



# WESTERN AUSTRALIA

*BIG BETTER BEST*

**SQUASH WA NEWS**

**MAY 2016**



## THE FUTURE OF SQUASH IS IN GOOD HANDS!



Mike Cornish at the Esperance Christian School

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

# EDITORIAL

Hello ... Welcome to the 2nd edition of the **SWAN**. I hope you enjoyed reading the 1st edition.

Gradually the **SWAN** is taking shape. **Thank you** to all the people who have made contributions this month.

It will take up to 6 months to get this publication humming but I'm delighted with the progress we have made so far.

There were a few events that have gone past in April without coverage for which I do apologise. Unfortunately, the coverage is dictated by information received ... No information = No coverage.

It is certainly not me making a decision to not include a contribution.

You all have a wonderful opportunity here to capture history and build a collection of newsletters.

Yes, social media is great but as soon as the next story is published the current story begins to fade. In a year's time it isn't easy to find that story you enjoyed reading!

If you have a story and it didn't get printed in the month in which the event took place don't despair. Send it to me and we can always include it in a future edition.

Remember photos are very important. Please don't send 20kb shots. 100kb or more is ideal. You can't make little shots bigger without losing quality but you can always resize downwards without losing quality.

Contributions are welcome from every stakeholder: players (including juniors), coaches, referees, coordinators, volunteers and administrators.

I would love a junior who has a desire to write and take a few photos to make a contribution each month. Someone to cover the junior scene looking at things from a junior perspective would be most welcome.

Kim Schramm 0407126911  
[kim@queenslandsquashmanagement.com.au](mailto:kim@queenslandsquashmanagement.com.au)

## OUR MAJOR PARTNERS



Department of  
Sport and Recreation



# THANK YOU



## WORLD RANKINGS

1 May 2016

WA MEN:	TM:	HWR:
Tim Cowell	330	178
David Ilich	351	300
William Curtis	410	359

TM: This Month  
HWR: Highest World Ranking



# MASTERS HILTON CLASSIC



Div 5: Marlo, Peter, Simon, Natasha, John

The **Inaugural Masters Hilton Classic** was held over the weekend of April 16 and 17 at the Hilton Squash Centre. After the demise of the Rockingham courts this popular "Classic" tournament was in need of a new home. Thank you to Rachel and Brad at Hilton for providing extremely well presented courts for the weekend.

The move to a new venue seemed to attract greater numbers with 55 players participating over 6 divisions throughout the weekend. The best numbers since the move to Rockingham in 2003. Again thanks to Rachel for her promotion of the tournament at the Hilton Club.



Along with this year's new venue, new sponsors came on board. Thank you to **Jetts 24 Hour Fitness** and **squash.com.au** for prizes and **Blue Cow Cheese** for the nibbles. Thank you also, to long time sponsors Metalmen and Ron Clayton and Brian Roby from BR Sports for the draw.

Winners and plate winners included players new to Masters and some Masters stalwarts.



Div 4: Ian, Nola, Louise, Trevor

# MASTERS HILTON CLASSIC



**Div 3: Kevin, Kalev, Ray, Craig, Johnny**

**Div 1:** Winner Mark Van Heemst; Runner up Chris Chan; Plate winners Antony Marian, Dave MacAulay and Wes Emery

**Div 2:** Winner Vic Thomas; Runner up Phil Bradshaw; Plate winners Francis Watene and George Fiorentino

**Div 3:** Winner Kevin Niven; Runner up Johnny Del Bianco; Plate winners Craig Taggart, Ray Bell and Kalev Kutt

**Div 4:** Winner Nola Williams; Runner up Ian Harwood; Plate winners Louise Donnan, Ed Jennings and Trevor Thomas

**Div 5:** Winner John Gvozdenovic; Runner up Natasha Bruyns; Plate winners Simon Middleton, Marlo Tolley and Peter Rinaldi

**Div 6:** Winner Michelle Classen; Runner up Christine Tolley; Plate winners Audrey Lazaroo and Laura Jones



**Div 2: Phil, Vic**



**Div 6: Michelle, Christine, Audrey, Laura**



**Div 1: Wes, Dave, Mark, Chris**



EASTERN GOLDFIELDS SQUASH RACQUETS  
ASSOCIATION INC - KALGOORLIE



Government of Western Australia  
Department of Sport & Recreation

**2016**  
**City of Kalgoorlie-Boulder**  
**PSA International**  
**Squash Tournament**

Fri 3rd June, Sat 4th June, Sun 5th June & Mon 6th June.

