



Tasmanian Squash Rackets Association Inc.
PO Box 443, ROSNY TAS 7018
info@squashtas.asn.au
www.squashtas.asn.au

Squash Tasmania News – September, 2012

Provided by the Squash Tasmania President, Chris Doig

Comment from the President

It has been a while since the last newsletter, so there is a lot to report! I will try to be more regular in the future.

Totball Squash-in-Schools Promotions

Up to the end of Term 2, on behalf of Squash Tasmania, the Tasmanian Squash Academy has delivered Totball promotions to 1452 Prep, Grade 1 and Grade 2 students in 19 schools. Another 11 schools are already booked for Term 3. The Squash-in-Schools promotion has been delivered to 1679 Grade 3, 4, 5 & 6 students in 17 schools. A further 13 schools are booked for Term 3. By the end of the year, the promotions will be delivered to over 30 schools. We expect to register more than 50 new junior squash players with Squash Tasmania, through the squash centres participating.

Squash Development Council (Representative: Max Moorhouse)

The last teleconference was held on 23rd August. Items discussed were the Australian Junior Championships, changes to the rotation allocation for National Junior Events, Junior Rankings and the Australian Teams Championships.

Executive Officers' Council (Representative: Chris Doig)

The last teleconference was held on 28th August. Items discussed were the Squash Australia governance review, updated Member Protection Policy, upgrades to the Matrix, 2013 subscriptions, progress with participation programs, the Australian Teams' Championships and racquetball.

President's Council (Representative: Kent Harbutt)

The first meeting of this new Council was held on 14th July in Sydney. Kent advised there was general discussion about the Commonwealth Games facilities, matrix, member subscriptions and standardization of player payments. He said the bigger states may struggle to adopt new proposals and Tasmania and the ACT may be used as role models. The next meeting is in Melbourne in December. Kent understood that Squash Australia would fund the transport costs of delegates.

Squash Tasmania Committee Activities and Meetings

Since the last newsletter in March, the Squash Tasmania Committee has met three times. All meetings were held via a combination of Skype and face to face contact. The minutes of our meetings can be found on www.squashtas.asn.au. The minutes and agenda include copies of all reports presented to the Committee. The items discussed are summarised below.

Meeting held on 5th May.

Squash Australia AGM, Squash Tasmania Junior Pathway Program including the conference dinner, Australian Junior Open tour group including the ACT Junior Open, inviting nominations for the Ian Hocking Medal, Australian Junior Championships, player behaviour, the Squash Tasmania facebook page and affiliation numbers.

Meeting held on 6th June

Minuting the results of the Ian Hocking Medal (the winners were Juniors - Darcy Evans and Claire Ward; Adults – Brett McGrath and Melanie Dunn), Squash Australia's decision to move the Australian Junior Championships from Devonport to Hobart, the appointment of Kent Harbutt to replace Leon Barnett as Vice-President, the appointment of Kent Harbutt as Squash Tasmania's representative on the President's Council, upgrading of our website, the Tasmanian Open, a state-wide approach to school pennant, the Squash Tasmania Performance Pathway Conference Report and the appointment of Melanie Dunn to replace Gaye Mitchell on the Squash Tasmania Pathway Committee.

Meeting held on 25th August

The Australian Junior Championships including Member Protection requirements, a report on the President's Council meeting, Matrix costs and affiliation process, player insurance, the Australian Teams' Championships, the proposed Tasmanian professional squash tour, outstanding items from previous agendas and a report from the Chairman of Squash Tasmania Junior Pathway Program Committee. There was also considerable discussion on our financial position and as a result it was acknowledged that we have used most of our financial reserves and that future budgets would need to allow for a small surplus.

The outcomes relating to the Australian junior Championships were: The appointment of Chris Doig as the Executive Representative and Max Moorhouse as the Assistant Coordinator was confirmed. The appointment of Dawn Moggach as Tournament Director and Kaye Reeves as Technical Director was acknowledged. The Squash Tasmania Performance Pathway Committee was appointed to manage the tournament canteen and that all proceeds be directed towards the Performance Pathway Program and be allocated as recommended by the Squash Tasmania Performance Pathway Committee and approved by the Squash Tasmania management committee. The profit sharing arrangement for merchandising between Squash Tasmania, Squash Australia and Inform Connection was acknowledged.

The Tasmanian Squash Tour item included discussion on our application to Events Tasmania for a grant for 2013. It is proposed that after the Tasmanian Open an event be held in Devonport.

Squash Tasmania Junior Performance Pathway

This year is the first full year of operation of the Squash Tasmania Junior Performance Pathway. I look forward to every club continuing to support this initiative which was developed in consultation with Squash Australia. Some activities of the pathway participants are summarised below.

Australian Junior Open: The Australian Junior Open replaced the long running National Junior Series this year. Full reports on the event and the companion event, the ACT Junior Open, can be found on the Squash Tasmania website, Squash Tas, May minutes.

