



On the 24th and 25th of January, the 2019 Junior Squash Camp was held at Squashworld Brentwood and marked the beginning of a big year for junior squash in Western Australia. With 31 juniors present, representing 8 clubs throughout Perth and surrounding towns, the camp provided a fantastic opportunity for kids to make new friends, learn off one another and have fun in an action packed 2 days of squash. For many juniors, this camp served as an excellent bridging step between junior club programs and junior tournaments.

The camp was organised and ran by Sue Hiller, Tim Cowell and Damon Macmillan, with tremendous help from coaches Callum Blakey, Josh Blakey, Sanny Ang with assistance from Pascale Louka. Neil Butler talked about etiquette and refereeing.

DAY 1

Following an introduction and group photo, players took straight to the courts for several rounds of king of the court to determine appropriate ability levels for upcoming skills exercises. The first series of exercises focused on simple movement in and out of a shot, as well as the grip, racquet preparation and follow through. Following on from this were exercises highlighting the fundamental shots of our game, and aimed to teach juniors not only how each shot is executed, but when it's most appropriate to be played. Coaches were each assigned a different shot, allowing them to tailor the exercise to the ability of each group.

After a lunch break, juniors faced a number of fitness tests which measured their core and upper body strength as well as their speed, agility and endurance. With everyone trying their best, it was no wonder there were some very sore bodies the following day.

Thursday finished off with some more gameplay followed by a cool-down where kids were able to share what they had learned from day 1.

DAY 2

Friday focused on teamwork, so juniors were split into 5 teams and tasked with a number of "(5)-minute-to-win-it" challenges. These included hitting lobbs and drops into buckets, serving onto targets and a referee quiz as well as non-specific squash challenges such as the helium stick, concentration grid and paper plane challenges. This allowed for different kids to excel regardless of their squash experience. These activities also gave older juniors a chance to showcase leadership skills as many of these challenges require such characters to

step up. I was really impressed by the way in which the teams and their leaders communicated and cooperated to achieve the best possible result.

With the completion of the team challenges, new teams were formed in preparation for the end of camp, 'Smarter than Smoking' squash team challenge. The 4 teams were required to come up with a team name which had something to do with our sponsor Smarter than Smoking and this exercise produced some creative results.

'Don't Choke on Our Smoke', 'Chemical Cleaners', 'Smokebusters', and 'Smokeless', all competed against one another in a "reverse king" style competition which saw 'Don't Choke on Our Smoke' crowned champions.

Having completed the mini tournament, the camp came to a close with a presentation and camp summary which allowed us to thank and acknowledge those who were involved as well as our sponsors Smarter than Smoking and the 8 values of True Sport.

Overall, this year's camp ran incredibly smoothly thanks to all the work done both behind the scenes and on the 2 days. Personally, I'd like to thank all my fellow coordinators, organisers and coaches as well as the parents who kindly assisted in the kitchen preparing lunch and morning tea. Another thank you to Squashworld Brentwood for hosting the camp (as well as the succeeding New Year's Bash tournament).

Finally, I'd also like to thank all the juniors for coming along (and the parents for taking them!), I hope to see you all again at other junior events throughout this year.

Damon Macmillan