**CASH & PRIZES**  
**DIVISION WINNERS TO**  
**RECEIVE GOLD NUGGET**

Closing date for entries are **FRIDAY 27nd May, 2016.**  
All entries to be emailed to [EGSRA@outlook.com](mailto:EGSRA@outlook.com)  
Tournament Director: Dave Cowell 0407 083 815  
Tournament Organiser: Peter Siebert 0457 605 406

# PLAYER PERFORMANCE CAMP

Mike Cornish Reports



The second Performance Player Camp of the year was recently held at Terrace Squash Centre (April 12-16).

After the huge success of the first Player Performance camp held in January, we once again approached former Scottish Squash Head Coach **Roger Flynn** to deliver the second in our series of three camps.

His expertise and experience was utilised to follow up on the foundations that were set at the initial camp.

The second camp was primarily focused around training with a

purpose.

After reinforcing the training drills and messages of the first camp, we expanded on the patterns and routines to be able to work on the next block of training leading up to this year's Australian Junior Championships.

Instead of dividing the groups up in age divisions as we did in Bridgetown, it was decided to mix things up by splitting the Girls & Boys into two separate groups.

The Girls group kicked off the camp on April 12-14 with the Boys group being run from the April 14-16. As per the first camp, there was a cross over day where both groups combined to participate in a Nutrition Workshop & the WASP Super Challenge.

The **Nutrition Workshop** placed emphasis on the importance of diet. All participants were given a reminder of dietary requirements - what they should & shouldn't be eating, as well as the impact

The **WASP Super Challenge** was established to focus on team building and cooperation. It consisted of a





# PLAYER PERFORMANCE CAMP

range of activities including: Nuclear Isotopes, Minefield, Round the Islands, Tarp Game & Blood and Guts Exercises.

The players enjoyed working together trying to conquer the set activities and seemed to form a real comradery between themselves.

Congratulations to the winning team "Silky Tuber" consisting of: **Trey Mackenzie, Josh Blakey, Ethan Baldwin-Wright, Isabella Diver, Alicia Boey, Oscar Curtis & Jamie Tsangaris.**

National Referee & Assessor **Neil Butler** also conducted workshops with both groups on the Rules of Squash. All players completed an Introductory Level Squash Rules Examination. Hopefully this will give the players a better understanding of the rules of Squash & the reasoning behind referee's decisions.

The third & final camp will be held in **Bridgetown** after State team selection in July. It has been confirmed that Roger Flynn will once again be in attendance.

**WA Squash** would like to express our sincere thanks to all those people and supporters that helped make the camp a success:

**Roger Flynn** who in conjunction with coaches **Sue Hillier** (Girls) & **Tim Cowell** (Boys) conducted the Camp;

**Neil Butler** for sharing his knowledge regarding the rules of the game;

**Terrace Squash Centre** for the use of their courts and

**Our magnificent sponsors:**



Department of  
**Sport and Recreation**





CITY of PERTH

# 2016 CITY OF PERTH INTERNATIONAL SQUASH CHALLENGE

Incorporating WA Open Events

27-29 MAY



## VENUE:

Terrace Squash Centre  
Level 1, Plaza Level West,  
Fortescue Centre, Terrace Rd  
East Perth

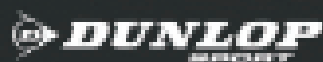
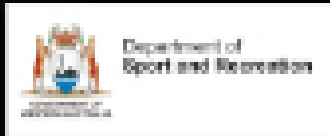
## ENTRIES TO:

WA Squash  
PO BOX 6010  
East Perth, WA 6892

## ENTRIES CLOSE:

Friday 20 May 5pm

PROUDLY SUPPORTED BY



OFFICIAL BALL

PSAWORLDTOUR.COM



**DIVISIONS FOR ALL ABILITY LEVELS**



# PREVIEW

## City of Perth International Squash Challenge

Queenslander **Zac Alexander** is the #1 seed for the City of Perth WA Open PSA M5 event.



