

# ***COMMONWEALTH GAMES***

## ***MEDIA PACK***





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# Our Strategy for the Future

## Mission

To be an innovative and highly respectable sports organisation, the most successful racquet sport in Australia by enabling Australian Players, Coaches and Officials of all ages, cultural background and skill level the opportunity to excel in squash and in life!

## Vision

**Educational** – We will help children in Australia experience Squash through the school curriculum. Our volunteers and staff will work alongside teachers to help children experience and enjoy squash.

**Recreational** – We will promote squash as a key part of a healthy lifestyle that contributes to a positive work/life balance.

**Sporting** – We will ensure that everyone with athletic talent reaches their full potential by providing the appropriate pathways, funding and coaching. We will also provide the competition opportunities and programmes to assist Australian players to compete with distinction on the world stage.

## Goals

- Squash will be a thriving participant sport for all Australians
- Provide an excellent member experience
- Run world-class events for all members
- Stop the decline of Squash courts, by making facilities attractive, enticing, professionally operated and financially sustainable
- Win medals that matter for Australia
- Squash personnel will be competent to deliver the sport through an underpinning professional development programme
- Squash Australia will have the network required to influence key decisions in its favour
- Squash will enhance its profile through media and new technologies
- Squash will be well administered and focused on local delivery through a shared Australia wide vision

## Values

- Togetherness: working together to make squash, Australia's No.1 racquet sport!
- Belief: ambitious, creating the future for the sport
- Inclusive: include all of society
- Passionate: committed beliefs in the success of the sport
- Innovative: embracing change
- Clear: communicating effectively
- Transparent: ensuring a level playing field

# Australia's Top Players



## Cameron Pilley

**Date of Birth:** 27/10/1982

**Place of Birth:** Yamba, Australia

**Coaches:** Carl Koenig

**Training Location:** The Hague, Netherlands

**Years in Squash:** 31 years

**Twitter:** @campilley

**Website:** [www.cameronpilley.com](http://www.cameronpilley.com)

## Major Achievements:

- Number 2 ranked Australian player
- Highest PSA ranking to date: 11
- Winner 2010 Dutch Open PSA Tour
- Gold and bronze medals in the 2010 Commonwealth Games
- Gold and bronze medals in the 2014 Commonwealth Games
- Gold medal in the 2017 World Doubles Championships

Cameron Pilley is one of Australia's leading players and a popular player amongst fans of the PSA World Tour. He attended the Australian Institute of Sport on a Squash scholarship from 2001 to 2005 and, in 2006, Pilley finished runner-up in the mixed doubles event at the World Doubles Squash Championships where he partnered up with Amelia Pittock.

Pilley reached the final of the Canary Wharf Classic in 2008 but he lost to James Willstrop in an intense five-game match which was instrumental to Pilley's rise into the top twenty in the world for the first time. The Australian claimed a gold medal at the 2010 Commonwealth Games in the mixed doubles event, this time partnered with Kasey Brown.

November 2010 saw Pilley impress at the Dutch Open when he defeated Laurens Jan Anjema to claim the championship title. In 2011, Pilley broke the record for hitting a squash ball at 175 mph, beating the previous record by 3 mph set by John White. The record stood until May 2014 where he hit a ball at 176 mph to break his own record. Three months later, Pilley picked up a Gold medal alongside David Palmer in the Commonwealth Games Doubles. Pilley's title drought continued in the first half of 2015 as he could only muster up a pair of quarter-final places at the Motor City Open and Swedish Open.

June 2015 was a momentous month for the Australian as he married Women's PSA World Tour player Line Hansen. After some lackluster performances saw him drop out of the world's top 20, Pilley returned to form by reaching the final of a PSA World Series event for the first time in December 2015 at the Hong Kong Open. He downed World Champion Gregory Gaultier and World No.3 Nick Matthew en-route but fell to defeat against defending champion Mohamed ElShorbagy.

Pilley's fine displays in Hong Kong helped him qualify for the PSA Dubai World Series Finals the following May, where he became the first Australian finalist after avenging his defeat to ElShorbagy in the last four - ultimately losing to Gaultier.

