

OFF THE BACK WALL

TASMANIAN GIRL CONTINUES ON A HIGH

Following her success at the 2016 Australian Junior Open our young hot shot Grace Pattison achieves another milestone in her squash journey, by being selected again for the 4th time in her career to represent Australia, this time at the World Junior Championships in Poland.

Grace began her playing at the Devonport Squash Courts at the age of 8 and has never looked back since.

Grace has held the number 1 spot in her age group in Tasmania for many years and now holds Tasmania's number 1 female ranking.

I recently caught up with Grace during her well earned rest after a full on training session and asked her to give me a brief insight into her squash career to date.

Ed: - When did you begin playing?

Grace: - When I was 8 I began going to junior group training, before that I used to just have a hit.

Ed: - Who has been inspiration to you?

Grace: - Until recently I was coached by Leon Barnett who felt it would be more beneficial for my game to come under the wings of Matthew Creely and Paul Brewtnall.

Ed: - Do you find it confusing to have two coaches?

Grace: - No I think they both compliment each other, Paul focuses more on attacking and volleying, and Matthew works more on my racquet technique, targets, fitness and core strength. Though I must mention one of Tasmania's finest and most respected coaches has worked with me on many occasion Bill Cook, Bill has been a strong supporter and is always boosting my confidence, Bill has had a major impact on my squash over my the years.

Ed: - Do you have a training Buddy?

Grace: - Yes my brother Jamie, he is always there when I want a hit and pushes me to my fullest extreme during our routines at training.

Ed: - Thanks Grace. We wish you every success with your venture, and all in Tasmania are very proud of you.



One Of Tasmania's Finest Coaches (Max Moorhouse)

As the title of this topic suggests this man is one of the finest coaches to come out of Australia, he has been an inspiration to many youngsters and to many coaches through out his career.

Max's squash journey started way back in 1958 at the tender age of 20 (Long time ago Old Friend)

Leased an 11-court centre on the Central coast of Sydney and started coaching professionally in 1982.

Bought the centre in 1984 then finally selling in 1990 after building the centre to 295 weekly playing juniors (Those were the Days).

In 1989 Max was asked to take up the role of the National Coach in Bahrain, but unfortunately had to decline.

In 2005 Max became the Tasmanian State Coaching Director

And the Convener and Primary Lecturer of 16 LVL One Courses up to 2103.

Max was the founder of the I-Max Protective Eyewear and in January 1994 filed for a patent on a prototype that many of our youngsters wear to day.

Max is still active as the Squash Tasmania Coach Educator, and was recently presented the prestigious Ian Hocking Award for his contribution to squash a "well-earned achievement".



This Months Training Tip

Fast feet and hands training

		Planned Session									
	A	B	C	D	E	F	G	H	I		
1										FH - 1	Swing over Cone at H4 then Drive a dropped ball to target from H7 - Repeat
2										BH - 2	Swing over Cone at B4 then Drive a dropped ball to target from B7 - Repeat
3										FH - 3	Swing over Cone at H8 then Drive a dropped ball to target from H5 - Repeat
4										BH - 4	Swing over Cone at B8 then Drive a dropped ball to target from B5 - Repeat
5										FH - 5	Swing over Cone at D5 then Drive a dropped ball to target from H8 - Repeat
6										Cone BH - 6	Swing over Cone at F5 then Drive a dropped ball to target from B8 - Repeat
7										FH - 7	Swing over Cone at D6 then Drive a dropped ball to target from H6 - Repeat
8										BH - 8	Swing over Cone at F6 then Drive a dropped ball to target from B6 - Repeat
9										FH - 9	Swing over Cone at D5 then Drive a dropped ball to target from H8 then swing over D5 Cone and Drive from a Drop shot set - Repeat
10										BH - 10	Swing over Cone at F5 then Drive a dropped ball to target from B8 then swing over F5 Cone and Drive from a Drop shot set - Repeat

Sample: Swing over Cone at H4 then Drive a dropped ball to target from H7

Start by giving time then reduce players ability to prep for and hit the shot

Throw the ball slightly upward when the player swings over the cone - Do not throw it forward, must be straight up

Each exercise for 16 hits then rest

Other exercises for fast feet

- Ladder work
- single fast step up and back to floor - work one leg then the other
- Shuffle up and down the court with a twist to change feet
- Side shuttle sprints in a crouched position

Huge Junior Pathway Training Camp

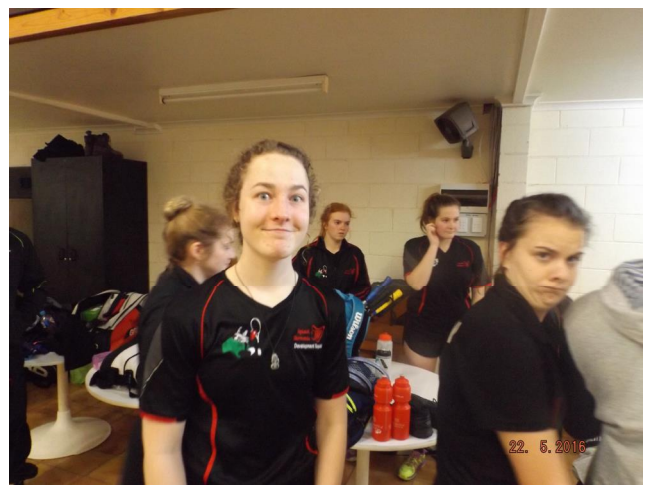
Sunday 22nd of May saw a full compliment of our State Junior Pathway Juniors attend their training camp.

Another well run event with all Juniors being put through their paces and given valuable advise that no doubt will stand them in good stead for future National events.

Rounding the day off all played matches and it was interesting to see so many attempting to put into practice what they had previously learned.



Waiting for the Ball Machine to kick in.



Aw Bella has somebody pinched your lunch?



Get that racquet up Joseph



I've seen a better Police Line Up

Dates for your Diary

- JUNE 11-12** **Devonport Junior Selection Tournament**
Aged Based and Graded (Suitable for all Standards)
Entry forms now out. CLOSING DATE 1 JUNE
(Compulsory for All Pathway Juniors)
- JUNE 25-26** **Victorian Junior State Titles**
Entry Forms via Squash Vic Web Site.
(Recommended for all Pathway Juniors)
- JULY 1-3** **Squash Tasmania Masters Tournament (Hobart)**
(Over 35s don't miss this one!)
- JULY 7-10** **Tasmanian Open PSA (Devonport)**
Don't miss the chance to see some of the Worlds finest on display!
- JULY 9-10** **Devonport Open**
Graded (Suitable for all standards including juniors)
This is a big one and a must to play in (Entry forms out now)
(Compulsory for all Pathway Juniors)
- JULY 25** **Tasmania Junior Pathway Training Camp (Launceston)**
(Compulsory for all Pathway Juniors)

Lot's of things happening and there's something for every one, put these dates in your diary, bring you bring your friends and family along and make these a weekend of fun.

See you all at the Devonport Junior Tournament 11th & 12th of June

ED

