davies (QLD)	Isabella French (WA)
U/17	Jacob Ford (NSW)	Maaz Khatri (SA)	Wee Jun Anders Ong (SNG)	Kiara Rogers (WA)	Olivia Lindsey (WA)	Jade Woods (WA)
U/19	Eugene Heng (NSW)	Jon van der Kreek (QLD)	Scott Galloway (NZL)	Lynette Vai (PNG)	Kaitlyn Watts (NZL)	Wai Yhann Au Yeong (SNG)

A successful tournament was credited to the great tournament staff team including those from Darwin Squash Centre. Overall, the centre provided a fun and friendly atmosphere for the Darwin players and those who hadn't ventured to Darwin before.



2016 Annual General Meeting & Forum Overview

The Squash Australia 2016 Forum and Annual General Meeting was held over the weekend of the 26th and 27th of November in Brisbane and featured representatives from all eight States and Territories.

Activities kicked off on the Friday with an Executives Meeting, involving the leaders from all States and Territories discussing operational progress against the national strategy and adjusting for 2017.

On Saturday, a full contingent of Presidents and Executives from all eight States and Territories joined the Squash Australia Board for a forum. This forum was designed to highlight the areas of growth in each KRA as well as the areas that needed further attention and discussion.

The main focus of the forum was to report on progress against the newly launched 2016-2022 Squash Australia Strategic Plan. Everyone was happy to see the huge progress made in all areas and excited by future developments over the next couple of years.

Saturday's forum included a GOLDOC presentation from Kay Kendall outlining the schedule and venue information of Squash at the 2018 Commonwealth Games on the Gold Coast. Soon there will be a Commonwealth Games page added to

the Squash Australia website in the events section, here members will find all they need to know about the Games, and how they can get involved with a brand-new volunteer's portal.

Also included were presentations from Anna Walker on the sport's participation numbers and trends in the wider sporting community and what this means for squash.

There were presentations and updates on the new member's portal, CRM system and a great new Centre programme called Centremark, with a presentation from Schweppes. The forum closed with a presentation from Sam Abishara on the latest on Racquetball in Australia.

The AGM commenced at 12.30pm and the major discussion was around the affiliation fees for 2017. The members voted for a change in the system, which has now reverted to the 2015 system where the fee structure is fixed from States to Squash Australia.

This fee structure means that States and Territories will pay four set fees for Affiliation and Insurance in 2017. They will also pay Matrix fees in four instalments. The four payments will be made on the 1st of March, 1st of June, 1st of August and 1st of October. The fees are set by the percentage of population in each State or Territory,

rather than the number of players who are affiliated.

There were two spots open for Directors on the Squash Australia Board with three nominations. After two rounds of voting Mick Jaroszewicz was re-elected to the Board and Dave Whan from South Australia was elected as a new Director.

Dave Whan has worked on the Squash South Australia Finance and Risk Advisory Committee, the Australian Racquetball Council Steering Committee, and the CEO Performance Review Group. He has a Bachelor of Law and Business, and is a member of the Law Society of South Australia.

Squash Australia would like to thank outgoing Director Doug Minchin for his service to the sport and wish Dave Whan all the best in his new role. Finally, some minor amendments to the constitution were passed which brings the Squash Australia Constitution further in line with the Australian Sports Commission's Mandatory Governance Principles.

Squash Australia would like to thank all those who attended on the Friday, Saturday and Sunday and who helped develop a creative and positive weekend for all associated with this great sport.

Squash Australia Announces 4 Important Election Results

Squash Australia would like to congratulate three of the sport's most passionate advocates on their recent elections.

Dale Robbins, who joined the Squash Australia board in September 2015, has been appointed vice-president of Oceania Squash Federation. Queenslander Robbins is an active squash player within the masters squash environment, and has a specialist background in marketing and strategies. He works in the automotive industry and is currently the state sales manager for Nissan Motor Co.

Dave Whan has joined the board of Squash Australia, replacing Doug Minchin.

Whan has a passion for racquetball and has served in a variety of positions over many years. He has worked hard to develop and promote both racquetball and squash both in his home state of South Australia and nationally. Whan has worked on the Squash South Australia Finance and Risk Advisory Committee, the Australian Racquetball Council Steering

Committee, and the CEO Performance Review Group. He has a Bachelor of Law and Business, and is a member of the Law Society of South Australia.

Five-time world champion Fitz-Gerald has just been elected as one of four new vice-presidents of the World Squash Federation, wonderful recognition for an athlete who has devoted so much of her life to the sport.

Squash Australia would also like to congratulate Mick Jaroszewicz for being re-elected to the Squash Australia board. We look forward to Mick continuing his hard work with the organisation.

Congratulations to all four on their election.

We would like to extend our deepest gratitude to Doug Minchin, for his hard work with the organisation. Always bringing a positive attitude to the table, Doug joined Board in 2016 and was a valuable member of the Participation Working Group.



Dave Whan



Dale Robbins



Mick Jaroszewicz



Sarah Fitz-Gerald



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Squash Australia Launches Project to Help Youth in Pakistan

Squash Australia is pleased to announce a new project that aims to use squash to promote health, gender equality and education for youth in Pakistan. The activity is supported by the Australian Government's aid program through its Asia Sports Partnerships initiative.

Pakistan has enjoyed a long and proud history in squash having dominated the world squash scene for many decades. Squash is a popular sport for people of all ages and the Pakistan Squash Federation is committed to building new opportunities for young people to access the sport but also to access new opportunities in their lives.

The Squash Classroom is a project designed to connect young people to education in an innovative way by turning squash courts into classrooms and

providing a safe space for youth to speak up about issues that are important to them. The Squash Classroom will leave a lasting legacy for over 500 young people in Islamabad through its three pillars; Squash Health, Squash Life and Squash Class.

Squash Australia has teamed up with the Pakistan Squash Federation to deliver this innovative new project that also enjoys strong support from the World Squash Federation and the Asian Squash Federation. Sport Matters, an Australian NGO specialising in sport for development to manage the program.

The project was official launched at a media event in Islamabad today with key representatives from the Government of Pakistan, the Pakistan Squash Federation, Squash Australia and Sport Matters.

Speaking at the event Squash Australia's CEO Mr Richard Vaughan said, "We welcome the support of the Australian Government to bring our two nations closer together through squash. Giving young people a voice, and creating new opportunities for youth is important in both Pakistan and Australia and we look forward to a number of powerful exchanges through sport and through university linkages that will leave a lasting legacy for youth and for the sport of squash."

The Squash Classroom will also help build sustainable structures, pathways and entry points for young people in Pakistan and draw on expertise from Australia. Coaches, officials and administrators in Pakistan will have access to Squash Australia's new eLearning platform which covers areas such as anti-doping and integrity in sport, and also learn from national school participation initiatives.

Squash Australia welcomes the support from the Australian Government and looks forward to building lasting relationships in Pakistan particularly through sport, university and education exchanges between Australia and Pakistan which will be an important legacy in the lead up to the Gold Coast 2018 Commonwealth Games.



Australia's Best Juniors Reap Rewards of Canberra HP Camp



Despite ongoing funding pressures, Squash Australia is determined to provide its most talented junior players with every possible opportunity to succeed, including a high-level training camp rolled out last week at the AIS in Canberra.

The High Performance program at Squash Australia has had its funding dramatically cut by the Australian Sports Commission in recent times, but HP manager, Stewart Carson, said it was important Australia's best young players continue to be nurtured.

"It is a very difficult climate, financially, for squash at the moment, but we cannot lose sight of the bigger picture," Carson said.

"We owe it to our junior players to give them the chance to achieve their dreams. What would it mean for the future of our sport if we decided to turn our back on our future talent?"

The AIS Camp that ran from Wednesday to Saturday last week brought together 20 juniors from the U13 age group right through to U19. The camp was overseen by national junior coaches Cameron White, Zac Alexander, Vicki Cardwell and Paul Price.

During the four-day camp players trained on court every day, undertook demanding physical sessions, had access to the best strength and conditioning facilities and advice, and had their fitness tested.

"In July this year we will be sending our most talented young players to compete in the World Junior Championships, so we want to ensure they will be as best prepared as possible," Carson said. "Camps like this, accessing the world-leading facilities at the AIS, are incredibly important."

In a word from the coaches "All athletes trained hard and gelled together fantastically! A great bunch of young athletes who found out a lot about themselves and their limits last week. Hopefully they all take home a great deal from what they learned and put into practice a more structured, professional plan to their playing and training." National Performance Coach; Zac Alexander.

The recently established Squash Australia Foundation (SAF) aims to fill the gap that the 1.6 million in funding cuts Squash Australia have experienced over the last 5 years. The SAF is run in partnership with the Australian Sports Foundation, allowing donors to make tax deductible donations. A single camp like this can cost up to \$25,000 for 20 juniors and four coaches, the SAF aims to fill this gap and make it possible for more talented athletes to have access to these kinds of resources.

For more information on how to get involved, visit www.squashfoundation.com.au.

\$100

Cost of one session of coaching at an AIS Camp

\$1,000

Cost for all meals, accommodation and coaching for one athlete at an AIS Camp

\$5,000

Cost for one junior player to go to all major national junior tournaments

\$10,000

Cost for one U19 athlete's competition schedule over the course of the year

\$25,000

Cost of one AIS Camp with 20 kids and four coaches

\$50,000

Cost to send a team to a World Team event

Camilleri leads grass roots growth



Lisa Camilleri (right) teaching the basics of OzSquash

Giving young people a chance at enjoying a lifetime of squash comes down to providing opportunities to get them moving in a safe and fun environment. If they enjoy learning the basic skills and movement patterns, they gain the confidence and coordination to be able to continue. OzSquash is designed to help young people participate in physical activity and fall in love with squash.