# Ryan Cuskelly

**Date of Birth:** 15/07/1987

**Place of Birth:** Lismore, Australia

**Coaches:** Rodney Martin

**Training Location:** Greenwich, United States

**Twitter:** cusk87

**Website:** [www.ryancuskelly.com](http://www.ryancuskelly.com)

## Major Achievements:

- Number 1 ranked Australian player
- Highest PSA ranking to date: 12
- Bronze medal in the 2010 Commonwealth Games
- Winner 2015 Bluenose Classic PSA Tour
- Winner 2015 Victorian Open PSA Tour
- Winner 2015 Northern Ontario Championship PSA Tour
- Winner 2015 Oregon Open PSA Tour
- PSA World Series semi-final at the 2015 Qatar Classic
- Winner 2017 Motor City Open PSA Tour
- Gold medal in the 2017 World Doubles Championships

Ryan Cuskelly is a prolific PSA World Tour title winner and the top ranked Australian on the PSA World Tour. He joined the PSA World Tour in 2006 and picked up his first title a year later at the Topend Open Series. His best year was in 2009 where he lifted four PSA World Tour titles to elevate himself into the world's top fifty for the first time in December of that year.

Cuskelly's first PSA M15 title came in November 2011 when he defeated number one seed Shahier Razik in the final but he topped that achievement with a magnificent performance at the Northern Ontario Open in April 2015 where he stunned Laurens Jan Anjema in the showpiece final.

After winning his first PSA M35 title with victory over Karim Abdel Gawad in the final, Cuskelly moved into the world's top 20 for the first time in November and he followed that up by reaching his first ever PSA World Series semi-final at the Qatar Circuit later that month.

After reaching the last four of the Hong Kong Open in August 2016, Cuskelly was rewarded with a place in the world's top 15 for the first time. The Australian won the Suburban Collection Motor City Open in 2017 as he overcame Campbell Grayson, Omar Mosaad and Stephen Copping to set up a final with Ali Farag, who he defeated 3-1. In March 2017, Cuskelly reached his highest ever world ranking of 12.

Cuskelly represented Australia in the 2010 Delhi Commonwealth Games and the 2014 Glasgow Commonwealth Games.



# Rachael Grinham

Former World Champion Rachael Grinham is one of the most recognisable names on the PSA World Tour with a lengthy career that has seen her win some of the biggest prizes that the women's game has to offer. She showed her pedigree from a young age, winning the World Junior Championship at the age of 16, before she breached the world's top 20 four years later.

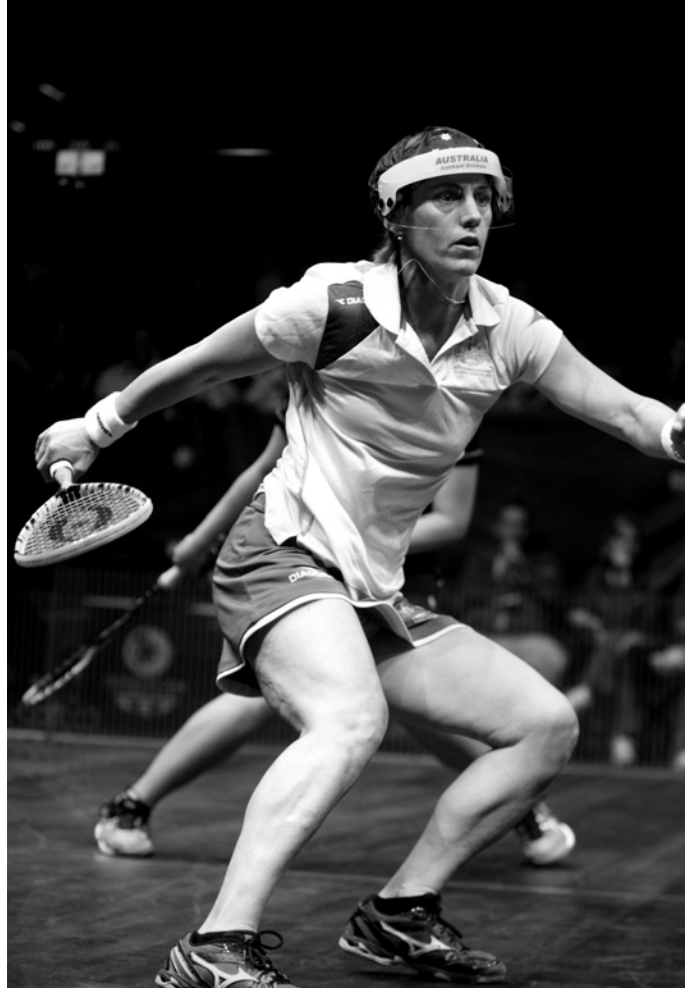
Her first Tour title came at the Toulouse Open in 1998 while she defeated Malaysia superstar Nicol David in the final of the Milo National Open. 2001 saw Grinham break into the top ten in the World Rankings and she participated in the first family final ever on the Tour, defeating sister Natalie to claim the Kuala Lumpur Open title.

