

INSIDE COURT

February 2018



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Court Update

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Richard Vaughan

Chief Executive,
Squash Australia



As we enter 2018 I am sure you are as eagerly anticipating the 2018 Gold Coast Commonwealth Games. We will all be able to see Australian stars Pilley, Palmer, Cuskelly, Grinham and Urquhart to name a few, on the courts winning more medals for Australia. With tough competition from England, Malaysia and the rest of the Commonwealth they will need all the support they can get and I hope as many squash fans will be able to get to the courts to cheer them on this April. Home support is critical in making the difference in those tough matches that lay ahead.

On Friday 16th February alongside the Australian National Championships being played at MSAC, we will have our 2017 Annual Awards at the St Kilda Novotel. This is a great opportunity to recognize just some of the great work undertaken by volunteers across Australia and achievements by our players in 2017.

At the end of 2017 at the Annual Forum and AGM the organization agreed to form an Events Task Force to look at the structure around events rankings and seedings

at our top events and I am very pleased with the cohesive approach thus far on that project. Along with the States we also agreed to the implementation of an upgraded Matrix system which would improve all squash players experience by the end of 2018.

In June 2018, we hope to open a new National Squash Centre at the Carrara Sports Complex on the Gold Coast in partnership with the City of Gold Coast, The Gold Coast Suns (AFL) and KDV, this will be a new exciting High Performance and Events centre for Australian squash. 2018 will be a year of great development for Australian Squash.

Finally, we are continuously trying to improve the organization and experience for squash participants across Australia, so please do not hesitate contacting me should you have any feedback or questions in relation to anything squash – my email ceo@squash.org.au.

Yours Sincerely

Richard Vaughan

Chief Executive Officer

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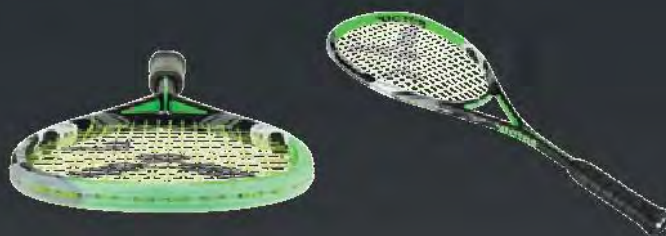
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2017 Australian Open Report

Date: Tuesday 14th - Saturday 18th November, 2017.

Venue: Darwin Squash Centre, 6 Marrara Drive, Marrara 0810, NT

The 2017 Australian Open kicked off at the Darwin Squash Centre on 14th November with some of Australia's top stars of squash taking part. Once again Darwin Squash Centre and Squash NT have done themselves proud with an extremely well organised event, and it has created heaps of attention with local media. The entries comprised of Australians and International players from countries including Canada, Singapore, Japan, Pakistan, Malaysia, South Africa, Egypt and New Zealand.

Day one was round one of the Men's Draw and the results went in favour of the seeds.

NZ Referee, Jackie Hamilton said "for a first round, there were some pretty long winded long matches. Quite a diverse group in terms of age, but all played with incredible energy".

An enthusiastic crowd gathered to watch local Mithran Selvarantnam take on Jean-Piere Britts from South Africa. Mithran recently joined Squash NT as the Sports Development Officer, and it was easy to see he was well supported by the locals. The tenacious battle took over an hour, with JP Britts taking it out in the fifth game in one of the matches of the day.

Day two the women took to the court and they did not fail to impress. All matches progressed in three straight games, with the exception of Jessica Turnbull who took four games to overcome the young dynamite from New Zealand, Kaitlyn Watts. The second Kiwi in the draw, Abbie Palmer, took 16 minutes to overcome Lauren Aspinall.

In the Men's draw, round two produced some more gruelling match ups. The match of the day was between the Australian veteran and seventh seed Mike Corren and Naoki Hayashi from Japan. Naoki took it to the wire just shy of an hour, finally winning 11/9 in the fifth.

The 'Seed Slayer', Malaysian Darren Rahul Pragasam took out the eighth seed Vivian Rhamanan from Singapore in three straight games in the only other upset of the day.

Once again there were plenty of spectators onsite for quarter finals day, all thrilled by the skills and athletic ability on display. Livestreaming was again a huge success, showcasing the sport all over the world to our Squash enthusiasts.

In the men's draw top seed Rex Hedrick proved too good for the young Japanese star Naoki Hayashi winning in three games.

Rhys Dowling (4) took out the only other unseeded player in the tournament, defeating Malaysian Darren Rahul Pragasam. Pragasam took advantage of a slow start from Dowling taking the first game 11/8 before the former Territorian settled and earned his place in his first Australian Open semi-final.

The top half of the women's draw saw two all Aussie battles with top seed Rachael Grinham proving too strong for Taylor Flavell winning in straight games.

Christine Nunn (6) upset the seedings to set up a semi-final clash with Grinham, after she prevailed in 4 games over Australian team mate Tamika Saxby (3). It had been almost four years since Saxby and Nunn last met on the PSA World Tour, and on this occasion Nunn reversed their previous result.

Queenslander Jessica Turnbull (5) fought hard against Sivasangari Subramaniam (2) but the 18 year old Malaysian won through in 54 mins. Chasing her fourth consecutive title, Subramaniam set up a meeting with Egyptian Nouran El Torky (4) in the semi-final. The Egyptian had a fight of her own with Kiwi Abbie Palmer, needing five games to make her way through to a semi-final berth.

Experience shone through in the first match on semi-finals day when former world number one Rachael Grinham reversed the result from the recent Queensland Open by beating Australian team mate Christine Nunn in three straight games. The experienced Queenslander was too good for Nunn in front of a subdued Darwin crowd.

It wasn't until half way through a very tight first men's semi-final that the atmosphere really started to pick up in the packed grandstands at the Darwin Squash Centre. "Local" favourite Rhys Dowling (4) pushed fellow Aussie and close mate Josh Larkin (2) all the way through five entertaining games including an actioned packed 15/13 third game that could have gone either way. Both men were out on their feet by the time they reached the fifth game and it was Larkin who was more steady, taking it 11/8.

Second seed Sivasangari Subramaniam was sensationally savage in despatching Egyptian fourth seed Nouran El Torky in just 24 mins. The Malaysian continued her impressive run to a 14 match winning streak on the PSA World Tour.

Top seeded Aussie Rex Hedrick looked well on his way to a finals berth in the last match of the day against Eain Yow Ng (3), going up two games to love. But the 2016 world

junior champion had other ideas, mounting a spectacular comeback using his touch to great effect to take the next 3 games.

Finals day provided a pair of entertaining but much shorter matches to bring the 2017 Australian Open to a close.

Rachael Grinham was in great form as she had been throughout the entire tournament, racing out to take the opening game 11/5 against Subramaniam. The Malaysian, chasing a fourth consecutive title on the PSA tour fought back in the second but it wasn't enough as the Aussie closed it out 11/9. Grinham finished off the job 11/7 in the third game to claim the title for the first time and finally get her name on the Australian Open trophy.

The men's final was a repeat of the 2017 NT Open final played on the same court. This time it opened with a rapid pace which might have suited Australian Josh Larkin but it was the talented young Malaysian Eain Yow Ng who drew first blood 13/11. The Malaysian continued on to take the second 11/6 and third 11/9 in impressive style to claim his first Australian Open title and second title in Darwin for the year.



Men's Winner: Eain Yow Ng (above)
Men's runner-up: Josh Larkin



Women's Winner: Rachael Grinham (above)
Women's runner-up: Sivasangari Subramaniam

2017 Australian National Championships & Australian Doubles Open

The 2017 Australian National Championships A, C and E Grades were held in Townsville in March and Premier, B, D and Doubles events held in Darwin in November.

The Men's A Grade Championships was the largest draw, with 32 men from across Australia battling for the title. In the end, top seed Jordan Till was defeated by Townsville local Elliot Geddes, second seed 11/9, 11/6, 11/9 (25m).

In the Women's A Grade final, top seed Di Robinson met with second seed Taylor Jones. Robinson prevailed 11/4, 7/11, 11/9, 11/3 in 22 minutes.

Top seed Gida Varina was the victor of the Women's C Grade, after defeating Abbey Butcher in the final 11/8, 11/6, 11/6. Kylie Pearson (3) finished third after defeating Kurstyn Mather 11/3, 11/5, 11/6.

The events held in Darwin saw some exciting squash and a few upset victories, and a number of first time National Champions crowned.



Darwin local Mithran Selvaratnam fought through a competitive draw to eventually win the Men's Premier defeating top seed Thomas Calvert in four games 11/7, 11/3, 6/11, 11/6.

The Women's Premier grade was won by Adelaide's Lauren Aspinall who beat Melbourne resident Lynette Vai in a lengthy encounter 14/12, 10/12, 13/11, 11/13, 11/1.

Aspinall and Vai combined their talents in the Women's Open Doubles but fell just short losing 11/2, 11/7 to the New Zealand pair of Abbie Palmer and Kaitlyn Watts who were dominant going through the draw without dropping a single game.

Winning Edge member Rhys Dowling teamed up with his older brother and former PSA player Tony James to take out the Men's Open Doubles title. Their opponents in the final Madako Sauri and Jordan Till pushed them all the way to three games in their pool match but the brothers were too good in the final winning in straight games 11/3, 11/8.

In the Mixed Doubles, it was last minute entrants Kay Kendall and Jordan Till who caused the biggest surprise of the event when they went through the pool stage undefeated including a straight games win over the top seeds. Kendall and Till overcame a shaky first game in the final and saved a match ball in the second game to go on to claim the Australian Mixed Open Doubles title beating the third seeded team of Lynette Vai and Madako Sauri 3/11, 11/10, 11/5.

Full list of winners and runners-up can be found below.

Men's	Winner	Runner up
Premier	Mithran Selvaratnam	Thomas Calvert
A Grade	Elliot Geddes	Jordan Till
B Grade	Ryan Ashcroft	Lachlan Cowley
C Grade	Glenn Molachino	Bruce Grant
D Grade	Thomas Grose	Connor Manzie
E Grade	Troy Scott	Kobe Weder

Women's	Winner	Runner up
Premier	Lauren Aspinall	Lynette Vai
A Grade	Di Robinson	Taylor Jones
B Grade	Kay Kendall	Zoe Aust
C Grade	Gida Varina	Abbey Butcher
D Grade	Ashley Eckford	Karina Schuberg
E Grade	Amy Condon	Caitlin Porter

Doubles	Winner	Runner up
Women's Doubles	Abbie Palmer & Kaitlyn Watts	Lauren Aspinall & Lynette Vai
Men's Doubles	Tony James & Rhys Dowling	Madako Sauri & Jordan Till
Mixed Doubles	Kay Kendall & Jordan Till	Lynette Vai & Madako Sauri





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Men's World Teams Event

The 2017 WSF Men's World Team Championship was held in Marseille France from the 26th November – 3rd December. The Australian Team consisted of Ryan Cuskelly, Cameron Pilley, Rex Hedrick, Zac Alexander and was led by Australian National Coach Paul Price.

The boys arrived a few days early to get together for some bonding and banter. To ensure the guys were in team building mode they made a trip out to the Exit Room where they took on the huge challenge of the Alcatraz escape room. The team had one hour to escape the room and the confidence level was high.

The team quickly went to action in the dimly lit jail cell pulling out all the traits of a great team. As the whatever it takes attitude of the Aussies took over the mobile phone lights were promptly pulled out to make sure every nook and cranny was exposed.

They were one step away from escaping at the end of the time and as the girl came in to show the team where they went wrong, they soon realised that we had basically gotten through the course missing out on most of the steps by finding many a loop hole.