OzSquash sessions aim to use a 'learning through play' philosophy to develop basic squash-specific skills and concepts as well as other important physical and cognitive skills, via fun games. Many activities within the programme are adapted from the 'Playing for Life' approach where the major emphasis is on maximum participation, high levels of activity in a fun, inclusive and safe environment using activities that are easily changed, modified or adapted.

OzSquash has been delivered at schools throughout Australia since 2012 and with a few changes last year, completed by far our most successful school semester in the Sporting Schools landscape to finish

off 2016. This encouraging growth is due in part, to people like Lisa Camilleri who has become involved in running OzSquash programmes introducing more children to the sport she has played since the age of 6 years old.

Originally from Tully in North Queensland, Camilleri is a two-time Commonwealth Games representative and current world number 63 professional squash player. Even while she has her sights set on another Commonwealth Games appearance on the Gold Coast in 2018, she is still taking time out of her busy training schedule to assist with growing the sport. Camilleri ran two OzSquash programmes with great success last year and is straight back into it again with another programme already underway this year.

Camilleri has really enjoyed her experience with running OzSquash programmes so far, "I've loved watching kids develop valuable movement skills with the help of a squash racquet. The programme is a lot of fun- for me and the kids. We share a lot of laughs and burn a



lot of energy."

On top of running OzSquash programmes within Sporting Schools, Camilleri is also involved in helping specific squash centres growing their junior participant numbers and with general squash promotional opportunities such as the at the Global Rugby Tens event held at Suncorp Stadium in Brisbane in mid February. Over a very warm weekend Camilleri was one of a group of professional squash athletes to volunteer their time to promote the sport, engaging with the crowds of people and hitting with kids on the inflatable squash courts.

"It's really great for me personally to be able to give back to the sport that has given me the chance to be a part of so many wonderful experiences over the years", said Camilleri.

Trans-Tasman Talk

Squash Australia have recently launched a social media video campaign leading up to the Trans-Tasman Challenge (TTC) on 18 and 19 April 2017, which gives the squash community in Australia a chance to learn a bit more about our best junior squash players, as well as create a buzz around the event. The campaign will comprise of interview videos and articles for every member of Team Australia and will be showcased on our social media platforms and website weekly.

The video interviews allows us to delve into the lives of some of Australia's junior athletes, to find out how their preparations are going for the TTC and learn about some of their interests outside of squash.

We caught up with 16 year old Jacob Ford from Coffs Harbour, to see how his preparations are going leading up to the event.

"I've been training two sessions a day, six days a week doing on-court, agility and a bit of fitness"

"I am looking forward to meeting up with my team-mates and coaches at the Trans-Tasman Challenge. I have been working hard in training so I can give my best for my country." Jacob said

Jacob recently won the U17 event at the Australian Junior Championships and is progressing really well in his development. We are confident that he will have a successful tournament.

We also caught up with two of Australia's top ranked U15 girls; Katie Davies from Brisbane and Hayley Hankinson from Cairns to find out they are getting along with training leading up to the event and what they are most looking forward to at the Trans-Tasman Challenge.

"I have been working hard in training every week and trying my best all the time"

"I'm preparing for the event by going to as many squash tournaments as I can before the Trans-Tasman Challenge." Hayley said

14 year old Katie Davies tells us what she is most looking forward to at the Trans-Tasman Challenge and shares her advice for other young athletes in achieving their goals.

"It feels amazing to play for my country, I hope this is one of many opportunities for me to represent my country and give the sport I love 100%"

"I'm looking forward to working with the Australian team and forming new friendship bonds." Katie said

The Trans-Tasman Challenge is a great way for our juniors to gain international exposure and experience international competition in a team environment. The better we prepare our young athletes and the more we expose them to tough competition the more likely we are to find the next Cameron Pilley and Donna Urquhart. We have some really talented

athletes coming through and we are all keen to see how they go at the TTC.

Look out for more videos on our Social Media accounts in the coming weeks. You can find all the player interview videos on our Facebook page at facebook.com/SquashAustralia, under the 'Videos' tab in the 'Trans-Tasman Challenge 2017 Player Interviews' playlist.

Join us in wishing all members of Team Australia Good Luck at the Trans-Tasman Challenge 2017.



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SQUASH
AUSTRALIA

Squash, Sweat and Cheers

The temperatures were high and so were the excitement levels of all involved with the Global Rugby Tens event at Suncorp Stadium in Brisbane over the weekend. Squash was one of the Sports being showcased at the event by Gold Coast 2018 Commonwealth Games (GOLDOC) in a fantastic promotional opportunity organised collaboratively by GOLDOC, Squash Australia and Brisbane City Squash.

Some of our athletes helped out talking to and engaging with fans displaying squash in a very positive light with the use of an inflatable squash court, kindly provided by Brisbane City Squash. In an effort to attract as many people as possible to discover squash, prize draws with kids and adult prize packs and giveaways occurred regularly throughout the weekend with great success.

GOLDOC Squash Manager Kay Kendall reported a great response from the crowds,

"There was nothing but positive feedback from those people who visited the Squash promotional area." Kendall also had glowing reviews of the volunteers and athletes who helped out, "They did not once complain, especially about the heat, and did everything possible to make the weekend a success".

Squash Australia would like to thank everyone who braved the extreme heat (temperatures well over 40 degrees Celsius on Sunday) and helped make the promotional event a success, including Courtney Akrigg and Kay Kendall from GOLDOC, Brisbane City Squash, Jason van der Walt, Squash Australia staff, and our athletes who took time out of their training schedules to help promote our great sport, Lisa Camilleri, Rhys Dowling, Tom Calvert, Alex Eustace and Joseph White.



The *Longest* Squash Match Ever

The Chichester Marathon and Hand-out Scoring

After March 30th, 1983, answering the question "What is the longest squash match on record?" got a whole lot easier. That was the day that Pakistan's Jahangir Khan and Egypt's Gamal Awad played a match in Chichester, England which lasted 2 hours and 46 minutes. And it didn't even run to five games, Jahangir eventually winning 3-1 after losing the first game 9-10.

It was the era of hand-out scoring where only the server could win the point for that rally. Lose the rally as server and you lost the serve. That's all.

In many ways, the match statistics reflect the scoring system. It was almost 15 minutes before a point was scored. One rally alone lasted for 7 minutes and ended in a let. The acrobatic Awad, known as The Rubber Man or The Grasshopper, took the first game after 1 hour and 15 minutes, still the longest on record. After that, the

rest of the match almost raced by, the next three games taking a mere 1 hour and 31 minutes.

Point a Rally Scoring – Return of the Epics

The introduction of PARS (Point A Rally Scoring) to the professional game was intended to make attritional contests such as the Chichester marathon shorter, as well as to encourage shot making. A strategy which, to a large extent, worked.

But more recently, the epics have returned. In December 2008, fourth seeded Shawn Delierre overcame top-seeded fellow Canadian Shahier Razik to reach the final of the Baltimore Cup in Baltimore, USA, in a 5-game, 2 hour 30 minute marathon. At the time, it was is the longest recorded squash match since the introduction of PARS.

In April, 2010 two Malaysians, Ivan Yuen and Mudh Asyraf Azam, played another 5-game match lasting 2 hours and 43

minutes – just 3 minutes shorter than that at Chichester – in a qualifier for the 5 Star Indian Challenger Tournament in Kolkata, India.

And finally, in October 2010 at the Commonwealth Games in Delhi, India Mohd Azlan Iskandar of Malaysia beat England's Daryl Selby in a 4-game quarter-final match lasting 2 hours 15 minutes.

But even when the 1983 Chichester record is broken, I suspect that it's the story of that match between Jahangir and Gamal Awad (see picture) which will not only live in the memory but will pass into squash legend.

Sadly, one of its heroes, Gamal Awad, died of a heart attack in Alexandria, Egypt in November 2004, aged just 49. He retired from the professional squash circuit in 1987, following problems with knee injuries. The highlights of his career were as runner-up in both the 1982 World Masters and the 1983 British Open Squash championships – in both cases to Jahangir.

The five longest matches ever recorded are:

2015

Leo Au (HKG)
bt Shawn
Delierre (CAN)

3-2: 11-6, 4-11, 11-6,
7-11, 16-14
[170m]
(Gas City Pro-Am)

1983

Jahangir Khan
(PAK) bt Gamal
Awad (EGY)

3-1: 9-10, 9-5,
9-7, 9-2
[166m]
(Chichester Festival)

2013

Shawn Delierre
(CAN) bt Adrian
Waller (ENG)

3-2: 11-13, 12-10, 14-12,
4-11, 14-12
[157m]
(National Capital Open)

2008

Shawn Delierre
(CAN) bt Shahi-
er Razik (CAN)

3-2: 9-11, 8-11, 11-7,
13-11, 11-5
[150m]
(Baltimore Cup)

2006

Gregory Gaultier
(FRA) bt Adri-
an Grant (ENG)

3-2: 12-10, 11-3, 3-11,
7-11, 13-11
[146m]
(Hong Kong Open)

Two Participation Programmes Launched Nationally



The second programme being expanded nationally is Hits & Giggles, which is a female only Learn to Play programme designed by S&RV that has been running successfully in Victoria for a few years.

The Hits & Giggles Programme is designed for women who have either played Squash and/or Racquetball in the past or are new to the game, as an introductory measure to provide participants with a pathway to the club/centre environment.

Consisting of 6 sessions of 1 hour each over 6 weeks taken by accredited coaches, programmes can be offered for Squash and/or Racquetball. Each session should encourage social interaction between participants and provide a friendly and encouraging environment for participants to get involved. The idea is to work on skills and fitness in a social light-hearted setting.