Two years later, Grinham won the prestigious British Open for the first time by defeating Cassie Jackman in the final and she retained the title in 2004 while rising to the World No.1 spot. Grinham was superb in the 2004/05 season and kept her World No.1 ranking for 16 consecutive months. She faced heartbreak though in the 2005 World Championship final as she fell to Nicol David after beating her sister in the semi-final.

2007 was Grinham's finest year as she gained revenge on David in the final of the British Open, coming back from 2-0 down to lift the event for the third time. Shortly afterwards, she bested her sister yet again to win the World Championship for the first time. Injury struck later on in her career as she missed a large portion of the 2010/11 season through injury as she slipped out of the world's top five.

She lifted the Victoria Open in 2013 and the Women's Squash Week and Caboolture Open titles followed a year later. She narrowly missed out on retaining the Women's Squash Week in March 2015 but she lost out in the final.

Grinham secured a number of semi-final appearances throughout the rest of 2015 at the Texas Open, Australian Open and Monte Carlo Classic. The Australian fell out of the world's top 20 for the first time in the February 2016 World Rankings since 1997.



**Date of Birth:** 22/01/1977

**Place of Birth:** Toowoomba, Australia

**Training Location:** Brisbane, Australia

**Twitter:** @rachaelgrinham

**Facebook:** [www.facebook.com/Rachael-Grinham](http://www.facebook.com/Rachael-Grinham)

## Major Achievements:

- Number 2 ranked female Australian player
- Highest PSA ranking to date: 1
- Ranked world number 1 for 16 consecutive months during 04/05
- Winner 2007 World Open
- Winner 2003, 2004, 2007 and 2009 British Open
- Silver medal in 1998 Commonwealth Games
- Bronze medal in 2002 Commonwealth Games
- Gold, silver and bronze medals in 2006 Commonwealth Games
- Gold medal in 2014 Commonwealth Games

# Donna Urquhart

**Date of Birth:** 19/12/1986

**Place of Birth:** Yamba, Australia

**Coaches:** David Palmer

**Training Location:** Brisbane, Australia

**Twitter:** donnasquash

**Website:** [www.donnaurquhart.com](http://www.donnaurquhart.com)

## Major Achievements:

- Quarter-finals 2017 British Open
- Runner-up 2017 Texas Open
- Semi-finals 2016 Monte Carlo Classic
- Quarter-finals 2016 Wadi Degla Open
- Quarter-finals 2016 Macau Open
- Semi-finals 2016 Australian Open
- Semi-finals 2016 HKFC International
- Silver and bronze medalist in the 2016 World Doubles Championships

Donna Urquhart is the cousin of Men's Australian No.1 Cameron Pilley and is one of the leading female Australians on the PSA World Tour. She excelled at a junior level, picking up 5 Australian Junior titles in addition to claiming a runner-up spot at the 2003 British Junior Open.

Her first Tour titles came in 2007 and just three years later she broke into the world's top 20 to sit amongst the elite players in Women's squash. 2012 saw her take the Crocodile Challenge Cup crown before she followed that up with a title at the Victoria Open two years later.