One thing we learnt from the escape room, is that we most likely would not have got out of there legitimately even if we were given 8 hours a day for a full week and that when push comes to shove the team was willing to do whatever it takes together to get the result we need which is a great attribute to take into the first few days of the competition.

Australia started the event as the 4th seeds, behind the tournament favourite Egypt, defending champions England, and the host Nation France. Australia was placed in a pool with Wales and Czech Republic.



Up first was Czech Republic – Zac Alexander hit the court first in his debut for Australia. He extended the rallies as if he was the opening act trying to get as much court time as possible and found his timing and rhythm to comfortably get through his match 3-0.

Cameron Pilley got the quick moving Czech out of the way promptly making way for Ryan Cuskelly to take on the Big Czech. The

Czech went into exhibition mode early on having a crack at firing the ball into the cross court nick off every serve to his cannon like forehand with very little success. Both Pilley and Cuskelly won their matches 3-0.

Wales were going to be a tricky team to get past and we knew there would be a fight on our hands. Number ones were up first and Ryan Cuskelly took on Joel Makin. He started well with long rallies trying to mix up the pace against the Welshman. The pace was furious at times and Joel seemed to be finding a good rhythm as the game closed with The Aussie taking it. The Second saw Joel take the pace up some more and Cuskelly found it as hard to mix up the pace as Joel too the 2nd and we now had a battle on our hands. Cuskelly mixed the pace up again with some great usage of the air forcing some loose balls from Joel. The game changed direction again and the Aussie found some attacking options and took it up a few notches finally realising that he was allowed to hit the ball into the front 2 corners. It looked as though Cuskelly was going to get home after taking the 3rd. Joel went on a rampage to take the 4th in the quickest game of the match. The Beard steadied in the fifth to play his best squash of the match and calmed the storm from The Wet Welshman giving The Aussie the much needed lead.

Rex Hedrick stepped up next to debut for his Country. Wales needed a strong start from Emyr Evans and he did just that. The boys

tussled neck and neck for the first as they battled for the front position and execute the game plans. Hedrick kept the focus to close out the first 12-10 and was starting to look stronger. Th Aussie took the tempo up in the 2nd dominating and keeping Emyr at bay to take a 2-0 lead. The third was all Hedrick who closed it out 11-1 in his first battle for Australia.

Cameron Pilley went on last vs Peter Creed. While it was essentially a dead rubber, Pete came out firing and played some great squash.

Peter covered the court as if he had the wingspan of Pilley hitting accurate great corners but in the end it was the Aussie who towered over the Massive spirit of the Welshman to take out the battle in a long tough 5 games giving Australia a clean sweep of both pool matches.

First up for the knock out matches on the glass court at Modern Squash opposed Canada and Australia. Although Australia were widely expected to win, the Canadian squad didn't intend to give them an easy time. The last time the two teams had met was in the quarter finals in 2007 in Chennai, India where Australia went on to take 3rd place.



The order of the matches being 2-1-3, Pilley and De Lierre started off the festivities. The players had already met 5 times previously, Pilley having conceded none. In the first game, a very impressive Pilley took an early lead and raced on to take the second leaving no space for his opponent 11-3. The third was a different picture – a much tighter game but Pilley finally pulled away and secured a 1-0 lead for Australia.

The next match to follow brought on the N°1 seeds - Ryan Cuskelly and Nick Sachvie. Despite having never played against each other before, Cuskelly was obviously a clear favourite. A close, well-fought first game proved that this could be an interesting match. After two short unlucky intervals on Sachvie's behalf due to injury and a broken string, Cuskelly eventually won the game 11-8. However, the Australian took the next two games 11-8, 11-9 and went on to clinch the match.



Last on, Rex Hendrick and Michael Mc Cue had a tough, first game, the Australian edging through 11-9 and then took the third to make it a 3-0 victory for the Aussies. Australia will now play New Zealand in tomorrow's quarters.

Comments from Cameron after his no-messing win over Shaun

"I'm glad I got the team off to a good start and I knew that I had to stay sharp and be positive and make sure that Shaun didn't get into his rhythm. We're the same age and we've had some battles over the times but we haven't played for a while. As a team, we know that if we play good squash on the glass court and hit the corners, you'll get rewarded. It's really important to have experience playing on the glass court before the big matches to come because if you're not playing well, you get really punished."

Ryan Cuskelly was on first for the Australian Team against Paul Coll. The battle left the Australian number 1 on the ground cramping during the last point of an absolutely brutal affair 8-11 11-8 6-11 11-9 9-11 (98min)

Next up for the Aussies was Zac Alexander against Evan Williams. Zac showed no mercy, dispatching of the kiwi 11-4 11-6 12-10 (35min) to level the tie and swing the momentum back in favour of the Australian team.

To decide the which nation would reach the semi-finals, it was all down to Cameron Pilley and Campbell Grayson. Pilley got off to a flying start winning the first game 11-3. However, with a World Championship semi-final spot at stake, Grayson came on in the second game determined not to let the Aussies have things all their own way. Pilley showed a massive fighting spirit to hold off the tenacious Grayson to win the the final two games 11-8 11-9 in a 49 min match to seal the deal for the Aussies.

Comments from Paul Price, the Australian coach before the Semi Match against England,

"After last night's big battle, it is a bit hard to for recover. This is the first match where we are the lower seeded team and the pressure is off the boys now. They can be relaxed, stay focused and get the job done. They are pretty clear now on what they have to do. There'll be no surprises out there. It'll be a good, old-fashioned battle. It's the first time that we've played at this venue and the boys are really looking forward to it."

The number 3s set the ball rolling. After a period of ebbing and flowing, Alexander pulled away and took a 7-4 lead. The experienced Selby, who did not seem fully into the match, made a couple of unusual errors which comforted the Australian's position but the English man climbed backed to 9-9, only to lose the game after a tie-break 12-10. Selby settled down and got off to a good start in the second but Alexander kept in there and crawled back to 6-6. The end of the game could have gone either way but eventually Selby took advantage after a couple of unnecessary errors from the Aussie. Back on court, Alexander took an early lead 4-0 but came level at 5-5. In the middle of the game, Alexander seemed to lose concentration and a no-messing Selby didn't let the opportunity go by and stormed on 11-5. The rallies were much closer in the fourth but Selby produced some great shots to give his team a 1-0 lead.

Next on court were Nick Matthew and Ryan Cuskelly. They had met 4 times before and Matthew had won all of them, their last encounter being in March this year. There were some great rallies in the first game and at 8-8, it could have been anybody's day, but Matthew didn't concede another point and came through 11-8. Although Matthew was ahead in the second game, Cuskelly was never far behind. Much to the crowd's amazement, Matthew was awarded a few stroke points which eventually allowed him to take the game 11-6. A very determined Matthew stormed through the third 11-4 ensuring a place for England in the final.

Both teams decided to play the last match much to the delight of the enthusiastic crowd. James Willstrop and Cameron Pilley are no strangers to each other. They have met numerous times on the PSA circuit, Pilley only having won once. A third win for England 12-10, 11-6.



Australian Junior Open

The Australian Junior Open was held at Nerang Squash Centre from the 18-21 of January. The event saw 201 participants from Australia, New Zealand, Malaysia, Singapore and Papa New Guinea competing across the four days.



The U11 girls saw the top 2 seeds Haylee Besant and Maja Maziuk reach the final without dropping a game. In the final it was Maja Maziuk who got the better of her opponent winning 11-6 11-7 15-13.

Joshua Rahul Raj topped pool 1 in the U11 boys by defeating Matthew Growcott 12-10 10-12 11-5 8-11 11-1. Pool 2 was topped by Zane Wolpers who defeated Michael Lawrence 11-2 11-9 11-5. In the final, Joshua defeated Zane 11-3 11-4 11-5 to win the title.

In the U13 Girls Madison Lyon topped pool 1 by defeating Shona Cocksedge 11-6 11-9 11-4. Madison played Swetha Sivakumar in the final after Swetha defeated Courtney Scholtz 11-5 11-8 11-7 to top pool 2. Madison Lyon, the number 1 seed, proved too strong for the Malaysian number 2 seed in the final defeating her 3-1. Madison got off to the better start winning the first two games 11-6 11-9 before Swetha fought back to win the third 11-9. Madison held her nerve to claim the fourth game and the match 11-1.

Andre Lynn and Tom Marshall met in the first semi-final of the U13 boys after both players

had massive five set wins in their respective quarter-finals. Andre came from 2-1 down to defeat Josh Porter and Tom Marshall defeated Ben Murray 11-6 in the fifth after Ben had won the fourth game 20-18. The number 2 seed, Tom Marshall got the better of Andre Lynn in the semi-final winning 11-7 11-2 11-6. In the final Tom Marshall played Noah Thomas after Noah defeated Conor Loi in another big 5 setter 11-9 8-11 11-8 5-11 11-7. Tom Marshall got the better of Noah Thomas in the final winning 11-7 15-13 11-8.

In the U15 Girls, number 1 seed Vharshamithraa Dinesh won through to the final without dropping a game, while Natalie Sayes just scrapped through against Kurstyn Mather 12-10 11-4 8-11 8-11 11-9 in the quarter-final before defeating Ella Burge 11-4 11-3 11-4 in the semi-final. In the final Vharshamithraa continued her 3-0 winning streak by defeating Natalie 11-4 11-5 11-8.

In a repeat of the Oceania Junior Championships from the previous week, Brendan Macdonald defeated Oscar Curtis 3-2 in the semi-final to play Greg Chan in the final. To reach the final on this occasion, Greg defeated Eric Gray 3-1. In the final, Brendan got off to a flying start winning the first game 11-8. Greg found his way into the match in the second game and just managed to win it 13-11. From then on Greg controlled the match winning the final two games 11-6 11-2.

The U17 girls also saw a repeat of the OJC final as Winona-Jo Joyce defeated Katie Davies 11-3 8-11 11-8 11-9 in the semi-final and Mackenzie Sleep defeated Remashree Muniandy 11-1 11-7 11-7. However, the result of the final was a reverse of the previous week as Mackenzie defeated Winona-Jo 12-10 11-3 7-11 11-8.



In another repeat final, the number 1 and 2 seeds in the U17 boys reached the final. Kerwin Teh defeated Abel Jin 11-9 7-11 11-3 11-4 in the semi-final, while Elijah Thomas defeated Sam Sergo 11-8 11-4 11-9 in the second semi-final. The score line in the final was also a repeat of the OJC where Kerwin defeated Elijah 3-1. This time the scores were 11-6 11-6 13-15 11-8.

In the U19 girls, Alex Haydon made the final for a second week in a row after defeating Courtney Trail 13-11 11-7 11-9. This time around she would face a different player in the final as Sneha Sivakumar defeated Anika Jackson 11-3 11-7 11-9. Sneha proved too strong in the final for Alex as she took the match 11-9 11-6 11-7.

The top 2 seeds made the final in the U19 boys as number 1 seed Nicholas Calvert defeated Jack Hudson 11-3 11-3 11-5 and Number 2 seed Eugene Heng defeated Lachlan Cocksedge 11-4 11-5 11-9. In the final the Nicholas and Eugene went toe to toe in the first two games with Eugene winning the first game 11-9 and Nicholas winning the second game 11-7. However, Eugene ran away with the match in the third and fourth games winning them 11-6 11-4 to win the title.

Squash Foundation

www.squashfoundation.com.au

The Squash Foundation was launched in 2017 by Squash Australia as a not-for-profit organization dedicated to supporting the sport of Squash in Australia. The foundation was established to secure funds that will develop existing centres and create new squash facilities around the country, with Carrara Squash Centre being the first project.

The goal for Squash Foundation is to assist the growth and development of Squash by supporting the grass root players and elite professionals with the right support they need and providing investment opportunities into existing and new facilities.