Both Pop-Up Squash and Hits & Giggles are now available to all states and centres across Australia.

Watch the attached video to see S&RV Executive Director Fiona Young talk about both programmes and a couple of other new initiatives in Victoria.



Squash Australia are pleased to announce the national expansion of two participation based programmes.

The first is Pop-Up Squash which was developed by Squash & Racquetball Victoria (S&RV) and funded through VicHealth's Innovation Challenge grant.

The Australian-first concept, which ran at the Eastland Shopping Centre for three weeks across May and June, saw an empty retail space within the shopping centre transform into a temporary street squash court. The response was extremely positive with just under 3000 people visiting the shop during the three weeks.

Another Pop-Up Squash shop is already planned for January to further build on the success of the first.

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Coach?**

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[www.squash.org.au/
w/coach-education/
education-courses](http://www.squash.org.au/w/coach-education/education-courses)



Go to the following links for more information about Pop-Up Squash and Hit & Giggles, or contact Squash Australia Participation Coordinator Jordan Till at

participation@squash.org.au
or on (07) 3367 3200.



**Want to become
a Club Referee?**

Squash Australia members can now become a Club Referee online.



Coaches Corner

Reflections on winning and losing streaks

For anyone who keeps an eye on the PSA World Tour and its top echelon of players you would know about the dominance of former world number one Nick “The Wolf” Matthew. Nick not only dominated the world stage for a solid 5-year period but absolutely and utterly had the wood on former world number one and domestic English rival James “The Marksman” Willstrop.

Nicks winning streak over James grew from season to season match after match after match, and at the beginning of this year had reached A DECADE, 19 match stretch of Nick getting the ‘W’ over Jimbo the gentle giant. On a tournament to tournament basis the top players exchange wins over each other constantly so this feat of superiority between two players was a homage to the Jahangir Khan dominance of years gone by, albeit on a smaller more personal scale.

After personally playing both players in PSA events I believe the streak had a lot to do with Nicks phenomenal physical and mental consistency, along with his hardnosed determination and thirst for a contest. Putting aside the physical and mental attributes, this streak had grown to be its own topic of conversation on tour each time they met, and both players knew it. Now obviously, world ranking points money and titles all mattered but Nick seemed to transform every time he stepped into the big glass box to face James. It’s funny the power of the mind, the belief and the confidence gained from repetitive winning that can somehow form a certain amount of invincibility in some scenarios.

On the flipside, last month, under the hanging chandelier of New York’s grand central station at the Tournament of Champions James Willstrop provided us all with a very valuable lesson in determination, patience and trust in yourself.

After 10 years and 19 losses you could

forgive James for not being excited at the prospect of once again knocking up with Nick. Walking through the stands past admiring crowd members who weren’t born the last time you’d beaten this opponent, but rather than viewing the situation as problematic or intimidating, James saw it as an opportunity. An opportunity to show that when the odds are stacked against you, if you’re up for the fight and believe in yourself anything can happen.

73 brutal minutes and 5 seesawing games later the collective squash world watching sighed and smiled when gentleman Jim finally beat his lifelong nemesis on their 35th PSA meeting. No screaming, jumping up and down or kissing the floor, in typical Willstrop humility and reserve James quietly and respectfully shook Nicks hand and that was that, the streak was over. “It’s been tough over the years,” Willstrop stated after the match.

“His game makes it very hard for me. There’s a lot of baggage associated with it as people talk about the rivalry, but it’s been a big run for him and to be honest I don’t think it has been a rivalry for the past few years because he has consistently beaten me.”

I believe two things can be taken from observing the happenings between Nick and James over the years.

1. Winning breeds winning.

Confidence and self-belief can be gained from winning, from a coaching point of view a lot of players I see want to be playing higher grades or bigger tournaments far before their ready, their ability may be there but they aren’t used to closing out matches or dealing with being in a winning situation. Sometimes a quick fix is to drop down to a level they’re more comfortable at and regain some confidence for a period of time before again entering or playing at the higher level.

2. Patience pays off.

Physical attributes, experience, time, equipment, coaching available, injuries and several other external factors can determine a player’s ability. Often a newcomer to Squash may be very athletic enthusiastic and energetic though they may not be able to best a crafty experienced tricky competitor. This can often become frustrating and a potential deal breaker in some aspiring players continuing with the game, but seeing this as a coach it is hugely important to stress that patience pays off.

They say it takes 10,000 hours to become proficient at a task, those hours plus many more have been spent on court by professionals like James and Nick who we spoke about before but it’s all relative; 1 hour of extra practice per week can be the difference between finally toppling your club or regional rival and that feeling when you do, because you will, will be well worth it!

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Revealed: The best sports to ensure a long life... and it's bad news for joggers

Study on more than 80,000 adults shows the sports and types of exercise that are linked to significantly lower odds of dying before those who do not take part

Regularly playing squash could help stave off death the longest, a new study suggests. Scientists have narrowed down the sports and types of exercise that are linked to significantly lower odds of dying before those who do not do those activities. Racket sports, swimming, aerobics and cycling seem to be the best for prolonging life, the research concluded.

Meanwhile, those who partake in swimming, aerobics and racket sports such as squash, also have a lower risk of dying from cardiovascular diseases such as strokes. The study, published in the British Journal of Sports Medicine, examined information on more than 80,000 adults across England and Scotland who took part in national health surveys between 1994 and 2008. In each of the surveys participants, who had an average of 52, were quizzed about what type and how much physical activity they had done in the preceding months.

Only 44% were getting the recommended

amount of weekly exercise. Researchers also tracked participants' survival for an average of nine years following completion of the survey - 8,790 of them died from all causes including 1,909 from cardiovascular diseases. After taking into account influential factors, the authors of the paper identified which sport or exercise seemed to be the most beneficial.

Compared with the participants who said they had not done a given sport, they found that risk of death from any cause was 47% lower among those who played racket sports; 28% lower among swimmers; 27% lower among those who took part in aerobics classes; and 15% lower among cyclists.

No such associations were seen for runners or joggers and those who played football or rugby. When the researchers looked at risk of death from heart disease and stroke, they found that playing racket sports was associated with a 56% lower risk, swimmers had a 41% lower risk and aerobics participants had a 36% lower risk compared with those who did not participate in these sports.

The researchers did find a 43% reduced risk of death from all causes and a 45% reduced risk from cardiovascular disease

among runners and joggers when compared with those who did not run or jog, but this advantage was not deemed significant when influential factors were taken into account. They cautioned that the impact of running and jogging might have been underestimated.

Previous studies that have highlighted the benefits of these activities had longer recall periods, the authors said. And very few of the participants took part in football or rugby which could explain the apparent low impact of these activities, they added.

"We found robust associations between participation in certain types of sport and exercise and mortality, indicating substantial reductions in all-cause and cardiovascular disease mortality for swimming, racquet sports and aerobics and in all-cause mortality for cycling," wrote the researchers, from Australia, Finland and Oxford University.

"The growing evidence should support the sport community to develop and promote health-enhancing sport programmes to reach more people and contribute to greater proportion of population meeting the physical activity guidelines for health."

SENIOR CALENDAR C

April

Masters - Alex Hills (Goodlife) Masters (1st - 2nd April) - Alexandra Hills Goodlife, QLD

Masters - Bathurst Masters (1st - 2nd April) - Bathurst Masters, NSW

Masters - Thornleigh Masters (13th - 14th May) - Thornleigh Squash Centre, NSW

Racquetball - Wangaratta Open (22nd - 23rd April) - YMCA Indoor Recreation Centre, VIC

Masters - VMSA (28th - 30th April) - Dromana, VIC

Masters - QMSA State Titles (29th - 30th April) - Carseldine Squash Club, QLD

Stepney Salvage Squash Open - Senior Graded - Next Generation, SA

WA Closed (29th - 30th April) - Mirrabooka, WA



May

Masters - Hilton Classic Masters (6th - 7th May) - Hilton, WA

Masters - Geraldton Open & Masters (6th - 7th May) - Geraldton, WA

Doubles - Daisy Hill Doubles Championships (6th - 7th May) - Daisy Hill, QLD

South Adelaide Open - (6th - 7th May) - Adelaide, SA

24 Hour Mega Squash & Racquetball for MS - Squash & Racquetball (6th - 7th May) - MSAC, VIC

ACT Open (6th - 7th May) - Woden Squash Centre, ACT

NT Open - AST10 M (11th - 14th May) - Darwin Squash Centre, NT

Masters - Thornleigh (13th - 14th May) - Thornleigh Squash Centre, NSW

Doubles - NT Doubles Championships (14th - 15th May) - Darwin Squash Centre, NT

Masters - Gympie Masters (20th - 21st May) - Gympie Squash, QLD

Broome International (20th - 21st May) - Broome WA

WA Open - (25th - 27th May) - Terrace Squash, WA



Masters - VMSA Masters Juniors (27th - 28th May) - Westerfolds Sports Centre, VIC

June

City of Kalgoorlie Boulder Golden Open - AST5 M/W (2nd - 5th June) - Kalgoorlie, WA

Masters - Gladstone Masters (10th June) - Gladstone, QLD

Masters - Acacia Ridge Masters (10th - 11th June) - Acacia Ridge Squash Centre, QLD

Racquetball - Geelong Classic (17th - 18th June) - Leisuretime Centre, Norlane, VIC