Oceanic Junior Championship Victoria: Once again a very well run tournament, however the numbers were down from last year. This was very disappointing for Squash Vic, especially the low number of Victorian participants. Tasmania was well represented with the following players. A full report is available on the website.

Player	Club
Coached by Melanie Dunn	
Harrison Banks	Eastside
Kathrine Clarke	Eastside
Liam Woodleigh – Hardinge	Eastside
Eamon Garrett	Eastside
Aidan McGinniss	Eastside
Jack Hudson	Eastside
Coached by Leon Barnett	
Jamie Pattison	Ulverstone
Grace Pattison	Ulverstone
Coached by Steve Lee	
Toby Moore	Wynyard
Jordan Stokes	Wynyard

Meeting with Byron Davis: A meeting was held between the Performance Pathway Committee, Byron Davis, AIS/National Head Coach and I regarding the program, including some changes that needed to be made to the program in order to receive continued support from Squash Australia and continue to be part of the Squash Australia Performance Pathway.

Some of these changes are:-

1. There will be minimum specified fitness standards to be achieved in order to be eligible for the program.
2. Players will need to accept an invitation and agree to the minimum requirements of the Squash Tasmania Performance Pathway Squad in order to be eligible for selection in the Tasmanian Team.
3. Squash Australia Talent Squad athletes must comply with the Squash Tasmania Performance Pathway Program minimum standards and will be provided access to the program at no cost.
4. A “State Coach” is to be appointed as the leader of the coaching team. This coach will be appointed by the Squash Tasmania Committee in consultation with Byron Davis, AIS/National Head Coach.

Squash Tasmania Performance Pathway Conference and Training: The Squash Tasmania Performance Pathway Conference ‘Train, Play, Win’ and group training was held with success on the weekend of 26-27 May 2012 at Eastside Squash Centre. The event was supported by Squash Australia, Squash Tasmania, the Tasmanian Squash Academy, Sport and Recreation Tasmania, Body Systems Physiotherapy, Sport Psychology Tasmania, Health Plus nutritionists, Sports Medicine Australia – Tasmanian Branch, squash.com.au and Inform Connection.

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

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

The conference attendees and other members of the squash community attended. Sarah Fitz-Gerald, five times world champion, was the guest speaker at the dinner. The Golden Roast catering company provided a buffet dinner at the Eastside Squash Centre. Steve Walton from squash.com.au provided a Grays Racquet and soon to be released new HiTec shoes as a prize for the dinner. He also donated a 50% off Grays and HiTec products voucher to all conference attendees for use that weekend only.

Participation at the conference was good with a total of 19 coaches and players attending the conference. This included six of Tasmania's performance pathway junior players. There were seven coaches from Southern Tasmania, two coaches from North West Tasmania, four Performance Pathway players from Southern Tasmania, two Performance Pathway players from North West Tasmania and four non-pathway players (adult and junior) from Southern Tasmania

All attendees agreed that it was a very special experience to hear from five-time world champion Sarah Fitz-Gerald. She was generous with her time and gave all attendees an insight into the challenges and rewards of being a professional squash player. There were 33 attendees at the conference dinner including presenters, Sarah Davidson, Susan McLeod and Steve Walton. All conference presenters were invited to attend and we appreciate the attendance of Sarah, Susan and Steve.

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

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

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

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

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

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

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

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

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

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

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

Photos from the conference are included in Melanie’s report attached to the minutes on the Squash Tasmania website under Squash Tas, June minutes.

Junior Performance Pathway member, Darcy Evans, has recently been selected in the Under 21 Talent Squad. This squad is a new Squash Australia initiative and Darcy will receive additional benefits from both Squash Australia and Squash Tasmania as a result of his selection. Darcy has been recognised for some time as having all the attributes of an exceptional squash player. It is now up to him to harness his talents with the help of Australia’s best coaches.

State Junior Team

The second selection event for the state junior team was held in Devonport on the 21-22 July. Following the conclusion of the event, the state team was chosen. The team members selected are:-

Boys 19 Year Age Group: Darcy Evans (PS), Brodie Stokes (W), Nathan Ward (S)

Girls 19 Year Age Group: No selection

Boys 17 Year Age Group: Jordan Stokes (W), Brendan Ward (S), Harry Bird (K)

Girls 17 Year Age Group: Claire Ward (W)

Boys 15 Year Age Group: Eamon Garrett (ES), Cameron Ward (S), Liam Woodleigh-Hardinge (K)

Girls 15 Year Age Group: Kelcey Pitt (K), Chelsea Jamieson (S)

Boys 13 Year Age Group: Jamie Pattison (ULV), Jack Hudson (ES), Toby Moore (W)

Girls 13 Year Age Group: Grace Pattison (ULV)

I trust all clubs and centres will be able to financially support the out of pocket expenses of the players and their coaches.

Squash Tasmania Junior Pathway Program Workshops and Squad Training: The Squash Tasmania Junior Performance Pathway Workshops and Squad Training will be held at Devonport on 1st and 2nd December. This will be the first get-together for the newly selected 2013 Squash Tasmania Junior Pathway Squad and their selected accredited coaches.