The vision for Squash Foundation is to provide all states with facilities that will become 'a hub' for the sport. A home of Squash will create opportunities for children, young people and professionals to have access to world standard facilities across Australia.

The Squash Foundation will provide squash players in Australia from all cultural backgrounds and skill levels, with equal opportunities and the appropriate support in reaching their full potential on and off the court.

Carrara Squash Centre

The 'Carrara Squash Centre' campaign is the first project to launch from the Squash Foundation.

A potential new Squash Centre located in the Gold Coast Sports Precinct has launched a campaign to raise the required funds see the Gold Coast 2018 Commonwealth Games (GC2018) Squash courts become a legacy for the Gold Coast and Australia.

The Carrara Squash Centre needs to raise \$2,000,000 for the construction of the courts in the original Carrara Indoor Arena. The facility would house six squash courts plus one TV show court. This relocation will further revitalise The Gold Coast Sports Precinct, securing another piece of legacy infrastructure from the 2018 Commonwealth Games. The facility will bring social and health benefits, and what US Forbes magazine classed as 'the worlds heathiest sport' to the local community. In addition, the facility will allow Australia to host major international Squash events which will boost the local economy.

This home of Squash will create opportunities for children, young people and professionals to have access to world standard facilities. In addition to high performance sport, the facility will offer health and wellbeing opportunities for the local community.

Fundraising for the centre will be achieved through the newly created Squash Foundation. The centre has created sponsorship packages for business, individuals and stakeholders to partner and embrace this Squash Legacy with permanent legacy recognition given to the valued sponsors.

For sponsorship packages, advertising space and charity donations please email marketing@squash.org.au





Oceania Junior Championships

The Oceania Junior Championships was held at Redcliffe PCYC from 11 – 14 of January. The event saw 153 of the best junior players from Australia, New Zealand, Malaysia, Singapore, Papa New Guinea battle it out to become the Oceania Champion.

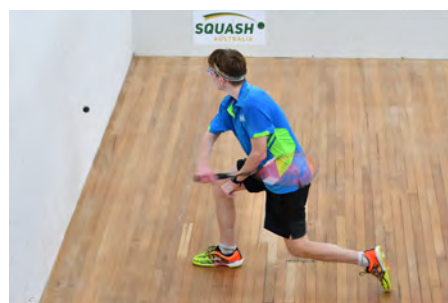
The U13 Girls went against the seeding list as Ella Lash defeated Australian and number 2 seed Madison Lyon 3-1 in the Semi-Finals before she came from 2-0 down to defeat fellow New Zealander and number 1 seed 7-11 8-11 13-11 12-10 11-7 in the final to become the U13 Champion.

The U13 Boys also saw two New Zealanders reach the final as 5th seed Freddie Jamison had a giant killy run defeating 4th seeded Australian Ben Murray 11-8 3-11 9-11 11-7 11-5 before defeating the top seed Noah Thomas 11-7 5-11 11-7 11-6 to reach the final. Freddie's opponent in the final was number 2 seed Tom Marshall who defeated Euven Liaw in his Semi-final. Tom bought Freddie's run of upsets to a grinding halt as he won the final 13-11 5-11 11-9 11-5.

Further upsets were seen in the U15 Girls as both the number 1 and 2 seeds were defeated in the Semi-finals. Number 1 seed Katie Davies was defeated by Jena Gregory 11-7 6-11 11-7 11-9 while Number 2 seed Ella Burge was defeated by Natalie Sayes 11-7 11-5 12-10. Natalie Sayes went on to claim the title as she controlled Jena Gregory in the final to win 11-8 11-7 11-4.

Brendan Macdonald and Oscar Curtis had a massive battle in the Semi-final of the boys U15. Curtis took the first game 13-11 before Macdonald fought back to take the next two games 11-8 11-6. Curtis dug deep to take the

forth 11-8 and force a decider. However, it was the Queenslander who held his nerve to win the fifth 11-6 to move into the final where he would face Greg Chan who defeated Riley-Jack Vette-Blomquist 11-5 11-5 11-3 11-4 in his semi-final.



Macdonald look to cause another upset in the final as he raced to a 2-0 winning the games 12-10 11-8. With nothing to lose, Chan came out firing in the third game to race away with it 11-1. Macdonald steadied the ship in the fourth to set-up Championship ball against the number 1 seed. However, Chan dug deep to save championship balls and win the fourth game 16-14. Chan continued the momentum into the fifth game to win it 11-5 and complete his comeback.

Mackenzie Sleep, the number 1 seed in the U17 girls found herself 2-0 to Georgia Robcke in the semi-finals, before showing her class to turn the match around and win 10-12 4-11 11-7 11-1 11-3 to reach the final. Her opponent in the final would be Winona-Jo Joyce who dispatched of Hayley Hankinson 11-1 11-4 11-1 in her Semi-final. Winona-Jo got off to the better start in the final winning the first two games 11-6 11-8. Mackenzie fought back to win the third game 11-9, but Winona stepped up in the fourth game to win it 11-4 and come away with the title.

Marathon matches were the flavor of round 2 in the U17 boys. Sam Sergo defeated Declan Cashman in a 75min battle 15-13 9-11 7-11 11-8 13-11, Lachlan Michel upset number 4

seed Glenn Templeton of New Zealand 11-9 11-7 2-11 8-11 11-7 and number 2 seed Abel Jin came from 2-0 down to defeat Malaysian Kayden Juin Wuen Liaw 7-11 9-11 14-12 11-5 12-10. All three players were unable to back up these performance in the quarter-finals as they all lost 3-0 to Kerwin Teh, Wesley Dyer and Elijah Thomas respectively. In the last quarter-final Dylan Molinaro upset number 1 seed Remi Young 11-6 11-5 8-11 11-6. Kerwin Teh and Elijah Thomas both had 3-0 wins in their semi-finals against Dylan Molinaro and Wesley Dyer respectively. The final saw Kerwin Teh edge past his opponent to win the championships with a score line of 12-10 9-11 11-5 11-9.

In the U19 girls it was the top 2 seeds that would battle it out in the final after number 1 seed Alex Haydon defeated Zoe Dykzeul 11-7 11-5 11-7 and number 2 seed Anika Jackson defeated Courtney Trail 11-8 11-7 7-11 4-11 11-5. The final saw the momentum swing back and forth between the two players before Anika Jackson finally overcame her high seeded opponent to win 3-11 11-8 11-6 6-11 11-8.

The top seeds in the U19 boys both had to battle very hard to reach the semi-finals as Lwamaba Chilse found himself 2-0 down against Joel Arscott before staging an epic comeback to win 4-11 9-11 11-6 11-4 11-7 while Nicholas Calvert saved match ball against Jacob Ford to win 4-11 11-2 6-11 11-6 12-10. Lwamaba Chilse was able to keep his form going as he defeated Lachlan Coxsedg 11-6 11-3 11-8 to reach the final, while Nicholas Calvert was not able to back up his previous performance and was defeated by Eugene Heng 11-7 11-8 11-5. In the final between Lwamaba Chilse and Eugene Heng, the pair went point for point in the first two games with Chilse claiming both games in a tiebreak before finally pulling away from Heng in third game to take the match 13-11 12-10 11-6.

Trans-Tasman Test Match

Following four big days of action in the Oceania Junior Championships at PCYC Redcliffe, the Trans-Tasman Junior Test series got underway today at the same venue.



The inaugural Trans-Tasman Test occurred in 2014 with a win to the Australian team but team New Zealand have had the edge on us since then, winning the last three years. This Test Series sees two boys and two girls in each of four age groups (U/13, U/15, U/17, U/19) from each country (Australia and New Zealand) compete over two intense days immediately following the OJC every year. This year there are an additional 2 boys competing the under 19's to give them extra practice in a team environment ahead of the boys World Junior Teams titles due to be held in Chennai, India later in the year.

The Kiwis got off to a great start in their bid to win a fourth consecutive Test series, winning all four matches in the under 13's for the loss of just one game which came from a spirited fight from Brisbane's Benjamin Murray.

Team Australia launched their comeback with the under 15 girls Ella Burge and Katie Davies who both managed to upset the form guide and overturn losses from a couple of days ago beating newly crowned under 15 OJC champion Natalie Sayes (3-1) and Jena Gregory (3-2) respectively. The under 15 boys split results with Western Australian boys Gregory Chan winning in five games and Oscar Curtis going down in four games.

In a repeat of the OJC under 17 girls final Winona-Jo Joyce beat local Redcliffe representative Mackenzie Sleep in the same game score line of 3-1, while South

Australia's Alex Haydon was dominant needing only 15 minutes to beat Georgia Robcke in three games. New Zealand's under 17 boys matches both won in straight games.

In the under 19's the results went slightly in favour of the Aussies winning four of the six matches played. The highlight was the last match of the day, a mouth-watering clash between New Zealand's new OJC champion Lwamba Chileshe and the current Australian Junior Champion Nicholas Calvert. The match didn't disappoint with a 17 minute 11/9 opening game in favour of the Aussie, which set the tone for what turned out to be an enthralling war of attrition and will power. Chileshe fought back to take the next two games and with it a 2-1 lead. The fourth game was a real back and forth affair that kept the vocal crowd roaring from the edge of their seats. Calvert had the first game ball at 10/9 and a few more in between the Kiwi's multiple match balls but it was the Aussie who held strong to take it 18/16 in 19 minutes. Calvert had the slight edge in the fifth and finished it off 11/8 in a marathon 83 minute match that will not soon be forgotten by anyone who saw it.

This meant the day ended with New Zealand holding a small lead of 10 rubbers to 8 at the half way mark of the 2018 edition of the Trans-Tasman Junior Test Series.

The Kiwis again started well on day 2 winning all four under 13's matches, this time without dropping a game. For the second day in a row Katie Davies pulled off an upset win to claw one back for the Aussies, this time beating under 15's OJC champion Natalie Sayes in 4 games. Ella Burge went down 3-0 to Kiwi Jena Gregory in the other girls match. Australia's Gregory Chan kept his unbeaten run at Redcliffe going with a straight games victory while Oscar Curtis lost in 4 games.

Nearly half way through the day and the New Zealander's were looking ominous holding an overall lead of 16 matches to 10. It was up to our under 17's and 19's to claw back the deficit. The Australian under 17's girls played their part with Alex Haydon downing Winona-Jo Joyce in straight games and Mackenzie Sleep defeating Georgia Robcke 3-1. An impressive fight from Abel Jin looked promising but he couldn't quite get over the line, going down in 5 long games to New

Zealand's Glenn Templeton. Sam Sergo also went down to Elijah Thomas 3-0.

With the score line now sitting at 18-12, the best the Aussies could hope for was a win on countback but those hopes were quickly dashed when New Zealand's Courtney Trail proved too good for Grace Pattison winning in straight games. But even though the Kiwis had won enough matches to secure the Trans-Tasman Test for another year, there were still matches to be played and this Australian Team was going to keep fighting. Shehana Vithana certainly showed that, reversing her loss from just a few days ago when she beat Nadia Hubbard in four games.



Young Aussie Remi Young went down in four games to Keidah Bungard before Joel Arscott engaged in an intense battle with Kiwi Sean Dykes. All the games looked like they could have gone either way and the Aussie even saved a few match balls in the fourth but it wasn't enough to break his opponent's spirit. The tenacious Dykes eventually finished off the match in a long, heated fourth game.

After last night's heroics Aussie Nicholas Calvert took the court again hoping to maintain his winning streak against the Kiwis and that's exactly what he did, defeating Temwa Chileshe in four games. The last match of the night again involved Lwamba Chileshe, this time in an OJC under 19's final rematch with Australia's Eugene Heng. The Aussie was out for revenge taking a tight opening game before Chileshe fought back to level it at one game all. Heng looked to get stronger as the match went on finishing it in 46 minutes three games to one.