Alexander will be hoping to start 2016 as he finished 2015. The former World #36 added 3 titles to his impressive record winning the NSW, Mackay and Queensland Opens.

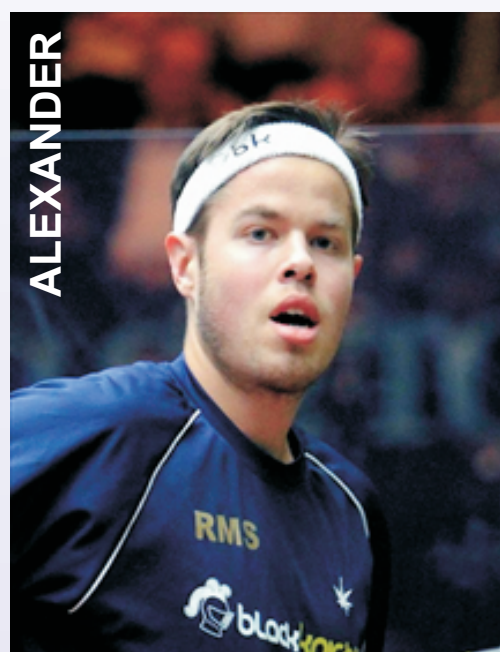
In the last two events Alexander beat fellow Aussie Josh Larkin in both finals in three.

The significance of those results is that Larkin won the City of Perth WA Open last year beating Korean Ko Youngjo in the final before claiming his second PSA title in WA when he beat Jamaican Lewis Walters in the final of the City of Kalgoorlie & Boulder Golden Open.

Based on those results and Alexander's career high ranking one would expect the 27 year old will be a hot favourite to win.

#2 seed Lewis Walters (WN 126) returns to Perth after his shock exit in the semi finals last year. Walters should have little trouble reaching the final with the highest challenger being #4 seed Rhys Dowling (WN 161)

Alexander will most likely need to beat #3 seed Englishman Adam Murrills who



needs to get through a "smokey" in the form of veteran Mike Corren. They will also meet each other in the first round of the NT Open.

The "Moose" retired somewhat in 2014 after having racked up 50 PSA Titles and becoming the first 40 year old to win a PSA title. Western Australia is dear to his heart having won his 50th title at the Golden Open.

Alexander is the #1 seed for the NT Open to be held from 13-15 May. Murrills is the #2 seed.



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# PREVIEW

## City of Perth International Squash Challenge



CARDWELL



Victorian **Sarah Cardwell** is the #1 seed for the City of Perth WA Open PSA W5 event.

Cardwell hit a purple patch of form toward the end of 2015. She won the Queensland Open against Lisa Camilleri before winning a leg of the Malaysian Tour.

2016 hasn't started on a winning note but in early March Cardwell reached the semi finals of the Seattle Open and the quarter finals of Calgary Squash Week.

Her form in the quarter final was a pleasing but tough 63 minute 5 game loss

to Milou van der Heijden (NED) 11-8, 9-11, 11-8, 6-11, 9-11.

WN 54 Cardwell is expected to reach the final with her main competition coming from Australian Open U19 Junior Champion Lakeesha Rarere in the semi.

Rarere joins #2 seed Jessica Turnbull and #5 seed Lisa Camilleri as the leading players from Queensland.

Three time winner of the WA Open Camilleri is expected to meet Turnbull in the quarter finals.

Camilleri is in good form having been a finalist on the Malaysian Tour in April and having played well against WN 28 Coline Aumard (France) at the World Championships.

Camilleri was competitive and consistent narrowly losing 7-11, 7-11, 11-5, 9-11 in 43 minutes.

Turnbull was a semi finalist in 2015 and the WN 85 has been seeded to break through and reach her first PSA final.

Watch out for NSW's Tamika Saxby who hasn't played a PSA event since May 2015. She is the #4 seed and on her day can be difficult to beat.