July

TAS / Devonport Open - AST5 M (29th June - 2nd July) - TAS

Mirrabooka Senior Tournament - (1st - 2nd July) - Mirrabooka, WA

SA Open - AST5 M/W (4th - 8th July) - The ARC Campbelltown, SA

Racquetball - Victorian Open (8th - 9th July) - Genesis Fitness Centre, VIC

Masters - Tasmanian Masters (7th - 9th July) - Eastside Squash Club, TAS

Kooyong Invitational - (7th - 9th July) - Kooyong Lawn Tennis Club

AIS Leadership Course (10-12 July - Canberra)

VIC Open - AST10 M/W (11th - 16th July) - Mulgrave Country Club, VIC

Masters - Nerang Masters (15th - 16th July) - Nerang Squash and Fitness Centre, QLD

Masters - VMSA (21st - 23rd July) - Bendigo, VIC

Masters - State Masters Championships (21st - 23rd July) - WA

Doubles - Victorian Doubles Championships (22nd - 23rd July) - VIC

Masters - Masters Tournament (28th July) - Squash Factory, WA

Masters - Daisy Hill Masters (29th July) - Daisy Hill Squash, QLD

Karadinga Open - Squash (28th - 29th July) - Karadinga Squash Centre, SA



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OF EVENTS 2017

SQUASH
AUSTRALIA

August

Masters - Maroochydhore Masters (12th - 13th August) - Maroochydhore, QLD

Racquetball - Tasmanian Open Racquetball Championships (12th August) - TAS

Bendigo International - AST5 M/W (17th - 20th August) - Bendigo Squash Centre, VIC

Rockhampton Open - Squash (19th - 20th August) - Scottvale Park, QLD

Shepparton International - AST5 M (24-27th Aug) - Goulburn Valley Squash Club, VIC

Next Generation Classic Squash Open - Senior Graded (25th - 26th August) - Next Generation, SA

Kingborough Championships - Squash (26th - 27th August) - TAS

September

Bega Open - AST5 M (1st - 3rd September) - Bega, NSW

Masters - Australian Masters (4th - 15th September) - Venue TBC, VIC

North Coast Open - AST5 M/W (7th - 10th September) - Coffs Harbour Squash Centre, NSW

Racquetball - Ballarat Open (9th - 10th September) - Ballarat Squash & Fitness Centre, VIC

NSW Open - AST5 M/W (15th - 17th September) - Sydney, NSW

Timed Teams Tournament - Squash (16th September) - Scottvale Park, QLD

October

Masters - Wavell QMSA (8th - 9th October)

Racquetball - Australian Open (13th - 15th October) - Commercial Club, Albury, VIC

Sandgate Teams Titles - Squash (13th - 15th October) - Sandgate Squash Centre, QLD

QLD Open - AST5 M/W (19th - 22nd October) - QLD

BAF Open - Squash (21st - 22nd October) - Moura, QLD

Cambridge Senior Tournament - Squash (22nd - 23rd October) - Cambridge, WA

Country Individual Event - (21st - 22nd October) - Geelong, VIC

Mackay Open - AST M5/W5 (26th - 29th October) - QLD

November

Cairns Open (2nd - 5th November) - Cairns, QLD

Masters - Palm Beach (4th - 5th November) - Palm Beach Aquatic & Squash Centre, QLD

Racquetball - Lakes Classic (4th - 5th November) - Lakes Squash & Movie Theatre, Lakes Entrance, VIC

Squash Australia AGM - Brisbane (4th - 6th November)

Doubles - ACT Doubles Tournament - Doubles (4th - 5th November) - Woden Squash Centre, ACT

Gladstone Open - Squash (4th November) - Gladstone, QLD

Squash Logic Open - Squash (4th - 5th November) - Squash Logic, Melton, VIC

Brisbane Open - Squash (11th - 12th November) - Brisbane, QLD

Australian Open - AST10 M/W (14th - 18th November) - Darwin Squash Centre, NT

Australian Doubles (18th - 20th November) - Darwin Squash Centre, NT

Australian National Graded Championships - AST Premier, B, D M/W (17th - 18th November) - Darwin Squash Centre, NT

Masters - VMSA (17th - 19th November) - Venue TBC, VIC

Masters - Acacia Ridge QMSA (19th - 20th November) - Brisbane, QLD

Masters - Spring Teams Event (18th - 19th November) - Squash Factory, WA

Doubles Camp - (21st - 22nd November) - Darwin

Clarence Open - Squash (24th - 25th November) - TAS

Masters - Dapto Masters (25th - 26th November) - Dapto, NSW

University Cup - (26th November) - VIC

December

Masters - PCYC Redcliffe Masters (2nd - 3rd December) - Redcliffe PCYC, QLD

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JUNIOR CALENDAR

April

MDSA Junior - Silver (2nd April) - Squash Logic, VIC

Oceania Junior Championships - Platinum (14th - 17th April) - Henderson Squash Club, Auckland, NZ

Trans-Tasman Test Match (18th - 19th April) - Henderson Squash Club, Auckland, NZ

NZ Junior Open - (21st - 23rd April) - New Zealand

Barossa Junior - Silver (23rd April) - The Rex, Tanunda, SA

Brisbane Junior (Qualifier) - Bronze (23rd April) - Brisbane, QLD

Mackay Junior - Silver (29th - 30th April) - Mackay, QLD

HEAD Junior Classic - Silver (29th - 30th April) - Mirrabooka, WA

Central Region Junior Championships - Silver (29th April) - Scottvale Park, QLD



May

NT Junior Championships - Gold (6th - 7th May) - Darwin Squash Centre, NT

Geraldton Junior Open - Bronze (6th - 7th May) - Geraldton, WA

Ipswich Junior Open - Silver (6th - 7th May) - Ipswich, QLD

Brisbane Junior Open - Silver (13th - 14th May) - Brisbane, QLD

Parkes Junior One Day - Bronze (13th - 14th May) - Parkes, NSW

GP#3 Junior Age - Silver (14th May) - Golburn Valley Squash Club, VIC

ACT Junior Open - Gold (20th - 21st May) - Woden Squash Centre, ACT

Kimberley Junior Championships - Bronze (20th May) - Broome, WA



Katanning Junior Championships - Bronze (20th May) - Katanning, WA

Queensland Schools - Bronze (25th - 29th May) - Rockhampton, QLD

Coffs Harbour Junior Classic - Silver (27th - 28th May) - Coffs Harbour Squash & Swim Centre, NSW

Ingle Farm Junior - Silver (28th May) - Ingle Farm Rec Centre, SA

June

Labrador Junior Open - Bronze (4th June) - Labrador, QLD

Gladstone Junior Timed - Bronze (3rd June) - Gladstone, QLD

Metro Junior - Silver (4th June) - VIC

Golden Junior Open - Silver (3rd - 5th June) - Kalgoorlie, WA

South Australia Junior Championships - Gold (10th - 11th June) - The ARC Campbelltown, SA

TAS Junior Event - Silver (10th - 11th June) - Devonport, TAS

Exmouth Junior Championships - Bronze (10th June) - Exmouth, WA

Bunbury Junior - Bronze (17th June) - Bunbury, WA

Victorian Junior State Titles - Gold (24th - 25th June) - MSAC, Melbourne, VIC

Sydney Squash Academy Junior Open - Bronze (24th - 25th June) - Willoughby Squash Club, NSW

July

Queensland Junior Championships - Gold (Ind 25-28 June / Team 30 -2nd July) - QLD

WA Junior Open - Gold (1st - 2nd July) - Mirrabooka, WA

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OF EVENTS 2017

SQUASH
AUSTRALIA

NSW Junior Open - Gold (14th - 16th July) - Thornleigh Squash Centre, NSW

Campbelltown Junior - Silver (9th July) - The ARC Campbelltown, S

AIS Camp (13th - 16th July) - Canberra

Brisbane Junior - Bronze (16th July) - Brisbane, QLD

World Junior Individual Championships (19th - 23rd July) - Tauranga, New Zealand

Women's World Junior Team Championships (24th - 28th July) - Tauranga, New Zealand

Briars @ Thornleigh Junior Open - Bronze (30th July) - Thornleigh Squash Centre, NSW

August

Squashworld Brentwood Junior - Bronze (5th August) - Brentwood, WA

Palm Beach Junior Open - Bronze (6th August) - Palm Beach, QLD

Brisbane Junior - Bronze (6th August) - Brisbane, QLD

Coffs Harbour Enduro - Bronze (6th August) - Coffs Harbour Squash & Swim Centre, NSW

Narrogin Junior (Sthn Region) - Bronze (19th August) - Narrogin, WA

Vikings Junior Challenge - Silver (19th - 20th August) - Active Leisure Centre Erindale, ACT

Bondi Junior Open - Bronze (19th - 20th August) - Bondi Waverly Squash Club, NSW

Naracoorte Junior Skills - Bronze (20th August) - Naracoorte Squash Club, SA

September

Prince Super Series 1 - Bronze (2nd September) - Terrace, WA

Prince Super Series 2 - Bronze (9th September) - Terrace, WA

Karadinga Junior - Bronze (10th September) - Karadinga Sports Centre, SA

Prince Super Series 3 - Bronze (16th September) - Terrace, WA

October

Maddington/Gos Junior Graded - Bronze (3rd October) - Maddington/Gos, WA

Australian Junior Championships Individual - Platinum (30th September - 3rd October) - Geelong, VIC

Australian Junior Championships Teams (5th September - 8th October) - Geelong, VIC

Cambridge Junior - Bronze (22nd - 23rd October) - Cambridge, WA

Warwick - Bronze (22nd October) - Warwick, QLD

Brisbane Junior Tournament (2018 Qualifier) - Bronze (29th October) - Brisbane, QLD

Parkes Junior Open - Bronze (28th - 29th October) - Parkes, NSW

November

Gladstone Junior Open - Bronze (4th November) - Gladstone, QLD

Nerang Junior Open - Bronze (12th November) - Nerang, QLD

Barrett Property Sales Junior Classic - Bronze (18-19th November) - Brisbane, QLD

Elanora Junior Open - Bronze (19th November) - Elanora Squash & Fitness Centre, NSW

Canberra Cup - Bronze (25th November) - Woden Squash Centre, ACT

Manjimup Junior (SW Grand Prix) - Bronze (25th November) - Manjimup, WA

December

Xmas Cup Junior - Bronze (3rd December) - VIC

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Price Appointed to Oversee Australian Team Development

Paul Price, a former world number four and a member of the successful 1999 and 2001 Australian World Team, has been appointed to look after national squash teams at major international team tournaments in the lead-up to the Gold Coast 2018 Commonwealth Games.