With a final overall score line of 21-15, New Zealand take home bragging rights in the Trans-Tasman Junior Test Series for another year.



Coaches Corner

For this edition of Coaches Corner we have something a little different, a discussion about Tactics from respected coach Michael Khan. Including what it is, how we use it in squash, why its important, and how we can practice it.

Tactics seem to make the difference,
Tactics seem to win matches, but what are Tactics?

Definition: **Tactics** is word of military origin and is both a science and an art. It refers to the coordinated organisation and use of your weapons with reference to time and space. Tactical decisions are meant to achieve the greatest immediate value.

Strategy is related to tactics but actually refers to a **plan of action** designed to achieve a particular goal.

Building the link from military to squash

A clever general/player has a strategy/game plan before he goes to battle/play.

He will try to assess the forces/abilities of his enemy/opponent before and compare it with his own forces/abilities.

Once the battle/match starts the general/player will try to read where and how his opponent is going to attack (**PERCEPTION**). If he manages that well he can prepare a counter-attack with his best available weapon/shot (**DECISION**). A fast counter-attack (**ACTION**) leaves little time for the enemy/opponent and reduces his options. Now our clever general/player is on top of the enemy and can confront him with the full arsenal of weapons/shots reducing the opponent/enemy to purely defensive actions. This leads to victory!

A more squash specific view:

Every rally starts with a serve. While in tennis the serve is definitely an offensive shot that is not so obvious in squash. At beginner/junior level a good serve can decide matches but at a more advanced level it seems to be different. A good serve can apply a certain amount of pressure and maybe force a weak return. But more often a bad serve creates an opportunity for the opponent.

Nonetheless we need a good serve (and some variations) for a good start into the rally. Our opponent will attack a bad serve but will be limited to building a rally on a good serve. Now we come to using our tactics:

1. Hit good **lengths** and good width – tight. This determines who controls the 'T'
2. **Volley** if you're controlling the 'T'. A volley gives you the opportunity to attack and reduces the time for the opponent.
3. Look for **opportunities** – and go for winners especially when opponent is behind you. Even if you don't immediately win the rally you are still **applying pressure**.
4. **Vary the pace** – working (attacking, 2-wall) boast, hard shot and soft shot. If in defensive situation, slow down the pace by lobbing to gain time and recover the 'T'
5. **Move the opponent** – play the ball the longest distance away from him.

In short, we can call this **DOT**:



When should we start teaching tactics?

As soon as possible!

When teaching with a holistic approach our pupil should not only learn **HOW** to hit a certain shot but also **WHEN** and **WHY**. This can only be achieved by progressing from routines to rallies in an **open skill** environment.

Which skills are important for a good tactical player?

Spatial orientation – squash is the only racket sport where the opponent can be behind you

Perception

Decision making

A tactically well trained player will adopt **patterns of play** to achieve the above mentioned tactical goals. The more variations

he can use the harder it is for the opponent to read/**perceive** him, resulting in more **time** and more **opportunities**.

Now let's go on court and see how this can work in practice!

'**Tactical Progressions**' is an example of one of many drills you can use to practice tactics. It is ideally played with 2 or 3 players but can be done with 4 or 5 per court. Players not involved stay in the back left corner. Each progressions is to be played for about 10 minutes. The winner of the rally stays, loser leaves, and the new incoming player serves.

1. **Warm-up** - Player A serves from the left, player B returns with a straight drive or volley, then straight drives to the back.
2. **Adding an attacking shot** - If a player stands in front of the opponent he/she can attack to the front left corner (boast/cross/volley), defending player must retrieve and play to the right back corner (cross drive or lob)
3. **Adding a second attacking shot** - Now the attacking player can also play short to the front right corner, but again only if he/she is in front of the opponent. The next shot is now a straight drive.
4. **Adding a counter-drop** - When attacked the defending player can move to the front and optionally play a straight drop. The next shot must go to the back right corner.

A few reflective questions to ask yourself:

- Did the quality of the straight drives improve after the attacking shot was introduced?
- Did the players find it difficult to assess if they were in front of their opponents?
- What changed after the counter-drop was introduced?



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Masters Squash

The Australian Masters Squash Association (AMSA) promotes and encourages the game of squash for players aged 35 years and over. It provides an opportunity for people who still enjoy playing squash to play against mature age people in a more social but still competitive environment.



Similar to Squash Australia, AMSA has eight organisational member bodies which include:

- ACT Masters Squash Association Inc.
- New South Wales Masters Squash Players Association Incorporated
- Northern Territory Masters Squash Association Incorporated
- Queensland Masters Squash Association Incorporated
- South Australian Masters Squash Association Incorporated
- Tasmanian Masters Squash Association Incorporated.
- Victorian Masters Squash Association Incorporated
- Western Australian Masters Squash

In September each year, the AMSA Championships are conducted over a two week period, consisting of Aged Individual titles for both men and women in the first week and an Interstate Teams Series in the second week. The Championships are hosted by each state on a rotational basis.

The Victorian Masters Squash Association hosted the 2017 "Sovereign Hill" Australian Masters Squash Championships on the 4th to 15th of September in Ballarat. The 2018 AMSA Championships will be held in Hobart and hosted by the Tasmanian Masters Squash Association.

Every two years, a Trans Tasman Test Series is held between Australia and New Zealand.

Masters Pennant and Tournaments are also held throughout the year in the various states. So, if you have recently "retired" from playing, haven't played for a while and would like to do so again, or are just a beginner who also enjoys the social aspect of squash – why not come along and try the Masters approach. All you need is your racquet and some enthusiasm to compete whilst having a good time with good company. This is what we call the "Masters Spirit".

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The banner features a background image of a squash racket and a red and yellow striped shirt. It includes icons for a fuel pump, an airplane, a car, and a house, representing various rewards. The text is centered and uses a mix of bold, white, and yellow fonts.



John Eren

Minister for Sport,
Tourism and Major Events

2018 Australian National Squash Championships

The Victorian Government is proud to support the 2018 Australian National Squash Championships, the latest addition to our State's events calendar that's the envy of the world.

Victoria lives and breathes sport. We're home to some of the biggest events in the world including the Australian Formula One Grand Prix, Melbourne's famous Spring Racing Carnival and the Australian Open tennis.

Melbourne Sports and Aquatic Centre is regarded as one of Victoria's finest facilities and is a fitting venue for both competitors and spectators to enjoy this event.

The event not only provides the perfect opportunity for everyone to enjoy some great competition but also a range of fun activities in between competition.

The Victorian Government is proud to have provided support to Squash Australia through the Significant Sporting Events Program to stage this fantastic event.

Events like these provide an opportunity to shine the spotlight on Victoria and our world-class sports and entertainment venues.

Showcasing the best of sport in our own backyard provides inspiration for fans to emulate their heroes, join a club and get active and healthy through sport and recreation.

There's an enviable array of world renowned restaurants, stunning parks and open spaces, museums, galleries and family-friendly beaches to enjoy.

I wish all visitors, competitors and officials a safe and exciting 2018 Australian National Squash Championships and an enjoyable stay here in Victoria.

Hon John Eren MP

Minister for Sport, Tourism and Major Events

Review of 2017 Commercial Club Albury Australian Open Racquetball Championships

The 34th edition of Racquetball's pinnacle event, superbly hosted by the Commercial Club Albury-Squash and Racquetball Section, and held at the magnificent Commercial Club Albury, the Wodonga Squash & Racquetball Centre, plus the Albury Club, was a resounding success, securing a massive total of 229 entries, including 33 junior players, who spent two and half days jousting for the sixteen national titles on offer.

Although the KING and QUEEN of Australian Racquetball Cam White and Sarah Fitz-Gerald, once again snared the lion's share of the \$10,000 booty on offer, it was the junior brigade who stole the show capturing five of the ten singles titles on offer.

The President's Choice Commercial Club Junior Scholarship Award sponsored by Andrew Sobolewski and all of the Grand Prix tournament hosts was won by Alexander Brigden and he received \$200 to put towards his coaching and training expenses, plus free entry into every Grand Prix racquetball event held in Australia in 2018.

The Heidi Tugend E Grade Championship, now named after one of South Australia's most popular Squash and Racquetball players, was won by fourteen year old Alexander Brigden.

The inaugural John Broadway D Grade Singles Championship, which was established in honour of one of our great ambassadors for the sports of racquetball and squash, who sadly passed away in January this year, was won by thirteen year old Justin Chu.

This event's Perpetual Shield in honour of John will be permanently housed on display at the Wangaratta Squash and Racquetball club's courts which are located at the Wangaratta Indoor Sports and Aquatic Centre.

The Australian Open Teams Challenge comprised participants from 23 clubs, with the host clubs fighting it out for top honours, with eventually the Commercial Club annexing the first prize of \$250, Wodonga received \$150 for second place and SS&A taking out third place and winning \$100.

SINGLES RESULTS

MEN'S OPEN

The Men's Open attracted another stellar field which included fifteen times national champion Cam White, National and Victorian Grand Prix Circuit leader Steve

Andrewartha, plus top Australian squash player Rex Hedrick, who has two major squash events ahead of him, the 2017 World Men's Teams Championships and next year's Commonwealth Games on the Gold Coast.

The Men's Open final was an absolute corker, commencing at a frenetic pace with the flamboyant White exposing his full repertoire of shots, whilst the speed and remarkable returning of Hedrick ensured a long day at the office for the Champion.

Although White comfortably held control throughout the first game claiming it 21/8, the second game was played in two halves. Once again White hit his straps early and maintained a handy four to five point advantage until the score reached 16/11 when Hedrick commenced making serious inroads into the deficit, and at 18/16 the immense crowd sensed anything was possible.

Hedrick moved into overdrive and claimed five of the next six points to extend the match into a third and final game decider, which was very unfamiliar territory for White, the last time being the Lakes Classic Final in November 2015, when Peter French took the second game 22/21.

A champion has many defining features, and White has three compelling one's; the ability to apply unswerving pressure to his opponents, remarkable concentration, plus the ability to move into overdrive when the heat is on at the 'pointy end' of a game or match.

In the end it was the preciseness of White's short game and his impeccable width and length that proved the difference taking the enthralling match against the very talented Hedrick, 21/8, 19/21, 21/11, and capture his sixteenth National title and extend his unbeaten run to a remarkable seventeen years.

In the semi finals, White overcame Geelong LTC stable mate Garry Pedersen, 21/7, 21/14, with Hedrick surviving an enthralling first game over Andrewartha, 22/21, then outgunning him in the second 21/8.



Sam Abishara, Cam White & Ross Falconer



Steve Andrewartha & Gary Pedersen

WOMEN'S OPEN

Although initially this event looked on paper a one horse affair, the large crowd were well and truly entertained by the rest of the field's endeavours to secure a final's berth against the five times world open squash champion and eight times national racquetball champion Sarah Fitz-Gerald.

Second seeded and National Grand Prix leader Kristel Proctor, eventually ended up with that honour after nailing South Australia's third seeded Corinne Yallup-Cross, 21/10, 22/20 in their lengthy semi final.

Meanwhile, Fitz-Gerald had overcome fourth seeded Sally White, 21/6, 21/5 in their semi final, to set up an entertaining final.

From the outset Proctor clearly showed that in no way was she going to be intimidated by the title holder, displaying remarkable agility and recovery, but when the judge finally called a halt to proceedings, Fitz-Gerald

utilising her brilliant front court game to great advantage, had claimed another title over the courageous Proctor, 21/6, 21/8, and her ninth national crown in a row.



Sarah Fitz-Gerald



Sam, Kristel Proctor & Ross

A GRADE

The high quality field that the A Grade event attracted guaranteed a plethora of close matches, with some likely upsets, which was the eventual outcome.