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# PREVIEW

## City of Perth International Squash Challenge

### PAST CHAMPIONS

#### MENS

from 2000

#### WOMENS

	Liam Kenny	2000
	Tony James	2001
	Cameron Pilley	2002
	Wade Johnstone	2003
	Clinton Leeuw (South Africa)	2004
	Stewart Boswell	2005
	Mike Corren	2006
	Ryan Cuskelly	2007
	Steve Finitsis	2008
	Ben Ford (England)	2009
	Mike Corren	2010
	Mike Corren	2011
	Mike Corren	2012
	Mike Corren	2013
	Jan Koukal (Czech Republic)	2014
	Joshua Larkin	2015

	Rachel Grinham	
	Sue.Hillier (nee Carter)	
	Sue.Hillier (nee Carter)	
	Sue.Hillier (nee Carter)	
	Cindy Meintjes	
	Kasey Brown	
	Kasey Brown	
	Lisa Camilleri	
	Cindy Meintjes	
	Cindy Meintjes	
	Lisa Camilleri	
	Lisa Camilleri	
	Liu Tsz-Ling (Hong Kong)	
	Megan Craig (New Zealand)	
	Milou Van Der Heijden (Netherlands)	
	Megan Craig (New Zealand)	

The WA Open is rich in history. The first Men's Championship was conducted in 1951 whilst the women had to wait until 1953 to hold their first Open Championships.

A number of players have dominated the event including: **MENS:** Dean Williams 9 titles and Mike Corren 5 titles **WOMENS:** Sue Hillier (nee Carter) 7 titles, Chris Van Nierop 6 titles and Robyn Lambourne (nee Friday) 5 titles.



WA Country Teams  
50th Annual Championship  
September 24th - 26th September 2016

# ***Country Week*** 50

**TEAM ENTRY FEE \$100**

**NEW LADIES A GRADE  
INDIVIDUALS DRAW\***



BBQ Bash on  
Sunday \$10 pp  
at Mirrabooka

ACCOMMODATION DEAL  
Karrinyup Waters Resort  
(only 9 minutes from Mirrabooka)  
10% Discount Valid for 23-26 September 2016  
Redeem online using: squash

**Hosted** by Bunbury Squash Club  
[ascbunburysquash@gmail.com](mailto:ascbunburysquash@gmail.com)  
**Venue:** Squashworld Mirrabooka  
1/42 Mirrabooka Avenue, Mirrabooka





# JUNIOR DEVELOPMENT CAMPS

## Tim Cowell Reports

The recent April school holidays saw a very busy time for juniors squash in WA with a number of different camps being conducted. WA Squash was fortunate again to have the services of **Roger Flynn** in WA which provided ample opportunities for kids and coaches alike to learn more about their games and given them a number of simple but important things to practice.



Two new additions to the calendar this year was our **South of the River** and **North of the River** camps. By splitting the camp into two we were able to attract new juniors with the majority of them participating in an event outside of their junior club for the first time. We also had the opportunity to work with a number of pending coaches looking to finish their club development accreditations.

In total we had 43 juniors (24 South and 19 North) participate in the camps. Special mentions must go to the 6 juniors who travelled up from the South West Region and the Marmion Junior Squash club who fielded all 19 participants in the North Camp.

Both camps ran with the same schedule. Day 1 featured an introduction to ways of improving their length, ghosting patterns and the importance of good footwork and finishing off with some quarter court games. Day 2 started with a quick revision of day 1 and then the juniors got stuck into a serve and return challenge. Day 2 finished off with a team challenge which was enjoyed by all.

We would like to acknowledge the following for their contributions towards the camps:

**Healthways** for their support of junior squash in WA. **Squashworld Brentwood** and **Squash Factory Wangara** for providing the facilities for the camps.

Various **Junior Clubs** for their assistance in promoting the events  
Parents for bringing their juniors to the camp and to those who were able to help

**Club Coaches:** Zoe, Lauchie, Monique, Josh, Courtney, Olivia, Kane, Kiara and young Oscar for their assistance across the camps.



**Mike Cornish** for his work behind the scenes pulling these camps together and finally to **Roger Flynn** for his time and expertise over the week which was a great help for both the players and coaches.