Eight injury-plagued months on the Tour followed for Urquhart who, after dropping out of the world's top 30, returned to form with her 9th Tour title at the Seattle Open in March 2015 with a 3-1 victory over Liu Tsz-Ling in the final. Urquhart reached the final of the Courtcare Open two months later and broke back into the world's top 20 in December 2016.

Urquhart went on to appear in the final of the Texas Open in 2017, where she was beaten over five games by Annie Au. The Australian beat top seed Joelle King in the previous round to set up the final, where she fought back to take the battle to the fifth game, however Au managed to seal the victory.





# David Palmer

**Date of Birth:** 28/06/1976

**Place of Birth:** Lithgow, Australia

## Major Achievements:

- Former World No. 1
- Spent 10 unbroken years in the world top 10
- Winner of 2002 Super Series Finals
- Winner 2002 & 2006 World Open
- Winner 2001, 2003, 2004 and 2008 British Open
- Bronze medal in 2002 Commonwealth Games
- 2 Bronze and 1 silver medals in 2006 Commonwealth Games
- Silver medal in the 2010 Commonwealth Games
- 2 Gold medals in the 2014 Commonwealth Games
- Winner 2016 Legends of Squash
- Silver medal at the 2016 World Doubles Championships



# Zac Alexander

**Date of Birth:** 11/02/1989

**Place of Birth:** Brisbane, Australia

## Major Achievements:

- Winner 2017 Australian National Championships
- Winner 2017 Elanora Open
- Winner 2016 Cairns International
- Winner 2016 Mackay Open
- Winner 2016 Queensland Open
- Winner 2016 North Coast Open
- Silver medal at the 2016 World Doubles Championships
- Winner 2016 Tasmanian Open
- Winner 2016 NSW Open
- Winner 2016 City of Perth International Challenge
- Winner 2016 NT Open



## Tamika Saxby

**Date of Birth:** 18/04/1993

**Place of Birth:** Coffs Harbour, Australia

### Major Achievements:

Winner 2017 Golden Open  
Winner 2017 Australian National Championships  
Winner 2016 North Coast Open  
Winner 2016 South Australian Open  
Semi-finals 2016 Cincinnati Gaynor Cup  
Semi-finals 2016 Delaware Open  
Winner 2016 NSW Open  
Winner 2016 Sandgate Open  
Winner 2016 City of Perth International Challenge



## Christine Nunn

**Date of Birth:** 04/04/1991

**Place of Birth:** Canberra, Australia

### Major Achievements:

- Member of the 2017 World Doubles Championships team
- Winner 2017 South Australian Open
- Quarter-finals 2017 North Shore Open
- Member of the 2017 World Team Championships team
- Semi-finals 2016 NASH Cup
- Quarter-finals 2016 NT Open
- Runner-up 2016 Calgary Squash Week Open
- Semi-finals 2016 Seattle Open

# National Coaching Team



## Paul Price National Coach

**Based:** Melbourne

Having traveled the world as a top ranked professional squash player, Paul knows what it takes to reach the top. Commitment, dedication, and a vision are among the many qualities he possesses from his worldly experiences. Paul is now focused on helping others reach their potential as a speaker and entrepreneur in the Squash industry with his company Inspired Peak Performance squash. He is driven to add value to others, along with directing them towards their own path of success.



## Dan Jenson High-Performance Coach

**Based:** Brisbane

Dan joined the professional tour in 1993 and reached a career high ranking of World No 5 in 1999. He was also a runner-up in the men's doubles at the 2006 Men's Team Championships (partnering Joe Kneipp). At the 2006 Commonwealth Games, Dan won a bronze medal in the men's doubles (partnering David Palmer).



## Thomas Calvert High-Performance Coach

**Based:** Brisbane

Tom was on the Australian Junior Men's Team 2012 and is currently competing on the PSA tour with his highest world ranking to date, No.161 and Australian No. 8. Tom's ambition is to place Top 3 for Australia at the 2018 Commonwealth Games and World Men's team events. For the last three years, he has been coaching the Brisbane vipers and Queensland sharks. Tom is completing his Bachelor of Exercise and Movement Science at Queensland University of Technology.