In his semi final, Victoria's top seeded Anthony Hain, took out local hope Carl Chant, 21/16, 21/9, whilst Albury's sixth seeded Scott Petts was cutting a swathe through the bottom half of the draw, dispatching third seeded South Aussie Dean Cross, in a tough quarter final encounter, 21/14, 21/18, then overcoming sixteen year old local Daniel Chu, in their semi final, 21/16, 21/13. Chu had earlier taken out second seeded Chris Rollauer 21/8, 9/21, 21/10.

The final stanza was a dour struggle with Hain holding sway for most of the match, eventually claiming the A Grade crown 21/16, 21/17, and in the process taking out his fourth successive A Grade title.



Sam, Anthony Hain & Ross

B GRADE

In recent times if you are going to win a National or for that matter a Victorian B Grade title in 2017 the two players most likely that you would have to take out at some stage have been Victoria's Matt Bayley and South Aussie Dave Whan, and on this occasion no one was capable of stopping either player from reaching the final stanza.

After surviving a match point against him in his first round encounter with another very talented local junior, Casey Macpherson, Bayley then accounted for Wangaratta's Paul Trinick and SS&A's Cory Sutcliffe in straight games to reach the final.

Waiting for him was the top seeded Whan, who had only three days earlier returned to OZ from Nepal as his quest to conquer Mt. Everest was terminated when he contracted altitude sickness at just under 19,000 feet, a herculean performance at his first attempt.

On his way to the final Whan recovered from a game down in the quarters against Wangaratta's Jason Hawkins, then ousted Wodonga's Sean Darcy in their semi final, 21/11, 21/12.

Whan is one of the true warhorses of the sport, but Bayley was relentless taking the first 21/14, then the second game 21/13, to secure his first Australian crown, although Whan still took out the National B Grade Grand Prix Circuit title for 2017.



Sam, Matthew Bayley & Ross



Sam & Dave Whan

C GRADE

A Melbourne Cup field of twenty two starters entered the barrier stalls for this event and after thirty nine very competitive matches Ballarat's top seeded Blake Caspersz, who had already won four Grand Prix events this year, plus was runner up to Daniel Chu in last year's event, took out a gruelling finale

over the Commercial Club's "Marathon Man" David Parkinson, 16/21, 21/18, 21/5, to keep his unbeaten record for the year intact.

In their penultimate matches, Caspersz came back from a game down to overcome Commercial Club's Darcy Macpherson, 18/21, 21/12, 21/12, with Parkinson ousting fellow team mate Tim Darmody, 21/17, 21/17, the only straight games encounter he had in the four matches he played.



Sam & Blake Caspersz



David Parkinson & Ross

FOOTNOTE

This writer has for some time now been lauding the work of the clubs around the North East region of Victoria, in particular for their implementation of highly successful junior development programs, which has led to an enormous increase in player numbers, and the production of several highly talented junior players.

A number of those highly talented youngsters performed extremely well in the grades listed above, and the results for the next five events highlights that this regions talent pool is showing no signs of eroding, but in fact rapidly increasing.

This region is a remarkable role model for Racquetball and Squash for not only in Victoria, but nationally as well, and it all has all been done by a network of very passionate, dedicated and skilful volunteers.

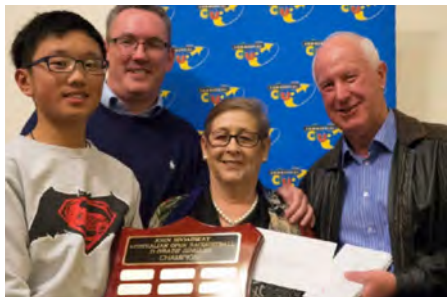
JOHN BROADWAY D GRADE

The Wodonga duo of now fourteen year old Nicola Baines, who stole the show in last year's E Grade event, and now thirteen year old Justin Chu, who took out the 2016 Junior Boy's title, were chasing 'back to back' OZ Open titles and that opportunity well and truly presented itself when both players came

through to the final stanza without losing a game in three earlier round matches.

Chu ended up victorious on this occasion, 21/10, 21/15, with both players displaying a skill level well above their age level.

In their penultimate matches, Baines fell over the line against Wodonga's Liam Tippet 22/21, 21/17, and Chu accounted for Commercial Club's second seeded Nick Driver, 21/9, 21/13.



Justin Chu, Sam, Elaine Broadway & Ross

HEIDI TUGEND E GRADE

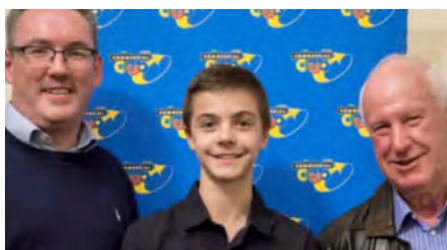
This event contained an enormous variance in player's ages, including seven juniors, but in the end it was two of the younger brigade who reached the final, two Commercial Club fourteen year olds, Alexander Brigden, plus Joey Rees, who put paid to a fairytale final when he held on gamely to defeat Alexander's mother Cheryl in a very entertaining semi final, 17/21, 22/20, 21/15.

To reach the final Alexander ousted Wodonga's Jordan Tamburini, 21/18, 21/13.

In the final Brigden came back from a game down to claim the title, 18/21, 21/7, 21/10, the first of a unique trifecta for the Championships, as he also won the E Grade Doubles with his mother, and was presented with the Presidents Scholarship award.



Sam, Alexander Brigden & Ross



Sam, Joey Rees & Ross

F GRADE

This event also included three local youngsters, who put on a great show for the other players and spectators, with Wodonga junior Zach Tamburini eventually triumphing over SS&A's Kai Braddy-Nelson, 21/13, 21/16.

In their respective semi finals Tamburini came out on top against Commercial Club's Lillian Brigden, 21/8, 21/11, with Braddy-Nelson holding on against the Commercial Club's singing sensation Sandy Lindsay, 21/9, 19/21, 21/9.

JUNIOR BOY'S UNDER 13 YEARS

A very strong pool of five locals participated in this event and after each had completed four matches, SS&A's undefeated Blake Sutcliffe was declared the victor, with the Commercial Club's Xavier Brigden finishing in second place with three wins.

In their unbelievable decider, Sutcliffe won the 117th point and the contest, 18/21, 21/17, 21/19.

The playoff for third/fourth was between the Parmesan brothers with Tye coming back from a game down to win 20/22, 21/9, 21/7, and claim bragging rights for a little while in their household.



Sam, Zach Tamburini & Ross

JUNIOR GIRL'S UNDER 13 YEARS

Wodonga's pocket dynamo twelve year old Gabby Baines won her second Australian Junior Girl's event defeating Corio's Ella Partington in the decider, 21/5, 21/7, and in so doing registering the fifth singles title at these championships for the junior brigade.

Third placing in this event went to the Commercial Club's Taf Mutape who overcame nine years old Amelia Brigden, 21/13, 21/7.



Sam, Xavier Brigden & Ross

Singles

Grade	Winner	Runner-Up
Men's Open	Cam White (VIC)	Rex Hedrick (VIC)
Women's Open	Sarah Fitz-Gerald (VIC)	Kristel Proctor (VIC)
A	Anthony Hain (VIC)	Scott Petts (NSW)
B	Matthew Bayley (VIC)	Dave Whan (SA)
C	Blake Caspersz (VIC)	David Parkinson (NSW)
D	Justin Chu (NSW)	Nicola Baines (VIC)
Heidi Tugend E Grade	Alexander Brigden (NSW)	Joey Rees (NSW)
John Broadway F Grade	Zach Tamburini (VIC)	Kai Braddy-Nelson (NSW)
Junior Boys	Blake Sutcliffe (NSW)	Xavier Brigden (NSW)
Junior Girls	Gabby Baines (VIC)	Ella Partington (VIC)

Doubles

Grade	Winner	Runner-Up
Open	Andrewartha/England (VIC)	White(VIC)/Paramore (NSW)
A	Abishara/Andrew (SA)	Sobolewski/Petts(NSW)
B	Bayley/Cooper(VIC)	Worthington/Kamber (NSW)
C	Hanckel/Bartlett (NSW)	Parkinson/Westman(NSW)
D	Richards(SA)/Gerontzos(VIC)	O'Connell/Baines(VIC)
E	A & C Brigden(NSW)	Mulloy/Shaw (NSW)

Author: Paul Vear. Photos courtesy of Steve Daniel.

Special Presenters: Sam Abishara & Ross Falconer.

Around the Clubs



2018 SQUASH
AUSTRALIA CLUB
OF THE YEAR
NOMINEE

1 SANDGATE SQUASH CLUB

www.sandgatesquash.com.au

Congratulations Sandgate Squash Club on a well-deserved nomination for Club of the Year. Sandgate Squash continues to thrive as a home to many Brisbane based squash players, coaches and volunteers. Under the leadership of centre manager Nathan Turnbull, the Club continues to lead by example as one of the most active and engaged Clubs in Queensland squash. With this in mind, it's no surprise that Sandgate continues to build on his reputation as an exceptional Australian club. Visit www.sandgatesquash.com.au for club news and updates.



2 WARRNAMBOOL SQUASH CLUB

2018 SQUASH
AUSTRALIA CLUB
OF THE YEAR
NOMINEE

[facebook.com/Warrnambool-squash-and-racquetball-club](https://www.facebook.com/Warrnambool-squash-and-racquetball-club)

Squash Australia congratulates Warrnambool Squash Club for a fantastic 2017 and a well-deserved nomination for our Club of the Year award. Throughout 2017, Warrnambool Squash have brought squash to life again in a region where many were concerned for the future of the sport. The Club has shown a huge increase in affiliated members, and is now running a thriving junior programme and in-house pennant competition to over 130 regular players. Another huge congratulations to Warrnambool Squash Club for their excellent work. Visit www.facebook.com/warrnambool-squash-and-racquetball-club for club news and updates.



**4**

SOUTHPORT SQUASH CLUB

www.southportsquash.com.au

Squash Australia is pleased to announce their recent acquisition of the Southport Squash Centre in Queensland. The club is home to over 100 members and players across a vibrant in-house league and pennant competition. Squash Australia has appointed Howard Halter as manager of the facility and looks forward to leading the development of the facility into one of Australia's premiere Squash clubs and centres. Visit www.southportsquash.com.au for news and updates or contact hhalter@squash.org.au

1**3****4****2****3**

STAFFORD SQUASH CLUB

2018 SQUASH AUSTRALIA CLUB OF THE YEAR NOMINEE

www.staffordsquash.com.au

Congratulations Stafford Squash Club! Another well-deserved nominee, Stafford have worked hard to develop their reputation as a family-oriented club with a great sense of community. This club makes its values clear in welcoming all members of the community and actively addressing the needs of their members. With a thriving membership base and growing community of supporters, Stafford is deservedly regarded as one of Queensland's most welcoming clubs. Visit www.staffordsquash.com.au for club news and updates.

ANNUAL AWARDS 2018

This month's 'Around the Clubs' features the three Clubs who have been nominated for the prestigious Club of the Year Award at the 2018 Squash Australia Annual Awards Dinner.

Club of the Year aims to recognise the clubs around our country that are doing exceptional work for their players and community. Squash Australia recognises that clubs are at the heart of participation in our sport, and we take great pride in presenting this annual award.

The below listed clubs are deserved nominees of this year's award. Each club has contributed to the development of Squash in their own community, be it a thriving competition scene, recruitment of new participants, excellent coaching programmes or exceptional club development initiatives.