Squash Australia has appointed Price to oversee Australia's campaign at the next World Doubles Championships, in Manchester, the men's World Team Championships, and the 2018 Commonwealth Games.

40-year-old Price won a bronze medal at the 2002 Commonwealth Games in Manchester, and was a finalist at the 2000 British Open.

He said he was thrilled to get the chance to work with Australia's best elite players. "We are in a unique situation in squash in Australia," he said.

"With many of our top players heading towards the latter stages of their careers, I think it's extremely important to make sure the culture in Australian squash is growing and being left where our best players can walk away feeling like they have achieved their goals personally and as a team.

"Perhaps even more importantly, they they've left the Australian tracksuit in a place with a clear picture painted for the next generation to understand what it means to wear Australia on their backs, and how hard the players have worked before them to get that opportunity."

Price recently undertook the role of coach of the Australian World Juniors team, and helped steer them to their highest finish in 16 years. He also last year coached the Victorian Junior State team, and is head coach and director of Inspired Peak Performance Squash in Melbourne.

"I'm inspired and motivated by the challenge of working with the country's most elite players, and the development it will force me to embrace personally and professionally to achieve the targets set out by the players, Squash Australia and myself," Price said.

Price said he will spend the coming months talking to Australia's elite players about their goals for the next 18 months. He will also be working to build the team culture within Australian squash.

"We operate in an individual sport and the potential to do well on an individual scale is there, but I see massive opportunity in us working as a team to create a major ripple effect throughout our sport in Australia," he said.

"With that we need to know and agree on what kind of legacy the team wants to leave behind after the Commonwealth Games.

"Setting some pretty high standards and objectives is a must. We have just over 12 months before the Commonwealth Games, which is a great amount of time for us all to improve on our day-to-day one percenters.

"I have always thrived, and been grateful in representing Australia at all levels, and after the experience at The World Junior Championships that excitement is as strong as ever. It's a massive privilege and I can't wait to get started."

Paul Price

Squash Australia e-Shop
WWW.DIRECT-SQUASH.COM.AU



a little bit of
EVERYTHING

If you are interested on becoming a coach, Squash Australia have recently developed an eLearning Portal which now makes it easier than ever to get your Foundation Coach accreditation. Over the next few months, we will be rolling out more courses, including Club Development and Talent Development. If you want to know more, visit

www.elearning.squash.org.au

Australian Squash Tour

The Australian Squash Tour (AST) is a new initiative by Squash Australia developed with an aim to promote professional squash in Australia. All Professional Squash Association (PSA) events within Australia are included on the AST.

The AST will award points to each Australian player who participates in these tournaments and ranks them on a national scale. The AST aims to bring all these great events together, creating a circuit to benefit Australian players.

Squash Australia has put forward a \$10,000 prize fund for final placings at the end of the AST. First, second and third for both men and women will receive a share in the prize.

PSA tournaments, the Australian Closed, and National Graded Championships will all receive points on the AST. An emphasis has been placed on higher level tournaments on the AST. Points have been designed to benefit top PSA tournament participants as well as Australian Closed participants, both of whom will receive the same amount of points.

The initiative which is designed to drive Australian participation in PSA events

has been well received by members of the squash community. Joseph White, a Winning Edge Squad Member is keen to be a part of the better competition the AST is expected to bring in.

"The AST will give the extra incentive to achieve well at tournaments and drive better competition" White said.

To prepare for the AST, White has been training hard at the National Training Centre in Brisbane.

"I'm currently training with the Squash Australia Winning Edge Squad at the NTC daily as well as off-court strength and conditioning sessions".

Winning Edge Squad members Jessica Turnbull and Rhys Dowling are also excited for the opportunities the AST will give them.

"The AST will benefit me in the same way the PSA tour will, by giving me valuable experience and to increase my ranking. The possibility of prize money at the end of it all isn't bad either!" Turnbull said.

Dowling, currently ranked 7 in Australia can see the benefit of the AST for himself, as well as his competitors.

"Having the AST is beyond helpful for all levels of

squash. For me personally, I think it can really benefit my squash as a professional player travelling to all the tournaments and constantly improving with each one" Dowling said.

"Winning extra money is always a bonus, and with that in place, I think it will encourage more participants to play, which is great for the promotion of squash."

The Esperance Open, WA is the first tournament on the 2017 Australian Squash Tour. Tournament organiser Colin McArthur is excited to kick off the tour.

"We are a self-managed club in remote Western Australia run entirely by volunteers. It is exciting for all our members to see the extra interest in our club."

I think it [AST] is a great initiative by Squash Australia. It will especially help the clubs in regional and remote Australia coordinate and promote their events" he added.

It is hoped that with the extra prize money on offer and national recognition for the AST winners, players are incentivised to travel to more tournaments to chase the AST points.

2017 AUSTRALIAN SQUASH TOUR				\$10,000 PRIZE FUND
AST EVENT RANKING		WINNER		RUNNER-UP
AST 10 (AUSTRALIAN CLOSED, PSA 10K)		1750		1150
AST 5 (PSA 5K E.G. SA OPEN)		900		600
AST P (PSA CLOSED SATELITE, NATIONAL PREMIER GRADED CHAMPIONSHIPS)		120		72
AST A (NATIONAL A GRADE CHAMPIONSHIPS)		60		36
AST B		30		18
AST C		15		9
AST D		7.5		4.5
AST E		3.75		2.25

2017 ANNUAL AWARDS NIGHT



The 2017 Annual Awards Night is set to be held at the Mercure Hotel in Townsville, QLD on Saturday 25th of March, 2017.

The evening is held in conjunction with the Australian Closed Championships and National Graded Championships, which are being played locally, Friday 24th to Sunday 26th of March.

The Annual Awards Night recognises the commitment and dedication of those in the squash community for their hard work in 2016.

This year, Squash Australia opened voting to the public once again, allowing the squash community to be involved with these prestigious awards. After multiple weeks collating nominations, the following members have been nominated in their respective areas, which the public will now vote upon to decide a winner:

Senior Player of the Year

- Zac Alexander, QLD
- Ryan Cuskelly, NSW
- Cameron Pilley, NSW

Junior Male Player of the Year

- Gregory Chan, WA
- Alex Eustace, QLD
- Dylan Molinaro, VIC

Junior Female Player of the Year

- Jessica Graham, VIC
- Hayley Hankinson, QLD
- Alex Haydon, SA

Volunteer of the Year

- Bryan Bird, VIC
- Renae Dalton, WA
- Kaye Reeves, SA

Coach of the Year

- Tim Cowell, WA
- Paul Price, VIC
- Nathan Turnbull, QLD

Club of the Year

- Bendigo Squash Club, VIC
- Darwin Squash Association, NT
- Devonport Squash Club, TAS
- Scottvale Park Squash Club, QLD
- Willoughby Squash Club, NSW

Also, being awarded at the 2017 Annual Awards Night is:

- Referee of the Year
- State/Territory of the Year
- Distinguished Service Award

Squash Australia is also honoured to present the Plaque for the Team Sport Australia Award to the Men's World Championship Squash Team of 1971. Team Captain Ken Hiscoe will be joined by Geoff Hunt, Cameron Nancarrow and Richard Carter to receive the award. Squash Australia would like to extend their congratulations to all nominees on their achievements throughout 2016.

2016 ANNUAL AWARDS

Following the all-international Australian Open finals at MSAC on Friday the 12th of August 2016, Squash Australia hosted the 2016 Annual Awards Dinner. The prestigious event played host to a star-studded crowd at the Mercure Hotel, Albert Park in Melbourne. Nicol David was one of the special guests in attendance at the Awards Night alongside legends of the sports Michelle Martin.

These were the 2016 winners:



Senior Player of the Year: Cameron Pilley, NSW



Coach of the Year: Thomas Calvert, QLD



Junior Male Player of the Year: Jacob Ford, NSW



Junior Female Player of the Year: Lakeesha Rarere, QLD



Referee of the Year: Brad Freeme, QLD

Volunteer of the Year: Peter Saxby, NSW

Club of the Year: Briars @ Thornleigh, NSW

State/Territory of the Year: Squash and Racquetball Victoria

2017 Coaches Conference

The national coaches conference was re-introduced to the Squash Australia education calendar in 2016 with positive attendance numbers and keen interest from the attending coaches.

2017 welcomes the national conference back again for a second installment though a recent date change now sees the program headed to Darwin from the 14th to the 18th of November as opposed to Townsville in late March. This change of time will again link the national conference with the Australian Open as it did in Melbourne last year, it also gives all involved ample time to plan and facilitate a fantastic and worthwhile event that will be open for registration very soon.

The education calendar for 2017 has been bolstered by the World Squash Federation Tutor Training in Townsville, the second and third installments of the National Junior Coach leadership program in Canberra run through the Melbourne Business School and not forgetting each state and territories individual coach workshop funded by Squash Australia.

Squash Australia realizes the need for coaches to come together as frequently as possible throughout the year to share ideas, open lines of communication and bridge gaps that can be created due to the vastness of space between us all in Australia.

