

VISION & 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!



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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.

AUSTRALIA'S TOP PLAYERS

CAMERON PILLEY



Date of Birth: 27/10/1982 Place of Birth: Yamba. Australia

Coaches: Carl Koenia

Training Location: The Hague, Netherlands

Years in Squash: 31 years

Twitter: @campilley

Website: www.cameronpilley.com/

Major Achievements:

- Number 1 ranked Australian player
- Highest PSA ranking to date: 11
- 2010 Dutch Open Winner
- Gold and bronze medal in the 2010 Commonwealth Games
- Gold and bronze medal in the 2014 Commonwealth Games



Bin:

After attended the Australian Institute of Sport on a Squash scholarship Cameron dedicated himself to being a professional Squash Player and broke into the World's top 20 in 2008. One of his proudest achievements was, partnered by Kasey Brown, to claim a mixed doubles gold medal for Australia at the 2010 Commonwealth Games. Later that same year he overcame a strong field to triumph at the Dutch Open, beating Laurens Jan Anjema to claim the title.

On three occasions Cameron has broken the record for hitting a squash ball, his record now stands at a staggering 178 mph. 2014 saw Cameron win a second Commonwealth Games Gold medal, this time alongside David Palmer in the men's doubles.

December 2015 was a momentous month for Cameron Pilley. He reached a final of a PSA World Series event for the first time at the Hong Kong Open and downed World Champion Gregory Gaultier and World No.3 Nick Matthew in the process. In fact only defending champion and World No.1 Mohamed Elshorbagy could stop Pilley in Hong Kong.

RYAN CUSKELLY



Date of Birth: 27/10/1982

Place of Birth: Lismore. Australia

Coaches: Rodney Martin

Training Location: Greenwich, United States

Twitter: cusk87

Major Achievements:

- Number 2 ranked Australian player
- Highest PSA ranking to date: 15
- Winning the 2015 Bluenose Classic PSA Tour
- Winning the 2015 Victorian Open PSA Tour
- Winning the 2015 Northern Ontario Championship PSA To
- Winning the 2015 Oregon Open PSA Tour
- PSA World Series semi-final at the 2015 Qatar Circuit.



Bio:

Ryan Cuskelly is a prolific PSA World Tour title winner and one of the top Australians 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 the November and he followed that up by reaching his first ever PSA World Series semi-final at the Qatar Circuit.

RACHAEL GRINHAM



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 1 ranked female Australian player
- Highest PSA ranking to date: 1
- Ranked world number 1 for 16 consecutive months during 2004/05
- Winning the 2007 World Open
- Winning the 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

Bio:

Former World Champion Rachael Grinham is one of the most recognisable names on the PSA World Tour. 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.

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. 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.



DONNA URQUHART



Date of Birth: 19/12/1986 Place of Birth: Yamba, Australia

Coaches: David Palmer

Training Location: Brisbane, Australia

Twitter: @donnasquash

Facebook: www.facebook.com/Donna-Urguhart

Major Achievements:

- Number 2 ranked female Australian player
- Highest world ranking: 13
- Bronze medal in 2010 Commonwealth Games
- Winning 2012 Crocodile Challenge Cup
- Winning 2014 Victoria Open
- Winning 2015 Seattle Open
- Final of Courtcare Open 2015



Bio:

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 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.

PLAYERS OF THE FUTURE



ALEX EUSTACE

Date of Birth: 30/12/1997

Place of Birth: Brisbane. Australia Events: Men's Singles, Men's Doubles

Coach: Rodney Eyles Highest WR: 238

Squash Australia Ranking: 13

- Winner of the Oceania Junior U19 Championship
- Runner-up at Commonwealth Youth Games Doubles
- Third place play off at the Canadian Junior U19 Open



LAKEESHA RARERE

Date of Birth: 09/06/1997 Place of Birth: New Zealand **Events:** Women's Singles Coach: Rodney Eyles

Highest WR: 75

Squash Australia Ranking: 6

- Winner of the Oceania Junior U19 Championship
- Runner up at the Canadian Junior U19 Open
- Runner up at the Australia Day Challenge

COACHING TEAM



STEWART CARSON HIGH PERFORMANCE MANAGER

Place of Birth: Scotland Based: Brisbane. Australia

Bio: Stewart competed in the 2004 summer Olympics for badminton before becoming the National Badminton Coach for South Africa. In 2014 he joined Badminton Ireland as the High Performance Manager and currently acts as High

Performance Manager at Squash Australia.



DAN JENSON HIGH PERFORMANCE COACH

Place of Birth: Brisbane. Australia

Based: Brisbane. Australia

Bio: He joined the professional tour in 1993, and reached a career-high world ranking of World No. 5 in 1999. He was also runner-up in the men's doubles at the 2006 championships (partnering Joe Kneipp). At the 2006 Commonwealth Games, Jenson won a Bronze Medal in the men's doubles (partnering David Palmer).



LISA CAMILLERI PERFORMANCE PATHWAY COACH

Place of Birth: Tully, Australia Based: Brisbane. Australia

Bio: In 2010/2011 Lisa won 15 WSA events and reached a career high world ranking of 28. Lisa worked with the Junior Development Program in 2010 and 2011 at Westerfolds Sports Centre in Melbourne as well as 6 months in Baltimore USA in 2009 as a Professional Squash Coach. Lisa is a Australian Institute of Sport (AIS) scholarship holder and an accredited level 1 Coach.