# Gold Coast 2018

The 2018 Commonwealth Games will be held at Gold Coast City, in the southeast of the Australian state of Queensland from 4-15 April 2018. This will be the 5th time that Australia has hosted the Games, the others being - 1938 Sydney, 1962 Perth, 1982 Brisbane and 2006 Melbourne.

## The Venue

The Village Roadshow complex in Oxenford will stage all squash competitions during the Commonwealth Games. The newly constructed Sound Stage 9, regularly used to film Hollywood blockbusters is the largest sound stage in the southern hemisphere. GC2018 is the first time the venue will have been used to host sports events.

## Squash Key Facts

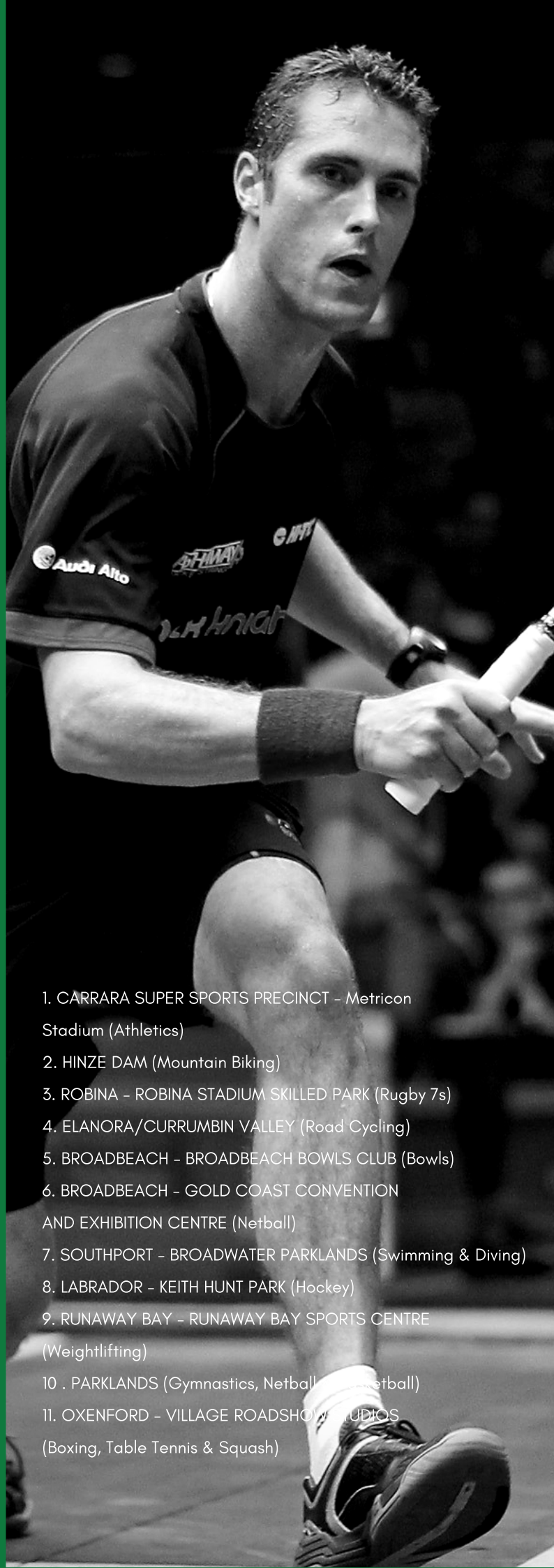
**Dates:** Starts Wednesday 4th April 2018

**Venues:** Oxenford Studios

**Medal Events:** 5

**Athletes:** 10 (5 men and 5 women)

## Sports Map



1. CARRARA SUPER SPORTS PRECINCT - Metricon Stadium (Athletics)
2. HINZE DAM (Mountain Biking)
3. ROBINA - ROBINA STADIUM SKILLED PARK (Rugby 7s)
4. ELANORA/CURRUMBIN VALLEY (Road Cycling)
5. BROADBEACH - BROADBEACH BOWLS CLUB (Bowls)
6. BROADBEACH - GOLD COAST CONVENTION AND EXHIBITION CENTRE (Netball)
7. SOUTHPORT - BROADWATER PARKLANDS (Swimming & Diving)
8. LABRADOR - KEITH HUNT PARK (Hockey)
9. RUNAWAY BAY - RUNAWAY BAY SPORTS CENTRE (Weightlifting)
10. PARKLANDS (Gymnastics, Netball, Netball)
11. OXFENFORD - VILLAGE ROADSHOW STUDIOS (Boxing, Table Tennis & Squash)