Tasmanian Teams Event – Singles and Doubles

This event was started last year as a junior event. It has now been broadened to a junior and adult event. Junior and senior events will be introduced in future when doubles becomes more accepted by the squash community. Entry forms will be published shortly. Various formats are being trialled for this event and this year we will change the format to straight singles and doubles. The number 2 ranked players and the number 1 ranked players will play on separate courts, immediately followed by doubles.

Clubs are invited to submit a number of teams. The teams will be grouped and graded. Doubles is an important part of the Commonwealth Games and therefore is important to Squash Australia. It is also great fun. Give it a go!

Doubles

Kingborough Doubles listed for 13th and 14th November. More details will be provided by the club soon.

Australian Junior Championships

This year's Australian Junior Championships will be held at Eastside Squash. The event was originally scheduled to be held in Devonport. However, Squash Australia decided to move the event to Hobart. After consultation with the Devonport Squash Club, Squash Tasmania accepted this decision.

There will be over 200 participants. The event provides a one in 8 year chance for our players to compete on their home ground against the nation's best players. Look out for the results on the event website.

Masters

Masters' squash is going along nicely in Tasmania. Two masters' tournaments are held each year, the Devonport Masters and the Tasmanian Masters, with good participation. A group of Tasmanian masters players have just completed competition in the Australian Masters' Championships in Adelaide.

Adult Squash Tournaments

Except for one doubles event, all calendar events have been held in accordance with the published calendar. The results of the tournaments can be found on www.squashmatrix.com and www.squashtas.asn.au. There has been good support for tournaments in the North West. The South and North are lagging behind but hopefully, participation will improve over the next few years.

This was the third year that the Tasmanian Open has been a PSA/WSA event and part of the Australian Squash Tour. The event has increased in stature each year with more entrants from more countries playing each year. Publicity in Hobart and around the state has improved with each event. This year we had 80 entries from 17 countries. We had multiple exposures on Win TV, Southern Cross, ABC TV and Radios and daily coverage in the Mercury. We also arranged for our neighbouring schools to watch the early round action.

We are planning to increase the number of events in Tasmania and introduce a Tasmanian Professional Squash Tour as part of the Australian Squash Tour. We hope to include a North West Region tournament, the Devonport Open, as part of the tour in 2013. This event will be held on the weekend following the Tasmanian Open. It is possible that we will also be able to arrange a third event in the Northern Region. We are aiming to position our tour as part of the lead up to the Australian Open.

The next major Tasmanian event is the Devonport Open, 26th to 28th October. Entry forms will be available soon.

There will be a One-Day Open run by the Kingborough Squash Club on Sunday 4th November.

This will be followed by the City of Clarence Open on 24th and 25th November at Eastside Squash. This will be the last adult tournament for the year. In conjunction with this tournament we will hold our first annual squash dinner at the squash centre. The cost of the dinner will be included in the entry fee. With all your help this could be a great event.

Junior Graded Tournaments

The next Tasmanian Squash Academy Junior Graded tournament will be held on Saturday 10th November at Smithton followed by a Karakal Big Ball Tournament on the Sunday.

The last Calendar event will be the Tasmanian Squash Academy Junior Graded tournament on Sunday 9th December at Eastside Squash, following the Karakal Big Ball Tournament on the Saturday.

Karakal Big Ball Tournaments

The next Karakal Big Ball Tournament will be held at Smithton on Sunday 11th November, following the graded tournament on the Saturday.

The last Tasmanian Squash Academy Karakal Big Ball Tournament will be held on Saturday 8th December at Eastside Squash, followed by the Graded Tournament on the Sunday.

Australian Open, Canberra

This was the third year that Canberra has hosted the Australian Open. For those of you that have attended, including me, you will have experienced something special. I encourage all of the Tasmanian squash community to take advantage of this event. Talk to those that have attended to get an appreciation of the standard of play.

Gentle Squash

Gentle Squash has been running at Eastside Squash for many years and more than a dozen “over 50” players attend weekly. It is a great way to get some gentle exercise and to socialise with like minded people.

Squash Tasmania will be introducing Gentle Squash at a number of clubs throughout the coming years. Scottsdale is likely to become the next centre to introduce this program.

Level 1 Coaching Course, 20th and 21st October

Max Moorhouse will be running a Level 1 Squash Coaching Course in October. This course is aimed at those squash players that wish to be accredited at beginner coaching level (Level 1). If you think you can contribute as a coach at your club, please contact Max or myself.

2013 Squash Tasmania Tournament Calendar

The Squash Tasmania tournament calendar for 2013 is about to be published. If you have not provided feedback, please do so immediately.

World Squash Day

All Tasmanian Clubs have been invited to participate in World Squash Day on Saturday 20th October, the weekend before the Devonport Open. Details can be found on the Squash Australia website.

<http://www.squash.org.au/announcements/world-squash-day-2012?template=sgaus>

Squash
“the healthiest sport”

Supported by