# 2016 SquashWorks Open & Racquetball Event

10th (Fri Night) & 11th (Sat Day) of JUNE 2016

**Thanking our sponsors: DLG Financial Advice, The Tax Accountant, Pool Time, Black Knight & Kreepy Krauly**



## **ALL DIVISIONS & GRADES**

### **ENTRIES CLOSE**

Wednesday the 8th of June 2016

COST \$40.00

(INCLUDES GST)

ALL MATCHES WILL BE PLAYED AT SQUASHWORKS (144 Robinson Ave Belmont)

If you have any enquires don't hesitate to call CHRIS LARK on 9277-6673

**EMAIL: [belmontsquashworks@hotmail.com](mailto:belmontsquashworks@hotmail.com)**



# WSF COACHING CONFERENCE

The **2016 World Squash Coaching & Development Conference** was held in Kuala Lumpur, Malaysia from the 19-21 February.

It would have to be the first conference that I have ever been to where Squash Australia wasn't represented and an Australian Squash Coach wasn't presenting.

Day 1 began with presentations by Peter Hirst (Europe) on **Long Term Athlete Development**; Graham Prior (South Africa) on **School Squash** and Renato Gallego (Brazil) on **Footwork & Movement**.

I thought the last presentation was very interesting in that Renato was very open to all aspects of movement, which he believed was determined by individual player make up and personal attributes: what they can/can't do and not one size fits all.

After lunch saw a presentation by Malaysian High Performance coach Peter Genever on **Elite Junior Training** and a practical workshop on **Progression and Tactical Awareness** by Michael Khan (WSF Coach Program Coordinator).

The second day of the conference began with an interesting presentation by Canadian Michel Cagne who now resides in Malaysia working with high performance athletes. His presentation on **Periodisation of Mental Training for Squash** was one of the highlights of the conference.

Next up was Ronnie Vlassacks (Belgium) with his presentation on **Periodisation** then a squash fitness program called **Squash Sanity** was then presented on court by an Irish Coach, Colin White.

It was well presented and I think it has a place in an athlete's training program, especially for a bit of variety in the training environment. Colin has made this program available for free if coaches are interested.

After lunch, we ventured off to the Malaysian National Training Centre. Singapore coach Zainal Abidin put on a classy display on **Deception** and gave the group an insight into how to introduce deception into your game and

how to train to do it.

This was followed by a presentation by Penang Head Coach, Aaron Soyza about **Working With Elite Women** and the final practical workshop for the day was about **Technique** by former World Number 4 Ong Beng Hee from Malaysia.

Day 3 began with Major Maniam (India) and some thought provoking changes to the rules. This was followed by a very informative presentation by physiotherapist Sima Padbod concerning **Hamstrings Injuries**.

Another highlight of the conference was visiting a Badminton Training Centre. Insight into how a High Performance Badminton player trains was quite a refreshing experience and certainly opened up my perspective to the delivery of sports specific training.

The final presentation was on **Basic Assessment & Training for Power** delivered by Strength & Conditioning coach, Sean Sturgess.

This was a practical demonstration on court, which allowed the group to assess one another for strength/power.

It was an excellent demonstration and it was made easy for coaches to assess whether their athletes need to focus on either strength training or power training. It is a very simple procedure and athletes could be assessed at the end of each block of training.

My gratitude goes to the **PSCAA** and the **Southwest Sports Development Federation** for their financial support to assist me in attending such a prestigious event.

**Photo:** Mike Cornish with Linda MacPhail (Female Director World Squash Federation Board)

**For more information contact:**

Mike Cornish  
0413 179 986  
or email [sqmaust@westnet.com.au](mailto:sqmaust@westnet.com.au)





# **THE INAUGURAL MASTERS/JUNIORS CHALLENGE**

**JUNE 12**

**ONE DAY  
EVENT**

**VENUE:**

**THE SQUASH FACTORY  
18 Garino Rise  
Wangara**

**SPONSORED BY:**



**SQUASH  
FACTORY**



**CONTACT:**

**LINDA MCBRIERTY 0413 157 238**

**ED JENNINGS 0411 765 588**

**ENTRIES CLOSE: Wednesday, 8th June**



# EXMOUTH COACHING COURSE

## Derek Nunn Reports

On behalf of the **Exmouth Squash Club** I would like to thank the PSCAA, WA Squash, DSR and particularly Mike Cornish and Roger Flynn for travelling to Exmouth recently to deliver a Foundations and Club Development Coaching Course.