The 2017 National Coaches Conference will be a fantastic way for any level coach or player to come and spend time with fellow coaches and discuss all aspects of the coaching landscape. Please call the Squash Australia offices or email education@squash.org.au for more information.



Coaching Accreditation Renewal for 2017!

There are some important new benefits of re-accrediting we wanted to share with you.

Squash Australia have been extremely active over the past 12 months developing such things as; brand new website, brand new CRM database, online learning portal and many more great initiatives, if you haven't visited www.squash.org.au recently you won't believe the changes!

More importantly there are now far more benefits to being accredited than in the past. Not only are you fully covered by our insurance policies for the duration of your accreditation (4 years) but you have access to the following:

Member Benefits Portal

Great deals on all types of things such as movie tickets, sports gear, food and wine discounts, the list goes on

Coach Finder

A feature on the website where (only if you would like) your details are displayed once searched, so potential clients can locate you in your local area via a google map-style layout

E-shop

Fantastic prices on racquets, balls, bags and clothing. Squash Australia has partnered with world leading brand Victor and the products are fantastic see here <http://www.direct-squash.com.au/>

Pathway Programs

Squash Australia now funds coaches to participate in courses such as; Leadership, Performance, Foundation and Tutoring

Coaching Workshops

Each state now runs an annual coach workshop rolled out by Squash Australia, as well as a National Workshop; this March in Townsville alongside a Talent Development Course (Level 2)

Video Library

Squash Australia now has its own channel on YouTube where we live stream junior and senior events, upload matches and an archive with classics from the past

Insurance

Squash Australia has partnered with Marsh Insurance to cover all your public liability and private indemnity worries for the duration of your accreditation

Referees

Ever wanted to become a referee? That too is available with the exam paper now part of the e-learning portal; become a Club Referee this year here <http://elearning.squash.org.au/>

If any or all of this seems to be of value and you would like to formally reinstate your coaching accreditation please contact your state body, your being qualified and current as a coach within Australia means a lot to us and we look forward to hearing from you soon.

NO.1 BALL

WORLD'S #1 BALL



PRO

Advanced Players

The Pro squash ball has the lowest bounce of all four balls in the range. Suitable for advanced players.

HANGTIME

STANDARD

COMPETITION

Intermediate Players

The Competition squash ball is the same size as the Pro but has a 10% longer hang time. Suitable for intermediate players.

HANGTIME

+10%

PROGRESS

Improver Players

The Progress squash ball is 6% larger and has a 20% longer hang time than the Pro. Suitable for improver players.

HANGTIME

+20%

INTRO

Beginner Players

The Intro squash ball is 12% larger and has a 40% longer hang time than the Pro. Suitable for beginner players.

HANGTIME

+40%

Official Ball



OFFICIAL PARTNER



Squash Strength

By Gary Nesbit

Squash is a sport that places both physical demands on the body. Whatever level you play at, incorporating some dedicated fitness session into your training can offer a range of benefits.

Getting on court and doing some sprints, ghosting drills, and circuit exercises can all help develop your squash-specific fitness. One vitally important element of conditioning that's often neglected by squash players however, is strength.

At first glance, it may be difficult to see how becoming stronger relates to making you a better squash player. Strength is traditionally associated with size and 'big muscles', and generally as a squash player being lighter and leaner is considered more optimal.

Strength training does produce structural adaptations in the body, and there will always be some muscle growth as strength increases. The strength training we're discussing here however, is very different to the bodybuilder-style hypertrophy training where maximal muscle size and aesthetics is the primary goal.

Properly structured strength training for sport is more aimed at enhancing neural adaptations, and heightening and optimising the mind-muscle connections and related pathways. There will be some muscle growth as well, but with appropriately focused training it's much more about muscle functionality than just size and mass.

So the first benefit of a properly planned strength training programme to the squash player, is the solid base it provides you to work everything else - strength is the foundation of all other athletic qualities, and a well-designed programme will go a

long way towards enhancing your on-court stability, movement, and stamina.

With a good base of strength, your lunge onto the ball will be more solid and stable, allowing for better control and a wider range of shot choices. Speed and acceleration around the court is also improved, as strength is an essential precursor to power - it also provides the necessary foundation for safely moving onto the more advanced power based exercises such as plyometrics and Olympic lifts. Increased strength will even help with your endurance, as the energy cost for each movement you make will be reduced due to the enhanced muscle capability allowing for more efficient movement and a better economy of effort.

The second main benefit to strength training, and perhaps even more pertinent to the squash player, is the fact that becoming stronger will literally help keep you on the court - a stronger body, is a body more resistant to injury. Strength training benefits not only the muscles, but also the tendons, ligaments and connective tissue surrounding the joints that are susceptible to the various sprains and strains that are the bane of the Life of any sportsperson.

Although many players look at their conditioning training primarily in respect to its effects on their performance, it doesn't matter how athletic you are if you're constantly on the injured list.

So what is the best route to productive strength training?

Free weights are generally the best choice, as they provide that multi-planar resistance that more accurately replicates the demands placed upon your body in a game of squash, as opposed to the more linearly restricted

weights machines. Dumbbells and barbells are the most common forms of free weights, but other apparatus such as medicine balls, weighted clubs, and sandbags can all also be of good use.

In terms of the actual construction of sessions, strength training is characterised by heavy resistances (80%+ of 1 repetition max), low reps (usually 3 to 6), and longer rest periods (+2 minutes). While some exercises can be adapted to use bodyweight you ideally need to be getting into the gym to really adequately address your strength training needs.

Particularly if you're completely new to resistance training, taking some time to familiarise yourself with the various primary exercises such as squats, deadlifts, rows, and presses using lighter weights and higher rep ranges, will be of benefit before progressing onto more challenging resistances.

Proper form and technique is crucial to effective strength training, particularly when moving on to heavier Loads. There are some good print and online resources out there, but your best bet is to seek out an experienced fitness instructor or personal trainer, ideally one with some form of recognised strength & conditioning certification.

So think about incorporating some strength training into your programme: resistance to injury, explosive power/acceleration around the court, stability in your Lunge and on your shot - all these elements have their base in strength, and can have their base in strength, and can have a great effect on your game.

All else considered equal, the stronger athlete will be the better athlete.

AUSTRALIAN SQUASH TOUR



Men's AST

ESPERANCE OPEN AST CLOSED 4-5 MAR
ELANORA OPEN AST 5 11-12 MAR
AUSTRALIAN CLOSED AST 10 24-26 MAR
NATIONAL GRADED AST A-C-E 24-26 MAR
NORTHERN TERRITORY OPEN AST 10 11-14 MAY
KALGOORLIE OPEN AST 5 2-5 JUN
SOUTH AUSTRALIAN OPEN AST 5 7-10 JUN
TASMANIAN OPEN AST 5 29 JUN-2 JUL
VICTORIAN OPEN AST 10 11-16 JUL
BENDIGO INT'L AST 5 17-20 AUG
SHEPPARTON INT'L AST 5 24-27 AUG
BEGA OPEN AST 5 1-3 SEP
NORTH COAST OPEN AST 5 7-10 SEP
NEW SOUTH WALES OPEN AST 5 15-17 SEP
QUEENSLAND OPEN AST 5 19-22 OCT
MACKAY OPEN AST 5 26-29 OCT
CAIRNS OPEN AST 5 4-5 NOV
AUSTRALIAN OPEN AST 10 14-18 NOV
NATIONAL GRADED AST P-B-D 17-18 NOV

Women's AST

BRISBANE CITY OPEN AST 5 2-5 MAR
AUSTRALIAN CLOSED AST 10 24-26 MAR
NATIONAL GRADED AST A-C-E 24-26 MAR
KALGOORLIE OPEN AST 5 2-5 JUN
SOUTH AUSTRALIAN OPEN AST 5 7-10 JUN
VICTORIAN OPEN AST 10 11-16 JUL
BENDIGO INT'L AST 5 17-20 AUG
NORTH COAST OPEN AST 5 7-10 SEP
NEW SOUTH WALES OPEN AST 5 15-17 SEP
QUEENSLAND OPEN AST 5 19-22 OCT
MACKAY OPEN AST 5 26-29 OCT
CAIRNS OPEN AST 5 4-5 NOV
AUSTRALIAN OPEN AST 10 14-18 NOV
NATIONAL GRADED AST P-B-D 17-18 NOV

\$10,000 PRIZE POOL

ALL POINTS CONTRIBUTE TO NATIONAL AST RANKING





Australia Found Going Tough at Women's Teams Event

Australia finished eighth at last year's World Women's Teams Squash Championships in France, posting some solid wins but also losing some crucial close games.

The quartet of Donna Urquhart, Rachael Grinham, Tamika Saxby and Christine Nunn started positively, but could not match the consistency of the world's best teams. Australia made an impressive start to the Championships, beating Austria 3-0. The sixth-seeded Australians did not drop a game against the 16th seeded Austrians.

The youngest member of the Australian squad, Tamika Saxby, could not have been more convincing in the opening game against Judith Van Der Merwe, winning 11-1, 11-3, 11-4 in just 15 minutes. World number 21, Donna Urquhart, was just as impressive, beating Birgit Coufal 11-8, 11-3, 11-6 in 19 minutes, before Australia's most experienced player, Rachael Grinham, wrapped up the match with an 11-2, 11-3, 11-4 win over Sandra Polak in 14 minutes.

