



2017 WA Squash Junior Camp



The 2017 Junior Squash Camp was held at Squashworld Brentwood on 19 – 20 January

33 Junior Squash players from around the State came together for our Junior Talent Camp, whilst another 28 were at the State Squad camps run by Mike Cornish and Roger Flynn at Terrace Squash.

This year the camp focus was “RESPECT” that included respecting other players, coaches, referees, parents and the court operator.

This camp was run by Sue Hillier with assistance from Dave Illich, Damon MacMillan, Sanny Ang, Andrew Pratt, Monique Bosshard, Josh Blakey, Georgia Charles, Lynn Marsh and referee extraordinaire Neil Butler.

This year most players were from the Perth metropolitan area, with a few travelling from Esperance, Bunbury, Katanning and Manjimup.

DAY 1

After our photo opportunity, the players were divided into groups and began the long warm up, learning about peripheral vision and 6 point movement. This was followed by a session with each coach learning: Forehand, Backhand, drop, lob, continuous drives, serve and return. Continuous drives proved to be the hardest, but also the area where they all improved.

After lunch the players broke into groups for their ratings/skill testing. Several players passed green, blue and red, however only Hannah Slyth passed orange. Several players tried to pass bronze but found it difficult to perform under pressure and for the third year in a row those tested for silver were unsuccessful.

King of the Court was the next session, with an emphasis on the zone and targets set, refining those skills learnt earlier in the day.

Day 1 concluded with a plank and stretching session, this is an area that the juniors need to work on.

DAY 2

Our team challenge this year was the “10 Minutes to Win It Challenge”.

Players were split into groups with team leaders: Jacqueline Gray (The Dream Team), Michaela Pratt (Avengers), Jackson Kiely (Rainbow Unicorns), Austin Pianta (Squash is Awesome), Quaide Kieser (Zobo), Jhett Bosshard (Smashers) and Melvin Hartley (Ecko). Each group comprised of experienced players down to beginners. The focus of the morning activities was TEAMWORK; leaders needed to ensure all the team had an input and worked together.

After a warm up the games began.

10 minutes to achieve their goals.

The Challenges were:

- Continuous Drives – How many drives could the group do in a row focusing on the information imparted by Dave Illich the day before. Teams worked well in this exercise. The highest team score was 9 by team Avengers.
- Lob Serve into bucket – Some great serving by the juniors, using the skills imparted by Damon MacMillan. Quite a few in the bucket and many very close (if they serve like that on the weekend they will do well). The highest team score was 45 by teams Ecko and Zobo
- Drop shot into a box – From a hand feed by Sanny Ang the players had to try to get the drop into a box (trying to use the technique Sanny gave them the day before), with more getting in this year. The highest team score was 40 by Team Ecko.
- Agility and Concentration Grid – with Monique Bosshard. Using cones and their ability to change direction quickly the players had to move around the court with speed and agility, then mark off a number on the concentration grid - it was great to see the agility and quick feet and the teams helping each other. The highest team score was 28 by teams Avengers and Squash is Awesome.
- Helium Stick – the bug bear for all the juniors again this year. Josh Blakey advised that the groups worked together to get some great results. The highest team score was a movement of 63 cm by team Smashers. 31cms better than last year’s winner.

- Receive a lob serve on the left side of the court – Using the ball machine set up by Andrew Pratt for a lob serve players had to return it straight down the wall past the short line, within the width of the box. This was a challenge to the players especially the smaller ones. The highest team score was 94 by team Squash is Awesome
- 3hits on racket and pass – Each player has a ball and must hit the ball 3 times on the racket and pass to the next person. Using their peripheral vision and controlling the ball Georgia Charles advised that all groups found this challenge very hard. Team Dream Team won this challenge with a total of 3.

After comparing each other's scores the teams were eager to find out who won, however there was one more challenge to complete after their lunch break.

Having a full stomach the juniors had the most important session – the rules. Neil Butler discussed with the juniors several key areas of marking and refereeing. Armed with a quiz the players split back into their groups to complete the last challenge. Out of a possible 40 the highest score was 20 by the Dream Team. Neil went through the paper with the players, advising the correct calls and decisions emphasising court etiquette and Respect.

Tallying up all the results the winners were the Dream Team lead by Jacqueline Gray with Toby Quartermaine, Rhys Eiffler and Max Forbes. No artificial colours or preservatives lollies were the prize.

The final challenge was for the teams to verse each other in a mini tournament, with each player getting 3 minutes to challenge all the others from the opposing team. The lob serve being the winner in this challenge.

The last session was stretching, which received the most complaints throughout the two days. Funny how the easiest session caused the most complaints.

Thank you to DSR and Healthways for their continued involvement with WA Squash.

Thank you to WA Squash for organising the event.

Thank you to Kane Fasolo for hosting this event at Squashworld Brentwood.

Thank you to all the coaches and parents who helped out over the two days.

A very special thanks goes to Meg Hillier who prepared the lunches and snacks each day.

Thank you to Lynn Marsh for her time keeping enabling me to keep to the schedule.



Lastly to all the players who showed great sportsmanship and manners, thank you for attending and I hope to see you all next year.

By Sue Hillier

From two of the juniors:

“The Talent Squad Camp was heaps of fun not only because it helped develop my squash skills but also because I got to meet heaps of new people and make new friends. I had a great time and feel like I really improved over the two days” Jacqueline Gray

“The Talent Squad Camp was a great two days for everybody who attended it. I saw heaps of familiar faces, as well as lots of people who were just starting. We enjoyed nonstop challenges and activities, which were all designed to help us improve our game as well as working in a team. I think all of us had an awesome time learning new skills and meeting new people”. Austin Pianta



Photographs courtesy of J Wilding