Squash Australia would like to congratulate each of the following nominees:

- Sandgate Squash (QLD)
- Stafford Squash (QLD)
- Warrnambool Squash & Racquetball (VIC)

Winner of Club of the Year will be announced on Friday 16th February. Please visit www.squash.org.au/w/news for coverage.

SQUASH BALL PRODUCT REVIEW

BALLS UP

Squash balls stand out as one of the most truly unique components in the worldwide realm of sport. At room temperature, a squash ball barely bounces but once warmed, whether, through mechanical or physical means, they bounce a lot – over twice as much in their original state. A trait unheard of in other ball sports.

For the average player, failure to get the ball hot will result in a 'dead' bounce and leave you playing a game that on many occasions rewards 'poor' play (remember that framed drive that died 2 feet from the front wall) instead of rewarding 'good' play.

To that end choosing the correct ball, professional, intermediate or beginner – for your level of play is an important element to consider before stepping onto the court but once sufficiently warmed, the bounce of a ball is just one in a series of vital characteristics.

Speed through the air, rebound height off the front wall, durability, height of bounce off the floor and texture must all come together in a delicate blend of rubber compound to produce a ball that compliments the dynamic demands of the sport - making it neither too easy nor too difficult.

The Different Types of Squash Balls:



PROFESSIONAL/ 2-DOT: The 2-Dot ball is used in professional competition. It is most suitable for professional, tournament and good club players and requires consistent, sustained hard-hitting play to maintain the correct temperature for optimal performance.



COMPETITION/ INTERMEDIATE/ YELLOW-DOT: Designed for club players or for use on very cool courts, in place of a 2-Dot ball, with a slightly longer hang time (5-10% of the 2-Dot).



PROGRESS/ IMPROVER/ RED-DOT: Perfect for improvers or recreational players with a longer hang time (around 10-20% of a 2-Dot) and sometimes larger in diameter (in the case of Dunlop). Good for players looking to develop their technique as it doesn't require the player to hit the ball as hard to retain bounce.



INTRO/ BEGINNER/ BLUE-DOT: Ideal for beginners the blue-dot ball has a hang-time around 15-40% greater than a pro standard 2-Dot ball to help new players get to grips with the sport's dynamics, the characteristic of the ball and to help keep rallies alive.

CHECK YOUR BALLS:

DIFFERENT SQUASH BALLS COME IN DIFFERENT COLOURS FOR A REASON - THEY'RE HELPING YOU CHOOSE THE RIGHT BALL AIMED TO SUIT YOUR LEVEL OF FITNESS AND HELP YOU BECOME A BETTER PLAYER.

While a 2-dot ball is the de-facto go-to for most club players, choosing a ball above your level, i.e. one you cannot heat correctly, removes a degree of skill from the game, making it easier to hit winning shots, requiring less fitness, demanding less tactical astuteness and making it harder to play lengthy rallies.

Where professional players can go through a ball (hitting consistently hard enough to cause the rubber to lose its elastic properties) in the course of just a few games, local players can sometimes struggle to get balls warm at all and court conditions also play a major role in determining what ball the average player should use.

On a cold court and in winter time it may be best to use a bouncer ball to keep your game and play consistent, whilst a slower ball may be more appropriate on a warm court. A bouncer ball is also a great tool for players looking to develop their skills in practice, giving players more time to be able to play their shot and perfect technique.

Here is a selection of competition standard 2-dot or double-yellow balls to see which one was the lord of the bounce.



Dunlop:

Cost: AUD\$50.95 per dozen

Speed through air: 5/10

Durability: 4/5

Bounce Height: 

OVERVIEW: With around 90% of global sales Dunlop are the de-facto standard setter and the automatic go-to choice for players around the world. The characteristics of the Dunlop ball, the bounce, the feel and the durability, just feel 'right' and are what all other balls must be judged against. The consistency of product - with the odd ball in occasional boxes performing slightly different to the bulk - is the only negative to what is a stellar product.



Wilson:

Cost: AUD\$46.95 per dozen

Speed through air: 7/10

Durability: 3/5

Bounce Height: 

OVERVIEW: The most similar ball to the Dunlop on test, the Wilson enjoyed similar speed and durability but had a marginally lower bounce in the back court resulting in a more 'dead' back-wall rebound putting more pressure on the retriever. It was marginally more 'spongy' off the racket face also. It was the easiest and quickest ball to warm to sufficient temperature and the gunshot sound effects that accompanied any smashing drive was a source of many smiles.



Harrow:

Cost: AUD\$42.50 per dozen

Speed through air: 4/10

Durability: 2/5

Bounce Height: 

OVERVIEW: The most unpredictable ball on test, the Harrow felt wayward at times, delivering greater hang time through the air and a slower speed that meant a much lower bounce off the floor. The most varied in terms of bounce consistency, it was much harder to find a repeating length in play but the variation proved to be a positive training stimulus to keep players on their toes for unsuspected bounces at all times.



Karakal:

Cost: AUD\$45.50 per dozen

Speed through air: 8/10

Durability: 3.5/5

Bounce Height: 

OVERVIEW: Similar to the Black Knight, the Karakal ball played closer in characteristic to a Dunlop One Dot, requiring much less pace and power to play constant punishing length drives. Flying faster through the air it made striking volleys a tougher task but with a joy on front-court defensive play, with much less wrist and power required to play an inch-perfect lob.



Black Knight:

Cost: AUD\$48.50 per dozen

Speed through air: 9/10

Durability: 2/5

Bounce Height: 

OVERVIEW: While feeling similar to the Dunlop in weight, the Black Knight ball was much faster through the air - requiring much less force to hit the back corners and bouncing with much greater height as a result - giving the striker more time on the shot akin to a Dunlop single-yellow ball. The high speed off the front wall made finding a consistent length more difficult while the logo and colour faded quickest on test.



Victor:

Cost: AUD \$39.99 per dozen

Speed through air: 5/10

Durability: 3.5/5

Bounce Height: 

OVERVIEW: Victor balls feel slightly heavier off the racket face in comparison to the Dunlop and the other balls on test. The weight, along with a little added texture, allows greater purchase on short play - leading to increased feeling of control - but means that an extra punch is needed to find the perfect length drive. The slight weight difference resulted in a lower bounce in the back corners, meaning a sweetly struck drive delivered a satisfactory winner.

CONCLUSION:

As the go-to ball for players around the world and the unquestioned behemoth in the squash ball arena, it is hard to look past Dunlop as a leader of the pack. With consistent performance that just feels 'right', Dunlop continue to be the ball that all others aspire to be. While some of the competition offer better feel on the front court shots (Victor and Karakal) or easier length hitting (Black Knight), none have yet combined all elements of speed through the air, rebound height off the front wall, durability, height and bounce off the floor and texture to mount a serious challenge to the Dunlop product just yet. Having said that, the Victor ball at its cheaper price point, offers best value for money.

Visit
direct-squash.com.au
to purchase Dunlop
squash balls.
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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



2017 Annual General Meeting and Forum

Dates:

Friday 3rd November, 2017

- Executives Meeting

Saturday 4th November, 2017

- Annual General Meeting
and Squash Australia Forum

Sunday 5th November, 2017

- Squash Australia Forum

Location:

Level 2, Sports House,
150 Caxton Street, Milton
QLD 4064

The 2018 Squash Australia Annual General Meeting and Forum was held over the weekend with representatives from all eight states and territories.

The AGM election of directors saw David Mandel reelected onto the board and as Squash Australia President. There were three spots open for Directors on the Squash Australia Board with six nominations. After two rounds of voting

Chris Sinclair was elected onto the Board of Directors, together with Dale Robbins who was reelected after one round of voting. Michelle Martin and Joanna Brodie who were both appointed onto the board.

The Squash Australia Board of Directors

David Mandel – President

Michelle Martin – Director

Mick Jaroszewicz – Director

Dale Robbins – Director

Dave Whan – Director

Chris Sinclair – Director

Joanne Brodie – Director

On Saturday, a full contingent of Presidents and Executives from all eight States and Territories joined the Squash Australia Board for a forum. The main focus of the forum was to report on progress against the 2016-2022 Squash Australia Strategic Plan. Everyone was happy to see the huge progress made in all areas and excited by developments to come over the next couple of years.

This followed by presentations from:

Henry Weber – SportyHQ Update

Daniel McDiarmid, AskRight – Squash Foundation

Hayden Griffiths, Squash Australia – National Membership Benefits

Ian Fullagar – Governance Update

On Sunday there were presentations from:

Margot Foster AM, Chair Squash Australia Nominations Committee – Governance Best Practice

Stephanie Yoon, Squash Australia – Integrity Update

Hamish Cain – Facility Strategy

Stephen Jones, Marsh – Insurance Update

Anna Walker, Squash Australia – Launch Education Participation Framework

Paul Price, Squash Australia – Junior Development Update

Kay Kendall, GOLDOC – 2018 Gold Coast Commonwealth Games

All the documentation from the AGM and Forum presentations can be found on the Squash Australia website.

Squash Australia would like to thank all those who attended, the delegates for fantastic presentations, and those who helped and contributed with inspiring and positive feedback.

Centremark – Keeping Centres Above The Red Line

A PROGRAM TO MAKE SQUASH CENTRES PROFITABLE

BACKGROUND

The survival of squash in Australia relies on the success of squash centres, whether privately or publically owned. Success of these centres is directly attributable to the number of people using the courts. This is clearly understood by all people involved in the sport.

Squash Australia has recently begun a program called CentreMark, with the first phase of the rollout commencing in 2017. The next phase is beginning this year.

Squash Australia has engaged Paul Mead who has been involved in the sport for over 20 years, is a former Squash NT Executive Officer, and now owns a business performance consultancy, to develop the next stage of the CentreMark rollout.

Paul explains below the aim, need and desired outcomes for CentreMark in 2018.

THE AIM OF CENTREMARK

To increase the sustainability of squash centres in Australia by providing them with business growth tools alongside the sport participation tools.

WHY IS THIS NEEDED?

The nature of consumers' habits has shifted significantly over recent years in relation to sport, recreation and fitness activity. This has impacted on the way sport is played, with people tending towards a 'Pay, Play, Away' attitude. The traditional model of delivering the sport is becoming less attractive to the consumer. A journey towards a change in the way sport is developed and delivered is a challenge for not only squash, but all sports based on traditional club models.

Squash centres are like most other centres or clubs in the sport, recreation and fitness industry. They are vying for a person that wants some form of physical activity and often these centres are run as a small business. Therefore, a simple business model can be used to understand the problems at hand.

BUSINESS FUNDAMENTALS

The fundamentals of business success are based around three key areas:

• More Leads

A business is able to successfully market itself in the community and positions itself with a unique value proposition that creates interest in a target market.

• More Conversions

The business has a strategy to attract these leads and turn them into paying customers.

• More Transactions

The business can retain the customer for an extended period and continue to sell them their products and upsell and cross-sell to them.

These three fundamentals are complemented by two other key areas, that enable a business to become financially sustainable. These can only be completed successfully, once the three fundamentals have been implemented.

• Higher Prices and More Profits

Once a business has created itself as an authority in the market and demonstrated unbeatable value, then their customer base no longer shops on price, but rather around the value they provide. The business can then charge higher prices without fear of losing customers.

More profits are gained through understanding the business and looking for areas to streamline processes and increase margins.

WHERE TO NOW

Squash Australia will be providing support to its affiliated centres, to ensure that they have the tools to grow their business, based on the business fundamentals.