## Did You Know?

- Squash has been included on the Commonwealth Games program since its debut in Kuala Lumpur in 1998 where 6 medals were won by Australia
- Australia is the most successful squash nation in Commonwealth Games history with nine gold medals, one more than England
- Australia has won 30 of the 50 Commonwealth Games medals available to squash since 1998
- Australia has been the top placed squash team 6 TIMES at the Commonwealth Games
- Squash is ranked 4th in the medal winning table for Australia at the Commonwealth Games from medals available to win
- One million viewers watched the squash finals in Glasgow 2014 Commonwealth Games
- An estimated 35,000 people watched the live squash games at Glasgow 2014 Commonwealth

## Path to the 2018 Gold Coast

- Team selection is based on results from PSA events and Squash Australia events
- Major events leading up to the Commonwealth Games are:
  - World Open
  - World International Doubles Squash Championships
  - Men's World Team Squash Championships
  - Women's World Team Squash Championships
- Australia's top players currently sit in the top 25 of the world
- All of Australia's top senior players have medalled in the last two Commonwealth Games

# History of Australian Squash

- Australia had its squash seed planted through contact with the military.
- The first squash courts were established in 1913.
- The Squash Rackets Association of Australia (SRAA) was founded in 1934
- The International Squash Rackets Federation (ISRF) was formed in 1967, its name being changed in 1992 to the World Squash Federation (WSF)
- There are now 8 world events.

## Facts and Figures

- Australia won 22 world titles between 1970 and 2007
- To date, Australia has 17 World Champions since 1976
- 283 kph is the fastest recorded speed on squash ball smash, the record is held by Australian Cameron Pilley
- Heather McKay is possibly the most dominant sportswoman in history. She only lost two matches in her career and from 1962 to 1981 was unbeaten.
- Geoff Hunt was World Champion 7 times and won 8 British Open titles
- Australia's Geoff Hunt dominated squash between the late 1960's and early 1980's and retained world no 1 ranking for 59 months
- In the 1990s Michelle Martin won 6 British Opens in a row.

- Michelle Martin who won 2 gold medals at the 1998 Commonwealth Games held the no 1 world ranking for 58 months, 44 of which were consecutive.
- Sarah Fitz-Gerald who won 1 silver and 1 bronze medal at the 1998 Commonwealth Games, trails not far behind Michelle Martin with a total of 40 months ranked at no 1, 24 of which were consecutive.

## Gold Medals - Commonwealth Games Since 1998

Year	Men's singles	Women's singles	Men's doubles	Women's doubles	Mixed doubles
1998	Peter Nicol (SCO)	Michelle Martin (AUS)	Mark Chaloner Paul Johnson (ENG)	Cassie Jackman Sue Wright (ENG)	Michelle Martin Craig Rowland (AUS)
2002	Jonathon Power (CAN)	Sarah Fitz-Gerald (AUS)	Peter Nicol Lee Beachill (ENG)	Leilani Rorani Carol Owens (NZL)	Leilani Rorani Glen Wilson (NZL)
2006	Peter Nicol (ENG)	Natalie Grinham (AUS)	Peter Nicol Lee Beachill (ENG)	Natalie Grinham Rachael Grinham (AUS)	Natalie Grinham Joe Kneipp (AUS)
2010	Nick Matthew (ENG)	Nicol David (MAS)	Nick Matthew Adrian Grant (ENG)	Jaclyn Hawkes Joelle King (NZL)	Kasey Brown Cameron Pilley (AUS)
2014	Nick Matthew (ENG)	Nicol David (MAS)	Cameron Pilley David Palmer (AUS)	Dipika Pallikal Joshna Chinappa (IND)	Rachael Grinham David Palmer (AUS)