The course was held over two days and provided an absolutely fascinating insight into coaching specifically, and squash in general.

I can confidently say that all our members who attended gained a huge insight into the sport, and importantly learned many skills to pass onto others within our club.

I felt that Mike and Roger complimented one another very well, their abilities ensured we importantly understood both the correct techniques and approaches, as well as the science behind them.

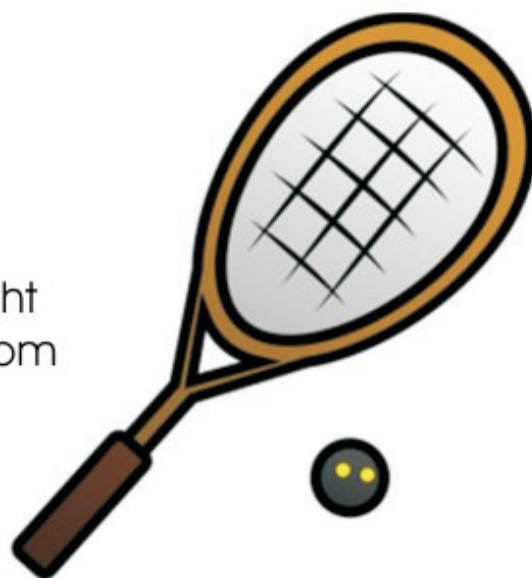
Overall the course has given the health of our club a significant boost for long-term future development, and in the short-term inspired all those who attended to become better players themselves whilst passing along their newly learnt skills to others.





## Awesome Defibrillator Fundraiser Quiz Night!

**DATE** 18 June 2016  
**TIME** 7:00pm  
**VENUE** Hilton Squash  
292 South St, Hilton  
**COST** \$10 / person, tables of eight  
Tickets to be purchased from  
Rachel by 11 June 2016  
ph: 9337 1032



### IMPORTANT STUFF

- Ticket purchase is really important!
- Strictly no BYO! Beer, wine and soft drink will be available to purchase on the night.
- You are welcome to bring food for your table. Or, you can pre-order a platter! Contact Rachel for more details
- If you can't organise a table of eight, talk to Rachel – she will find you a spot!

**Heaps of  
great prizes!**  
+  
**Silent  
Auction**



Any excess funds raised will be directed to the development of the Hilton Squash Balcony & Beer Garden! ☺



# BACK PAGE

## WA SQUASH BOARD

President: **Stephen Bowen**  
0418 919 704  
stevepbowen1@gmail.com

Vice President: Ed Jennings  
Treasurer: Vacant  
Secretary: Ramtin Cyrus  
Board Member: Ray Smith  
Board Member: Tertius Classen  
Board Member: Carsten Frederiksen  
Board Member: Matthew Hansen

General Manager: **Don Huffer**  
Phone: 9225 7599  
Fax: 9225 7266  
Email: don.huffer@wasquash.asn.au

## UPCOMING EVENTS

**MAY 7-8**  
Nexus Geraldton Open - Junior & Senior Events

**MAY 27-29**  
City of Perth International Squash Challenge and  
WA Open

**JUN 3-5**  
Pilbara Regional Championships

**JUN 4-6**  
City of Kalgoorlie & Boulder Golden Open  
(Kalgoorlie)

**JUN 10-11**  
Squash Works Open

**JUN 12**  
Inaugural Masters Juniors Challenge  
Squash Factory

**JUL 2-3**  
WA State Junior Championships

**JUL 4-5**  
WA State Junior Teams Championships

**JUL 15-17**  
WA Masters State Championships

**SEP 24-26**  
Country Week - WA Country Teams  
50th Annual Championship



## WA MASTERS COMMITTEE

Chairman: **Phil Bradshaw**  
0412 778 345  
wamasterssquash@gmail.com

Vice Chairman: Doug Minchin  
Treasurer: Louise Donnan  
Secretary: Marion Bradshaw  
Committee Members: Ed Jennings, Linda McBrierty,  
Nola Williams, Lyn Hazlett, Vanessa Powell