VICKI CARDWELL TALENT PATHWAY COACH

Place of Birth: Melbourne, Australia

Based: Brisbane. Australia

Bio: Vicki Cardwell is a former World No. 1 squash player from Australia. She was one of the leading players on the international squash circuit from the late-1970s through to the mid-1990s. During her career, she won the World Open in 1983, and captured the British Open title four consecutive times in 1980-83. Since retiring from the top-level game, Cardwell has enjoyed continued success in seniors events, winning four World Masters Championships titles between 1987 and 1995.

THE COMMONWEALTH GAMES VENUE

The Village Roadshow complex at Oxenford will stage all squash competitions during the Commonwealth Games. The Village Roadshow Studios are located just off the Pacific Motorway, across from Reservoir Park. This venue is being enhanced to provide for the International Sporting Federations technical venue requirements.

DID YOU KNOW?

- Michelle Martin who won two 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 and the 1998 Commonwealth Games trails not far behind with a total of 40 months ranked at no 1, 24 of which were consecutive.

PATH TO GOLD COAST 2018

- Team selection is based on results from PSA events and Squash Australia events
- Major events leading up to the Commonwealth Games are
 - o World Open
 - o World International Doubles Squash Championships
 - o Men's World Team Squash Championships
 - o 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



GOLD COAST CITY 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.

SOUASH KEY FACTS:

Dates: Starts Wednesday 4th April 2018

Venues: Oxenford Studios

Medal Events: 5

Athletes: 10 (5 men and 5 women)

SPORTS MAP



HISTORY

- 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.
- To date Australia has 17 World Champions since 1976
- 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'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 of Australia won 6 British Opens in a row.

FACTS AND FIGURES

- 283kph fastest recorded speed on squash ball smash
- Geoff Hunt was World Champion 7 times and won 8 British Open titles
- Heather McKay (Australia) was possibly the most dominant sportswoman in history. She only lost two matches in her career and from 1962 to 1981 was unbeaten.
- Australia won 22 world titles between 1970 and 2007
- Australia has won 30 medals in Commonwealth Games since 1998

GOLD MEDALS AT THE 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)

FACTS AND FIGURES

KUALA LUMPUR 1998 COMMONWEALTH GAMES

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

MANCHESTER 2002 COMMONWEALTH GAMES

Event	Gold	Silver	Bronze
Mon's Cingles	Jonathon Power CAN)	Peter Nicol (ENG)	Stewart Boswell (AUS)
Men's Singles			David Palmer (AUS)
Women's Singles	Sarah Fitz-Gerald (AUS)	Carol Owens (NZL)	Rachael Grinham (AUS)
Wonten's Singles			Cassie Jackman (ENG)
Men's Doubles	Lee Beachill & Peter Nicol (ENG)	Stewart Boswell & Anthony Ricketts (AUS)	David Palmer & Paul Price (AUS)
Ivien's Doubles			Mark Chaloner & Paul Johnson
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)
MIXCG DOUBLES			Chris Walker & Fiona Geaves (ENG)

MELBOURNE 2006 COMMONWEALTH GAMES

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

FACTS AND FIGURES

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 and Adrian Grant (ENG)	Stewart Boswell and David Palmer (AUS)	Ryan Cuskelly and Cameron Pilley (AUS)
Women's doubles	Jaclyn Hawkes and Joelle King (NZL)	Jenny Duncalf and Laura Massaro (ENG)	Kasey Brown and Donna Urquhart (AUS)
Mixed doubles	Cameron Pilley and Kasey Brown (AUS)	Martin Knight and Joelle King (NZL)	Nicol David and 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)	Laura Massaro & Jenny Duncalf (ENG)	Alison Waters & Emma Beddoes (ENG)
Mixed doubles	Rachael Grinham & David Palmer (AUS)	Alison Waters & Peter Barker (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

JARGON

- Boast a shot hit to the near sidewall before it hits the front wall.
- Drive a typical groundstroke, usually hit for good
- Drop- a shot hit short, usually not too high above the
- 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.



FURTHER INFORMATION

SUPPORT THE TEAM

Facebook www.facebook.com/SquashAustralia

Twitter @Squashoz

Website www.squash.org.au/ Squash TV www.SquashAustralia.TV

Instagram www.instagram.com/squash australia/

USEFUL RESOURCES

Squash Australia www.squash.org.au/ Play Squash www.playsquash.com.au/

Squash Matrix www.squashmatrix.com/ **Sporting Schools** www.sportingschools.gov.au

Gold Coast 2018 www.gc2018.com/

The Australian Commonwealth Games Association www.commonwealthgames.org.au/

Australian Institute of Sport www.ausport.gov.au/ **Professional Squash Association** https://psaworldtour.com/

World Squash Federation http://www.worldsquash.org/

SQUASH AUSTRALIA SUPPORT STAFF

Psychologist: Jason Patchell Lawrie Fabian Lifestyle Support:

Physiologist: Dr Megan Shephard

Nutritionist: Kate Feely

Strength and Conditioning: Giovanni Capello Physiotherapist: Shane Lemcke

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