## Kuala Lumpur 1998 Commonwealth Games

Event	Gold	Silver	Bronze
Men's singles	Peter Nicol (SCO)	Jonathon Power (CAN)	Alex Gough (WAL) Paul Johnson (ENG)
Women's singles	Michelle Martin (AUS)	Sarah Fitz-Gerald (AUS)	Cassie Jackman (ENG) Sue Wright (ENG)
Men's doubles	Mark Chaloner & Paul Johnson (ENG)	Byron Davis & Rodney Eyles (AUS)	Mark Cairns & Chris Walker (ENG) Stuart Cowie & Peter Nicol (SCO)
Women's doubles	Cassie Jackman & Sue Wright (ENG)	Robyn Cooper & Rachael Grinham (AUS)	Sarah Fitz-Gerald & Carol Owens (AUS) Natalie Grainger & Claire Nitch (RSA)
Mixed doubles	Craig Rowland & Michelle Martin (AUS)	Simon Parke & Suzanne Horner (ENG)	Glen Wilson & Sarah Cook (NZL) Rodney Durbach & Natalie Grainger (RSA)

## Manchester 2002 Commonwealth Games

Event	Gold	Silver	Bronze
Men's singles	Jonathon Power (CAN)	Peter Nicol (SCO)	Stewart Boswell (AUS) David Palmer (AUS)
Women's singles	Sarah Fitz-Gerald (AUS)	Carol Owens (NZL)	Rachael Grinham (AUS) Cassie Jackman (ENG)
Men's doubles	Peter Nicol & Lee Beachill (ENG)	Stewart Boswell & Anthony Ricketts (AUS)	David Palmer & Paul Price (AUS) Mark Chaloner & Paul Johnson (ENG)
Women's doubles	Carol Owens & Leilani Rorani (NZL)	Tania Bailey & Cassie Jackman (ENG)	Natalie Grinham & Rachael Grinham (AUS) Linda Charman & Fiona Geaves (ENG)
Mixed doubles	Glen Wilson & Leilani Rorani (NZL)	Ong Beng Hee & Nicol David (MAS)	Joe Kneipp & Robyn Cooper (AUS) Chris Walker & Fiona Geaves (ENG)

## Melbourne 2006 Commonwealth Games

Event	Gold	Silver	Bronze
Men's singles	Peter Nicol (SCO)	David Palmer (AUS)	Lee Beachill (ENG)
Women's singles	Natalie Grinham (AUS)	Rachael Grinham (AUS)	Shelley Kitchen (NZL)
Men's doubles	Peter Nicol & Lee Beachill (ENG)	Stewart Boswell & Anthony Ricketts (AUS)	Dan Jenson & David Palmer (AUS)
Women's doubles	Natalie Grinham & Rachael Grinham (AUS)	Shelley Kitchen & Tamsyn Leevey (NZL)	Tania Bailey & Vicky Botwright (ENG)
Mixed doubles	Natalie Grinham & Joe Kneipp (AUS)	Vicky Botwright & James Willstrop (ENG)	Rachael Grinham & David Palmer (AUS)

## Delhi 2010 Commonwealth Games

Event	Gold	Silver	Bronze
Men's singles	Nick Matthew (ENG)	James Willstrop (ENG)	Peter Barker (ENG)
Women's singles	Nicol David (MAS)	Jenny Duncalf (ENG)	Kasey Brown(AUS)
Men's doubles	Nick Matthew & Adrian Grant (ENG)	Stewart Boswell & David Palmer(AUS)	Ryan Cuskelly & Cameron Pilley(AUS)
Women's doubles	Jaclyn Hawkes & Joelle King (NZL)	Jenny Duncalf & Laura Massaro (ENG)	Kasey Brown & Donna Urquhart(AUS)
Mixed doubles	Cameron Pilley & Kasey Brown (AUS)	Martin Knight & Joelle King (NZL)	Nicol David & Ong Beng Hee (MAS)