- Members can select from the three partnership levels Silver, Gold, or Platinum based on your centre
- The Red Bull VIP Program has been developed to drive category growth in your store, focusing on long term sales drivers to positively impact profit & turnover
- Subsidised administration software powered to increase participation and interaction amongst players
- SportyHQ helps your club run online bookings, tournaments, ladders, membership payments, your website and more
- Receive a \$2 rebate on every case of Cool Ridge Spring Water (600ml) and \$1 on every case of all other products
- Squash Centres have the opportunity of making a profit of \$8,400 per annum
- 27% margin on impulse lines
- 2.5% rebates on all products sold
- Centres will receive 100% of the profits from the products they sell and can develop their own prices for in-store purchases
- Centres can purchase premium products at cost + 10%

The CentreMark program will be rolled out in 2018 with two focus areas:

- **Sport Growth:** This is the development of a National brand and marketing focus that correctly positions the sport in the market and allows centres to effectively progress people along the buyer's journey. This area is led by Squash Australia based on the Business Fundamentals (leads, conversions, transactions, prices, profits).
- **Centre Growth:** This is the support of individual centres and their growth as independent businesses. This provides professional support to grow the centres as sustainable businesses, against a well-documented model.

TIMELINE

2017

- CentreMark Products introduced: This provides centres with access to heavily discounted products from Schweppes, Peters, Hollier Dicksons, pro shop merchandise. This uses Squash Australia's National buying power.
- SportyHQ was introduced: this provides centres with an online operations hub for the management of the sport through memberships, tournament and league management, online court bookings, website builder and lots more.

2018

- Centre Growth and Sport Growth products to be introduced.

If you want to find out more information about the existing CentreMark products or to have access to the Centre Growth and Sport Growth products in the pilot stage, then contact Hayden Griffiths at Squash Australia on membership@squash.org.au.



ADF Squash – President's Report August 2017

I firstly thank all ADF Squash members for the opportunity to fulfil the role of President over this last 12 months, and in particular the Committee and volunteer representatives for their efforts in coordinating squash participation and events during this time.

Following a successful 2016 National Carnival ADF Squash has seen a number of positive gains including: several successfully held State inter-Service competitions; a rebranding of ADF Squash and our official logo; review of our Constitution; and alignment with the ADF Sport's Council's new guidelines and Standard Operating Procedures. We've also seen a number of our association members' participate in significant squash events, including: World Master's Games in NZ; Elliot Geddes' A-grade win in the Australian Closed tournament; and participation in the Parkes Doubles 2017 and ACT Open Doubles 2017. More recently we've seen a transition of our association internet site to the new 'collab' webpage which will significantly enhance our ability to capture information and ADF Squash activities, and I commend both CPL Darren Bisson and SGT Mel Boyd for their efforts in achieving this.

MEMBERSHIP NUMBERS (in accordance with the SOP of the ADF Sport Association Membership)	ARMY	NAVY	AIR FORCE
MALE	185	117	167
FEMALE	19	16	21
TOTAL MEMBERSHIP	204	133	188

This said, we've also had challenges within the last 12 months: growing pressure on our funding allocation from the ADF Sports Council; and, our plans to conduct an overseas tour to NZ to play against NZDF, as well as participate in the World Masters Tournament, was not approved. Despite this I am extremely pleased to see the increased levels of participation in ADF squash both regionally, in areas such as South East QLD, ACT and SA, as well as the numbers attending the 2017 Nationals.

In July 2017 total membership across Services was 525 personnel. This includes affiliate members (ie haven't attended competition or been actively involved in last three years). The number of personnel

who have attended Nationals competition in last three years is Male – 78, Female – 11; however, this is not a true indication of active members as there are a number of personnel who are involved in Local, State, and Inter-Service events who are unable to attend Nationals. Our existing data does not allow us to calculate this membership base IAW with ADFSC SOPs for previous FY, but will in the future.

Capturing our participation levels is key to the development of our association, and this is a challenge we share with Squash Australia. Within the ADF we have the opportunity to have access to courts on our bases, and there are many social players who are not captured within our membership database. Further still, there are many players who are unaware of ADF Squash, and I am amazed that we have players at the 2017 Nationals who only heard about the tournament by coincidence a week prior to commencement. Our levels of participation drive our ability to demonstrate growth, reduce the decline of our courts, and access official support to participate in events.

I see the next 12 months as an opportunity to develop our profile as a sport, particularly as Squash is a participating sport within the Gold Coast Commonwealth Games. In the next few months the Committee will issue the ADF Squash 5 year plan, which will align with the ADF Defence Sports Strategy 2015-2019, and the Squash Australia 2016-2022 Strategic Plan, focusing on areas such as:

- Increasing general participation in Squash for all ADF personnel
- Pursuing international engagement
- Demonstrating increase to our profile and membership base
- Improving our refereeing and coaching skills base
- Improved management of our squash facilities
- Identifying benefits to Association membership.

Again, I thank ADF Squash members for your continuing support, ideas, and dedication. See you on the court.

Jacob Lee
Major
ADF Squash President

ADF Squash - National Carnival 2017

Australian Defence Force Squash representation this year at the ADF Squash National Carnival (August 20 – 25th) saw a record number attend in recent years. ADF Squash's diverse squash talent was spread amongst several Grades including Open (M/F), A to D Grade (Mixed), Inter-Service (1-Air Force, 2-Army, 3-Navy), Inter-State (SA/ WA/NT, QLD, NSW), Masters, Veterans and Doubles.

LAC Aaron Fyfe, of No. 81 Wing at RAAF Base Williamstown, beat WO David White 3-0 to claim the Men's Open title. This match was a fast paced game that saw WO David White put up a fight, right until the last point.



Australian Defence Force Squash/ Winner of the Australian Defence Force Squash Nationals Mens Open, Leading Aircraftman Aaron Fyfe (left), with Defence Squash President Rear Admiral Mick Noonan, DSM, RAN.

RADM Michael Noonan, Patron of ADF Squash said: "I've been associated with ADF Squash for over 30 years, and I am very proud to be the current Patron. This year's National Carnival was the most impressive that I can recall, and may be the most successful ADF Squash National Carnival ever conducted.

This year, we had a total of 67 players, evenly spread across the three Services,

with approximately 40% of these players competing in their first ADF National Carnival. For the first time in the history of the National Carnival, all three Services were able to field their strongest players, with a total of 10 players in the Open Division and 20 players in A Grade. I was particularly delighted that we had five female players this year, including one in the Open Division and two A Grade players.

Overall, we saw an outstanding level of participation and competitiveness at this year's National Carnival, with all players playing between 8-18 matches over the 5 1/2 days of competition. I was very proud to be able to present the prizes and awards at the end of the competition, particularly to CFN Tim O'Callaghan who was awarded the Players' Player Award, and to LS Casey Smith from HMAS *Canberra*, who was awarded the Encouragement Award."

The results from the ADF Squash Nationals 2017 are:

Men's Open: Aaron Fyfe def David White ,

Ladies open: Toni Maxfield Def Ayla Stevens ,

A grade: Stephen Gill def Ben Smith,

B grade: Peter Van Drie def Craig Rees,

C grade: Nick Rafter def Robert Batten,

D grade: Troy Woof def Joseph Green,

Doubles open: Craig Baldwin and Nick Evans def David Small and Ben Whalley,

Doubles A grade: Stephen Gill and Dean Eamer def Darren Bisson and David Cutler,

Masters: David Small def Nick McKenzie,

Veterans: Brett Parker def Jason Turk,

State Cup: combined SA/WA/Nt team def QLD,

Interservice: Air Force def Army 4-1 to take the title (also Air Force def Navy 3-2 in the other round robin),

Air Force team: Fyfe, Gailer, Baldwin, Parker and Boyd,

Army team: Geddes, Turk, Gill, Windsor and A. Stevens,

Navy team: White, Bolger, Evans, Bhakoo, C. Smith,

Special Awards: Encouragement - Casey Smith, Player's player - Tim O'Callaghan

Australian team selected:

Men:

Aaron Fyfe

David White

Elliot Geddes

Stephen Gailer

Craig Baldwin

David Bolger

Reserve: Nicholas Evans, Steven Gill

Ladies:

Toni Maxfield

Ayla Stevens

Reserve: Melinda Boyd

Top image: Australian Defence Force Squash/ Australian Army Musician, Private Toni Maxfield.

AUSTRALIAN JUNIOR CHAMPIONSHIPS

PLATINUM EVENT
29TH SEPT - 2ND OCT

TEAMS EVENT
4TH - 7TH OCT

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Strength and Conditioning for Squash – General Preparation Phase (GPP)

Giovanni Capello

Squash Australia's Winning Edge athletes who are based in Brisbane, begin their training season in early December after a transition period. The initial phase of training is General Preparatory and as indicated by the name, the goal is to physically prepare the athlete for future training phases in the annual periodisation plan.

The initial 4-week block of training leading into Christmas comprises of strength and conditioning sessions that focus on developing general strength qualities and increased work capacity. To achieve the phase objectives, athlete's complete strength sessions in the gym and energy system training that comprises of non-specific conditioning methods. The volume in this phase is high as the athlete is put through challenging training sessions that build physical work capacity and tolerance to training.

The following are examples of the type of training that the athletes are exposed to within the strength and conditioning program during GPP.

Strength training

The program focuses on correcting strength imbalances and improving overall general strength. To develop general strength, compound lifts such as back squat and deadlift are recommended. Exercises such as basic lunge patterns and single leg hip movements are used to improve single leg strength and imbalances.

In the compound lifts the athlete completes 4-5 sets of 8-15 repetitions at an intensity of 60-77.5% 1RM. There is also an emphasis on improving the athlete's mobility, core strength and exercise technique especially on the major lifts.

Common injury sites in squash include overuse injuries at the elbow, shoulder, ankle, knee hip joints and lumbar spine. To target these areas preventative exercises are included in the program that strengthen the rotator cuff muscles surrounding the shoulder and the gluteus muscles of the hip. As squash athletes are continually lunging, the hip region becomes tight especially hip flexors, therefore in addition to strengthening, there should be an emphasis on improving mobility. The following link provides information on mobility exercises to assist the squash athlete.

<http://www.squash.org.au/w/blog/using-resistance-bands-to-improve-hip-range-of-motion-and-mobility>



Back Squat



Deadlift



Single leg hip extension (Bench)



Split Squat



Face pull (Band)



Plank (TRX), Side plank (weighted), Dead bug(Bench)

Energy system training

The focus is on improving aerobic endurance capacity, using mixed methods of nonspecific conditioning and cross training. At this early stage general cross training is beneficial to develop an aerobic base, prior to targeting more intense anaerobic and sport specific conditioning in future phases. Developing the aerobic energy system is important due to the duration and high intensity, intermittent nature of the sport. An efficient aerobic system, assists the athlete to better recover and improve performance during squash matches.

When using boxing as a cross training method it is advisable that the athlete is taught the basic punches and safety considerations such as how to properly make a fist. To find out more information on boxing conditioning ideas visit the following link to access an article.

<https://asca-uat.org/index.php/jasc-19-1/1354-exercise-highlight-boxing-heavy-bag-training-practical-coaching-application>



Running (MAS)



Boxing



Watt Bike, Skipping, Sled Push



Assault Bike



Strength Endurance Circuit



Battle rope, Sled pull

Additional information

Adaptations are monitored through Strength and Conditioning testing, completed with the athletes at the beginning of the phase and then again at the end of the training block.

Updated athlete test scores are used to set the intensity for the strength and conditioning program in the next phase of training.