Australia then had its colours lowered to Malaysia on day two of the World Teams Championships. The Australians were unable to carry the momentum from the opening night's 3-0 win over Austria into the match against Championship third seeds, Malaysia, losing 3-0. Christine Nunn, who sat out the match against Austria, put up a strong fight against Sivasangari Subramaniam in a see-sawing opening match, but was unable to take opportunities to close out games against her Malaysian opponent. Nunn dropped

the opening game, fought back to take the second, but then missed opportunities in a marathon third game before eventually losing 12-10, 9-11, 15-13, 11-8.

Rachael Grinham called on all her experience against Delia Arnold, but was never able to take control against the world number 15, losing 11-9, 11-9, 11-7. Donna Urquhart, who had impressed on the opening day, was then handed the unenviable task of taking on former world number one, Nicol David. The Australian raced out of the blocks, taking the opening four points, before David steadied to take control.

Urquhart mixed up her game to try and throw the rhythm of the Malaysian, but it was to no avail – David eventually winning 11-8, 11-4, 11-5. Debutant Saxby then piloted Australia into the quarter finals of the Championships, clinching a 2-1 win over The Netherlands. The 23-year-old and youngest member of the Australian team faced a must-win match against Milja Dorenbos, after Rachael Grinham lost the opening match of the tie before Donna Urquhart levelled at 1-all. If there were any nerves for Saxby they weren't apparent, with the Australian taking the opening four points of the game before clinching the opener, 10-2. But 33-year-old Dorenbos took control in the second, slowing down Saxby's game to take the second 10-6.

The Australian returned to the court in a ruthless mood, taking the first ten points of the third before winning 11-1, and then

steamrolling her way through the fourth 11-6 to book Australia a place in the quarter finals. Donna Urquhart was in excellent touch against former Australian and the younger sister of Rachael, Natalie Grinham. The world number 21 was in control from the opening point, combining power with deft touch and placement to take the match 11-4, 11-6, 11-8 over the world number 79.

Earlier it was a frustrating opening match for Rachael Grinham, with the world number 19 failing to capitalise on game points in her match against 25-year-old Milou Van Der Heijden. Grinham led 6-2 in the opener, before losing 7-11, then led 7-5 and held a game point in the second before losing 10-12. The 39-year-old turned the tables in the third game, but had to work hard before winning 13-11. The former world number one looked out of the match when Van Der Heijden raced to a 10-7 lead in the fourth, before Grinham won the next four points to once again hold a game ball at 11-10. But the Dutchwoman once again proved the better at closing out the game, and the match, 11-7, 12-10, 11-13, 14-12.

The host nation France then ended Australia's hopes of a podium finish at the Paris Championships. An impressive France, the tournament fifth seeds, had answers for every challenge the sixth-seeded Australians mounted, taking the match 3-0. The key contest was the clash between world number 26, Rachael Grinham, and world number 28, Coline Aumard, with the winner likely to go a long way towards securing their country a place in the event



semi-finals.

Grinham took to the court hoping to erase the disappointment of her loss 24 hours earlier, and made a strong start. The 39-year-old used all her experience to run the 27-year-old Frenchwoman the length and breadth of the court, taking the opening game 11-8. But the home crowd lifted Aumard in the second, her deft touch taking the opening six points of the game before closing out the second 11-6.

The third game was much more even, with the pressure of the match forcing both players to make several unforced errors before the Frenchwoman took the game 11-9. The loss seemed to deflate Grinham, who dropped the first six points of the fourth game, eventually losing the game and the match, 8-11, 11-6, 11-9, 11-4. The result left Australia's top ranked player, world number 20 Donna Urquhart, with the unenviable task of needing to beat world number five, Camille Serme, to keep Australia's hopes alive.

Serme started the more confident, winning the opening four points of the first game before Urquhart got on the board. Serme, celebrating a return to the world top five, looked to be enjoying herself against the Australian, who was celebrating her return to the world top 20, taking the opener, 11-6. Serme's superior court coverage and several unforced errors from the Australian left-hander were the story of the second game. Urquhart took the opening point, but

the Frenchwoman was in control, taking the game 11-4.

With the home crowd behind her, and a chance to make the semi-finals for the first time ever at a women's World Teams, Serme took to the court in the third game with extra spring in her step. Urquhart tried everything possible to throw Serme off her rhythm, but there was to be no denying the hometown hero, taking the third game and the match, 11-3. The result made the third match, between Australia's Tamika Saxby and France's Laura Pomportes, a dead rubber, with Pomportes taking the match 2-0.

Australia then found themselves headed for a match-up against New Zealand for seventh place, after a disappointing 2-0 loss to USA. Despite being seeded ahead of the Americans, the sixth-seeded Australians had no answer for the tournament seventh seeds. Once again Donna Urquhart had the task of taking on a world top 10 player, this time number seven, Amanda Sobhy, but after a bright start the Australian found herself playing catch-up for most of the match. Unforced errors proved costly for Urquhart, but Sobhy has been in good form all week, the 11-7, 11-5, 11-6 scoreline an accurate reflection of the good results she has enjoyed all week.

It was up to Christine Nunn, who had sat out the two previous matches, to level the scoreline for Australia, but she found

in Sabrina Sobhy, the teenage sister of Amanda, a very determined opponent. Sobhy chased down every ball, and her ability to persevere in the long rallies proved a big difference against Nunn.

The American clinched the match 11-6, 11-1, 11-4, meaning the best result Australia could hope for was seventh. But it was not to be, the Australians finishing eighth after losing their final match 2-1 to New Zealand. Rachael Grinham picked up Australia's win, outlasting New Zealand's Megan Craig in a five-game thriller 6-11, 12-10, 11-8, 9-11, 11-4. But Donna Urquhart found world number 10, Joelle King, tough to crack, the New Zealander and 2015 Australian Open title holder winning 11-6, 12-10, 11-9.

In the third match, Australia's Tamika Saxby and New Zealand's Amanda Landers-Murphy met for the third time in two months, with Landers-Murphy repeating her wins at the Queensland and Mackay Opens with an 11-6, 12-10, 11-1 result. Australia went in to the Women's World Team Championships seeded sixth, but lost their last two matches to teams ranked below them, USA (seventh) and New Zealand (eighth), to finish the competition in eighth position. The Australians remain the most successful country in the history of the Championships with nine wins, after Egypt beat England in this morning's final.

SA CENTREMARK

SQUASH AUSTRALIA ACCREDITED



Squash Australia has launched the new Centremark programme offering unparalleled benefits and exclusive offers to centre operators who sign up to take part. The programme is the latest initiative in the ongoing transformation of Squash Australia. Through Centremark's unmatched rewards, Squash Australia are giving centre operators the opportunity to sign up for these new partnerships, taking advantage of massive discounts on various products.

The Centremark programme aims to identify, develop and recognise high quality squash centres and their contribution to the development of the sport of squash in Australia. Some benefits of the programme include massive savings and discounts from partners such as Schweppes, Hollier Dicksons, Peters, Hart Sport, Ashaway, Groupon, Duralux, and SportyHQ in the form of a website, online booking system and CRM and business support from Squash Australia. The programme also includes discounts on centre insurance products, discounted rates on Squash Australia's e-shop.

australia
schweppes

Schweppes offer a range of products, including, Cool Ridge (Australia's No. 1 growing water), Frantelle and Spring Valley, Solo, Cottee's Cordials, The Real Iced Tea Co. They also make and distribute a range of products under licence including Pepsi, Pepsi Max, Gatorade and Mountain Dew. Market research has shown that based on an average sale of 4 cases per week, made up of 45% Gatorade, 30% Water and 25% Soft Drinks – Squash Centres have the opportunity of making a profit of \$8,400 per annum. The partnership deal with Schweppes also includes a fridge and servicing and a 24 hour hotline.

A large number of squash centres are already jumping on board with this deal and are taking advantage of the great prices that Squash Australia's national buying power affords them.

GROUPON

Groupon is an online marketplace with special deals up to 90% off, offered by thousands of businesses in most major Australian cities with a customer base of 5 million members. Groupon's offers aim to attract, retain and interact with customers and Squash Australia are now giving centres the opportunity to take advantage of this within the Centremark programme. Australian Squash Centres can step beyond traditional marketing channels and connect with these millions of potential customers in real-time.

The first National Groupon offer went live in February and over the next few months will aim to increase marketing and awareness of our sport while also attracting new people into the squash centres that are involved in the offer.



The Hollier Dicksons group is the premier national distributor of confectionary, snack foods, groceries, beverages and recyclable food packaging to a wide and diverse range of local and national retailers. Hollier Dicksons boast a range of thousands of products, with leading brands including Wrigley, Cadbury, Mars, Smiths, Nestle, Bounce, Redbull, Darrell Lea and Aussie Bodies. The list goes on. As a part of Centremark, centre operators are able to get up to 10.5% off the whole range of Hollier Dicksons products



SportyHQ have built Squash Australia's fantastic new website as well as all the state websites, and now centres can benefit from this partnership as well. SportyHQ offers centres software to run tournaments and in-house leagues and pennants, client relationship management system, all with easy online payment options for players. SportyHQ can also build a brand new website for your centre including an online booking system and all event and member management software integrated.



Peters is Australia's favourite ice cream brand and a true Australian icon. Peters has a strong stable of meaningful brands, many of which are household favourites including: Drumstick, Frosty Fruits, Maxibon, and Connoisseur. Through Centremark you will be afforded an average of 27% margin on impulse lines, plus rebates, a Peters freezer, ongoing asset support and maintenance as well as the very best Gold Star support service.



Hart Sport has designed and distribute over 5000 products ranging from sports and fitness equipment to childrens play equipment to team apparel and more. All centres in Centremark are able to take advantage of Squash Australia's deal of 5% off all Hart products.



Red Bull is an energy drink created in 1987. Red Bull has the highest market share of any energy drink in the world. Through Centremark you will be afforded access to the Redbull VIP Programme with various levels of discounts ranging from 5 to 15% plus rebates.