## Glasgow 2014 Commonwealth Games

Event	Gold	Silver	Bronze
Men's singles	Nick Matthew (ENG)	James Willstrop (ENG)	Peter Barker (ENG)
Women's singles	Nicol David (MAS)	Laura Massaro (ENG)	Joelle King (NZL)
Men's doubles	Cameron Pilley & David Palmer (AUS)	Nick Matthew & Adrian Grant (ENG)	James Willstrop & Daryl Selby (ENG)
Women's doubles	Dipika Pallikal & Joshna Chinappa (IND)	Jenny Duncalf & Laura Massaro (ENG)	Alison Waters & Emma Beddoes (ENG)
Mixed doubles	Racheal Grinham & David Palmer (AUS)	Alison Waters & Peter Baker (ENG)	Kasey Brown & Cameron Pilley (AUS)



# Rules

- A match consists of the best of 3 games in doubles and the best of 5 games in singles to 11 points
- Every time there is a serve, there is a point scored
- After the ball hits the front wall, it is allowed to bounce once on the floor before a player must return it.
- The side winning their rally adds the point to their score
- The player who scores 11 points first wins the game except if the score reaches 10-all, when the game continues until one player leads by two points
- The server, on winning a rally, scores a point and retains the service
- The receiver, on winning a rally, scores a point and becomes the server

## Points are awarded if, during the course of play:

1. The receiver fails to strike the ball before it has bounced twice
2. The receiver hits the ball out (either on or above the outline, or on the tin) or misses the front wall
3. Interference resulting in a stroke, i.e. point to the obstructed player

## Squash Jargon

- **Boast** - a shot hit to the near sidewall before it hits the front wall.
- **Drive** - a typical groundstroke usually hit for good length.
- **Drop** - a shot hit short, usually not too high above the tin.
- **Game** - Each game is played to 11 points, except that if the score reaches 10-all, the game continues until one player leads by 2 points.
- **Get** - a difficult retrieval of an opponent's shot. Often heard in the complimentary phrase 'nice get'.
- **Hot ball** - when the squash ball has physically warmed up from being struck. It is bouncier in this state.
- **Kill** - a hard-hit shot that ends a point definitively.
- **Lob** - a ball hit so that it travels high in the air after hitting the front wall.
- **Nick** - a ball that hits the crack between the floor and a wall once it bounces off the front wall. This is usually a winner.
- **Reverse** - a ball hit into the opposite side wall before it reaches the front wall.
- **The tin** - a barrier across the lower part of the front wall. All shots must contact the front wall above this barrier to be good.

## Support the Team

Facebook [SquashAustralia](#)

Twitter [@Squashoz](#)

Website [www.squash.org.au](http://www.squash.org.au)

Squash TV [www.squashaustalia.tv](http://www.squashaustalia.tv)

Instagram [squash\\_australia](#)

## Usefull Resources

Squash Australia

[www.squash.org.au](http://www.squash.org.au)

Play Squash

[www.playsquash.com.au](http://www.playsquash.com.au)

Squash Matrix

[www.squashmatrix.com](http://www.squashmatrix.com)

Sporting Schools [www.sportingschools.gov.au](http://www.sportingschools.gov.au)

Gold Coast 2018

[www.gc2018.com](http://www.gc2018.com)

Australian Commonwealth Games Association

[www.commonwealthgames.org.au](http://www.commonwealthgames.org.au)

Australian Institute of Sport

[www.ausport.gov.au](http://www.ausport.gov.au)

Professional Squash

Association [www.psaworldtour.com](http://www.psaworldtour.com)

World Squash Federation

[www.worldsquash.org](http://www.worldsquash.org)

Carrara Squash

[www.carrarasquash.com.au](http://www.carrarasquash.com.au)

## Support Staff

Psychologist [Gemma Harangoxo](#)

Lifestyle Support [Lawrie Fabian](#)

Physiologist [Lachlan Johnston](#)

Nutritionist [Kate Feely](#)

Strength and Conditioning [Giovanni Capello](#)

Physiotherapist [Shane Lemcke](#)

Medical Support [Jeff Conn](#)



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#PistolPilley

#DonnaSquash

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