If you have any questions about strength and conditioning for squash, I can be contacted at gio@coachingfitness.com.au

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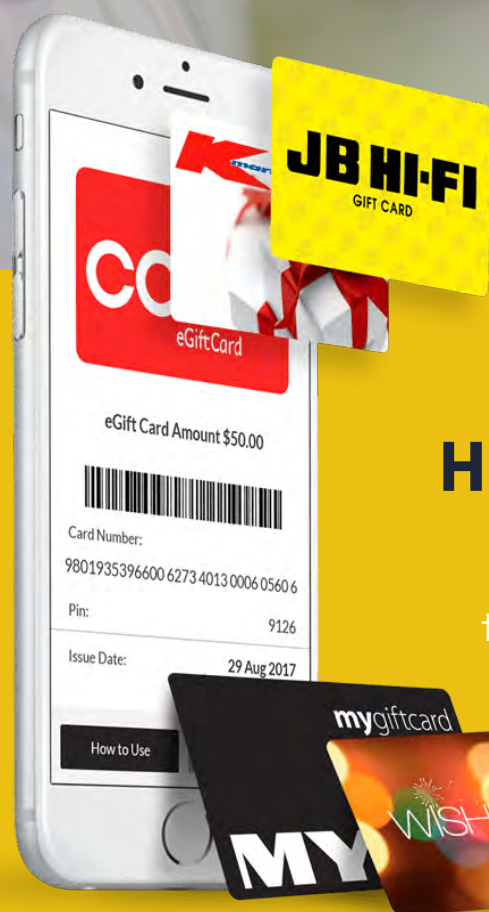
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SYDNEY, NSW

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U19/U17/U15/U13/U11

 PLATINUM EVENT
ENTRIES OPEN SOON

A10

2019

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Australian Squash Tour

The Australian Squash Tour (AST) is a new initiative created by Squash Australia to promote the Professional Squash Association (PSA) events across Australia.


The AST aims to bring all these great events together, creating a circuit to benefit Australian players. Event organisers in Australia do a great job with their events, the circuit will help support them in their efforts of getting more players on the court. The AST is for Australian players only, developed to facilitate participation across the nation. The players top 10 tournaments are counted toward the overall point score.

The prize fund of \$10,000 has been put forward by Squash Australia in addition to any prize money players may receive from the PSA events. The Australian Squash Tour awards the top three male and female Australian players with a share of the prize fund.

The 2017 AST finished with the Australian Open in November. The total prize money for the 26 individual PSA events on the AST tour was \$150,000.

Top 10 Men			
1	J. Larkin (QLD)		
2	R. Dowling (QLD)		
3	R. Hedrick (VIC)		

Josh Larkin

Top 10 Women			
1	T. Saxby (NSW)		
2	J. Turnbull (QLD)		
3	C. Nunn (VIC)		

Tamika Saxby

The 2018 AST kicks off with the Australian National Championships in February held in Melbourne with a total prize fund of \$160,000 for the 2018 events.

2018 AUSTRALIAN SQUASH TOUR

WOMEN'S AST

AUSTRALIAN NATIONAL CHAMPS AST 10 16 - 18 FEB
AUSTRALIAN DOUBLES OPEN AST 10 16 - 18 FEB
BRISBANE CITY TOURNAMENT AST 5 01 - 04 MAR
NT OPEN AST 10 09 - 12 MAY
NT DOUBLES AST 5 13 - 14 MAY
WA CLOSED SQUASH CHAMPS AST 5 25 - 27 MAY
GOLDEN OPEN AST 5 01 - 03 JUN
BENDIGO INTERNATIONAL AST 5 12 - 15 JUL
TASMANIAN/DEVONPORT OPEN AST 10 27 - 29 JUL
VICTORIAN DOUBLES AST 5 28 - 29 JUL
AUSTRALIAN OPEN AST 10 02 - 05 AUG
NORTH COAST OPEN AST 5 30 - 02 SEP
NSW OPEN AST 5 07 - 09 SEP
Q OPEN AST 10 12 - 14 OCT
CAIRNS OPEN AST 5 26 - 28 OCT

MEN'S AST

AUSTRALIAN NATIONAL CHAMPS AST 10 16 - 18 FEB
AUSTRALIAN DOUBLES OPEN AST 10 16 - 18 FEB
ESPERANCE OPEN AST 5 03 - 04 MAR
ELANORA OPEN AST 5 16 - 18 MAR
ACT OPEN AST 10 04 - 06 MAY
NT OPEN AST 5 09 - 12 MAY
NT DOUBLES AST 5 13 - 14 MAY
WA CLOSED SQUASH CHAMPS AST 5 25 - 27 MAY
GOLDEN OPEN AST 5 01 - 03 JUN
BENDIGO INTERNATIONAL AST 5 12 - 15 JUL
VICTORIAN DOUBLES AST 5 28 - 29 JUL
AUSTRALIAN OPEN AST 10 02 - 05 AUG
SHEPPARTON INTERNATIONAL AST 5 16 - 19 AUG
BEGA OPEN AST 5 24 - 26 AUG
NORTH COAST OPEN AST 5 30 - 02 SEP
NSW OPEN AST 5 07 - 09 SEP
Q OPEN AST 10 12 - 14 OCT
CAIRNS OPEN AST 5 26 - 28 OCT

\$160,000 PRIZE POOL

ALL POINTS CONTRIBUTE TO AST RANKING



Meet the Director – Mick Jaroszewicz

Mick has 37 years experience as a structural / civil engineer and manager with building projects in United Kingdom, Middle East and Australia. He has been a company director in Australia since 1989. He is the founder of MAJCON, Consulting Structural, Civil Engineers and Project Managers.



Mick has been a Director of The Association of Consulting Structural Engineers, NSW since 2007. As President in 2013 he led the reform of the Articles of Association which has resulted in substantial membership growth.

Mick is passionate about sport, a healthy lifestyle and junior development in sport. He has played representative sport with his school, university and sporting clubs in football, rugby, squash and golf. Mick has played squash for 44 years and has held numerous club administration roles during this time.

Between 2011-2016 he was Chairman of Briars@Thornleigh Squash Club. Recently he was elected to join the Board of Directors of Briars Sporting Club, with over 1200 members participating in seven different sports.

Mick was elected to the Squash Australia Board in March 2015 and has been chairperson of the Events and Facilities Working Groups.

WANT TO GET INVOLVED?

www.elearning.squash.org.au



Become a Club Referee

Squash Australia members can now become a Club Referee online.

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

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
- Runner Up 2015 Cathay Pacific Sun Hung Kai Financial Hong Kong Open
- Runner Up 2016 World Series Finals
- 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

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

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
- Winner 2017 Australian Open
- Bronze Medal in the 2017 World Doubles Championships

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

Major Achievements:

- Winner 2017 Monte Carlo Classic
- Bronze Medal in the 2017 World Doubles Championships
- 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 Performance Auto Group White Oaks Court Classic
- 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 NSW Open
- Winner 2017 North Coast Open
- 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 Co-ordinator

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

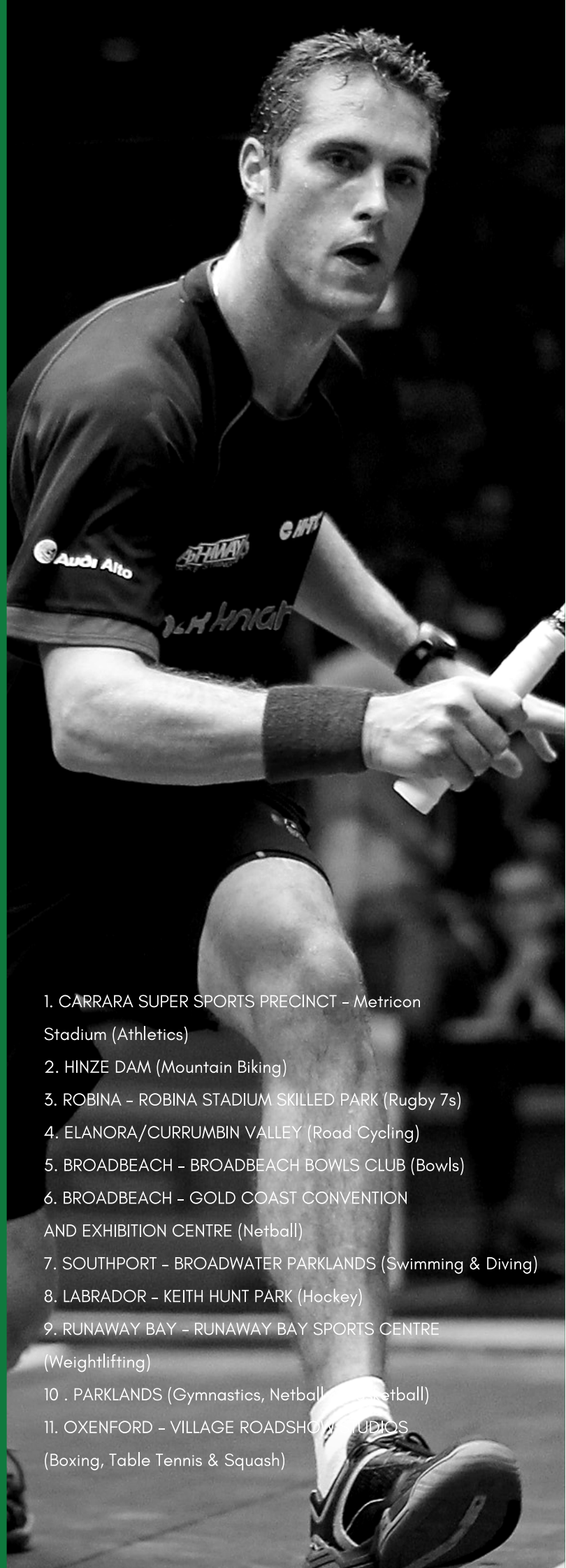
Medal Events: 5

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	Rachael 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

Squash TV www.squashaustralia.tv

Instagram [squash_australia](#)

Useful Resources

Squash Australia

www.squash.org.au

Squash Matrix

www.squashmatrix.com

Sporting Schools www.sportingschools.gov.au

Gold Coast 2018

www.gc2018.com

Commonwealth Games Australia

www.commonwealthgames.org.au

Australian Institute of Sport

www.ausport.gov.au

Professional Squash

Association www.psaworldtour.com

World Squash Federation

www.worldsquash.org

Carrara Squash

www.carrarasquash.com.au

Support Staff

Psychologist [Gemma Harangozo](#)

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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Join the Conversation

#GC2018

#ShareTheDream

#CusKing

#PistolPilley

#DonnaSquash

#RachaelGrinham



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Facebook

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

15,499 views & 55 subscribers



facebook.com/SquashAustralia/

1,572 likes



twitter.com/Squashoz

over 872 followers

283KPH

Fastest recorded speed on **squash ball smash**

20 MILLION

squash players world-wide



Squash is an
**ethical
sport**

Squash is a
**DRUG
FREE**
sport

In Australia

SQUASH
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%

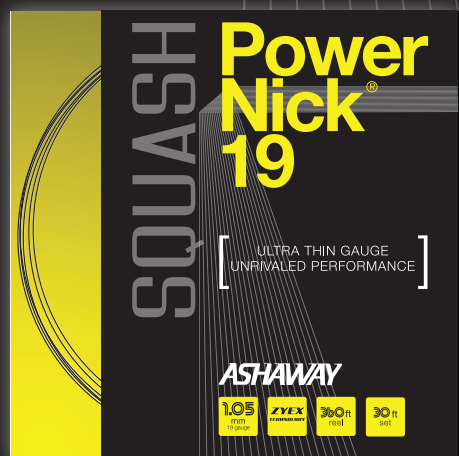
of people believe that sports has a positive effect on the country's reputation

Power Nick[®] 19



[ULTRA THIN GAUGE
UNRIVALED PERFORMANCE]

David Palmer
4 x British Open Champion
2 x World Champion



Unique Zyex[®] Micro-Monofilament Core

- Revolutionary Ultra Thin Gauge
- Optimum Balance of Power and Performance
- Prevents Tension Loss

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1.05
mm
19 gauge

ZYEX
TECHNOLOGY

360 ft
reel

30 ft
set

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