DuraLex supply a specific squash court water based and hard wearing matt paint designed to withstand wear and tear to many centres all around Australia already. With this deal it will be easier and cheaper for centres to have their courts looking new and fresh with discounts available on the very best squash court paint and line marking tape.



Ashaway is best known for manufacturing the world class racquet strings used by many of the world's leading professional squash players. Centre operators can get a 10% discount on Ashaway products through Centremark.

We continue to grow the number of offers available to centres.

If you are interested in the Centremark programme or any of the offers above, please contact marketing@squash.org.au or visit www.squash.org.au

2017
australian
junior
championships
entries open 1st may



Squash Australia Eshop

Centres will be granted discounts on purchases from Squash Australia's e-shop as well as the opportunity to become a pick-up point for the e-shop where they share in the profits of sales.

All of the above-mentioned deals are fully integrated in Squash Australia's Centremark programme which recognises the hard work centre operators do and aims to give them access to unique opportunities which will positively affect their bottom line.

Hayden Griffiths joins Squash Australia's Management Team



We are pleased to formally introduce Hayden Griffiths, after having recently joined Squash Australia in the role of Member Services Manager. After a childhood spent participating in sport and supporting elite Australian athletes, Hayden completed a Bachelor of Laws and Graduate Diploma of Legal Practice at university, with ambitions of working within the sporting profession. Prior to commencing with Squash Australia, he had worked extensively in client service and administrative support roles, before

practising as a commercial lawyer.

Squash Australia CEO, Richard Vaughan said, "We are pleased to have Hayden join the Squash Australia team. His experience in client services is important to our strategy. Hayden's role will deliver additional value to current partnerships with stakeholders and secure new relationships."

The appointment comes on the back of Squash Australia's launch of 2016 strategy plan, that identified an integrated member service, integrated club-centric delivery service and a large and focused workforce are three of the priorities identified under Squash Australia's new vision for the growth of the game. Squash Australia CEO, Richard Vaughan said, "Hayden's role will provide greater avenues to deliver more robust membership service through greater engagement with our stakeholders."

Below is brief recap from Hayden on some of the recent and upcoming developments connected to his role:

Transition of the CRM

The improved CRM is now available to all centres and we would encourage as many groups as possible to get on board. All Brisbane Centres are now using the CRM to great effect. If you have any questions regarding the CRM and its benefits, please do not hesitate to contact us.

Change of Affiliation System

As voted by the States in our recent AGM, we note the current changes to the Squash Australia Affiliation System. This process now involves quarterly fees payable to Squash Australia for affiliation, insurance and the Matrix program. We note that the first invoices (for Quarter 1 of 2017) will be issued on 1st March 2017.

Centremark

Squash Australia is committed to the continued development of the Centremark program and providing as many benefits as possible to our members. We are consistently working on maintaining the number of great deals currently available, with partners like Schweppes, Asahi and Hollier Dicksons. In addition to this, we are currently negotiating with various companies and organisations about a range of prospective new deals and benefits.

Poster Packs

Squash Australia has recently developed a number of poster packs. These posters include critical safety information for players about the importance of protective eyewear and injury prevention. The posters are available for download online via the Squash Australia website <http://www.squash.org.au/w/about-us/media>

I look forward to liaising with you all in the future. If you have any questions or feedback, please do not hesitate to contact me on membership@squash.org.au.

SUBSCRIPTION OFFER

INSIDE COURT
July 2016

- > BEST AUSTRALIAN SQUASH NEWS
- > Tournament Reviews, Interviews
- > Equipment Guides, Fitness Advice
- > 3 ISSUES PER YEAR
- > ONLY \$15

SUBSCRIPTION OFFER

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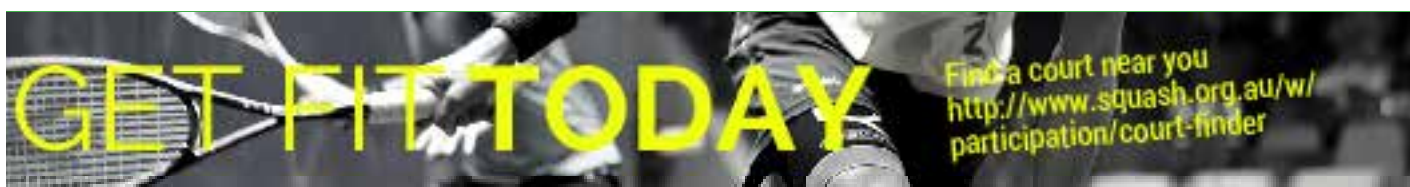
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Contact no:

I enclose a cheque / postal order for

Post to: Sports House, Office 9 150 Caxton Street Milton, QLD 4064
Tel: +61 7 3367 5200
Email: squashoz@squash.org.au
OR Visit www.direct-squash.com.au to purchase a subscription



World Squash Challenge a big success for Squash ACT



For World Squash Day 2016, Canberra's central squash hub, Woden Squash Centre, opened its doors to welcome newcomers to the sport of Squash. The theme for 2016 was to promote the social side of the game and to raise the profile of UNICEF.

Squash ACT promoted its event for World Squash Day as the 'SMASH Squash Festival', which included Juniors coaching, exhibition matches, the World Squash Challenge, non-stop Squash TV, a BBQ and, of course, lots of free squash all day long. Celebrating the international flavour of the day, Woden was decorated with the flags and colours of a range of countries.

An early highlight to the event was the opportunity to witness a Juniors squad coaching clinic by Anthony Ricketts, former World No. 3, 2006 British Open Champion and Commonwealth Games Medallist.

Anthony then showcased the sport of Squash by playing in an exhibition match with local hero, Sean Rogers of South Canberra Squash Club. Getting into the swing of the World Squash Challenge, Anthony proudly wore a Palestine T-shirt, which was kindly donated by the Delegation

of Palestine to Australia, New Zealand and the Pacific. Sean needed all the samba magic he could get, so he slipped on a Brazil shirt. The subsequent Palestine versus Brazil showdown was an entertaining affair, drawing a large crowd.

The showcase event of the day, the World Squash Challenge, saw numerous countries represented, including Azerbaijan, Sri Lanka, Germany, England, Australia, Italy, Kenya, New Zealand and a full squad of 4 players each for Argentina and Palestine respectively. The Argentinians played their Squash the way they play their football: with style, flair and poise. The Palestinian squad, inspired by their free T-shirts, strung together a few heroic wins, some hard-fought losses and lots of laughs.

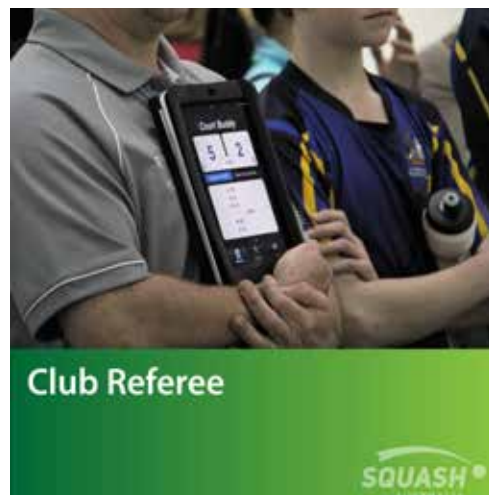
The World Squash Challenge was obviously a big success, with over 60 participants on the day. Quite a few newcomers turned up for a free hit, and a healthy contingent of Premier League players also showed off their skills and technique. Everyone else - the grafters, the runners, the sloggers and the smashers of 'intermediate' standard - made sure they had a good time too, showcasing the social side of the sport we all play and love in the nation's capital.

Special thanks go to the Squash ACT Board and hardworking Squash ACT staff for organising and marketing the event. Thanks to Woden Squash Club for free court hire, South Canberra Squash Club for putting on the free BBQ, Sean Rogers for sorting out the draw, and the Delegation of Palestine for its sponsorship and support. Can't wait for World Squash Day 2017 - don't forget to stock up on your national shirts for next year!

Let us know at marketing@squash.org.au if you are interested in hosting a World Squash Day event this year and we will help promote your event. World Squash Day is just around the corner, coming in October!



Foundation Coach



Club Referee



OzSquash

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VICTOR



Raphael Kandra
fully equipped
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OFFICIAL PARTNER

INNOVATION

READY TO WIN

SQUASH

AUSTRALIA

Australia has
been the top
placed team
6 TIMES



Squash ranked **4th** in the
medal winning table for
Australia at the Common-
wealth Games from medals
available to win

Australia is the **most successful
squash nation** in Commonwealth
Games history with nine gold medals,
one more than England.



players registered to take part in the World Squash Day Challenge, which
demonstrated **global support for the sport's 2020 Olympic bid**. More than
800 clubs from over **70** nations joined in, with players representing Team
Squash and Team 2020



Geoff Hunt
was World
Champion
7 times
and won
**8 British
Open titles**



Heather McKay

Heather McKay (Australia) was
possibly the **most dominant
sportswoman in history**. She only
lost two matches in her career
and was **unbeaten from 1962
to 1981**.



Australia won 22
world titles between
1970 and 2007

Cameron Pilley



world speed
record in 2011
175mph

17 Australian World
Champions since 1976

Australia has won **30 medals** in
Commonwealth Games since 1998

23rd
Most popular
sport in the
world

30/50
medals were won at the
Commonwealth Games
since 1998

Bronze
13



Gold
9

Silver
8

Total medals won by Squash Aus at
the Commonwealth Games since 1998

Power Nick[®] 19



[ULTRA THIN GAUGE
UNRIVALED PERFORMANCE]

David Palmer

4 x British Open Champion

2 x World Champion



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