



On the 29th and 30th of January, the 2020 Junior Squash Camp was held at Squashworld Brentwood and marked the beginning of the year for junior squash in Western Australia. With 24 juniors present, representing 8 clubs throughout WA; Broome, Bluegum, Bunbury, Katanning, Madding/Gosnells, Marmion, Mirrabooka and Vic Park. Was great to see the 6 juniors who travelled from Broome. 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.

The camp was organised by Sue Hiller, with expertise from Tim Cowell, Josh Blakey, Sanny Ang, Pascale Louka and tremendous help from Katy Scott, Chris Baker, Remi Young, Erin and Dylan Classen.

True Sport and the 8 values were our focus, especially having FUN.



**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. 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. There was also a session on ghosting with 6 point movement. Coaches were each assigned a different shot, allowing them to tailor the exercise to the ability of each group.

After the lunch break juniors were tested for their Rating levels with several juniors passing on the day. The ratings are a great tool for the juniors as it gives them something to work on.

Thursday finished off with conditioned gameplay followed by a cool-down and a well-earned rest.

**DAY 2**

Friday focused on teamwork, so juniors were split into 5 teams and tasked with a number of “(10)-minute-to-win-it” challenges. These included hitting lobs 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. Special mention to Grace Gelman for landing her paper plane the furthest (it’s still stuck at the front of court 7).

After lunch I ran a session on Game Plans. Dean Williams was there for this session and the juniors were able to hear about his matches against Geoff Hunt and asked him many questions. One question was on breaking rackets. Dean advised he broke 9 rackets in one match as they were wood in those days and easy to break.

The juniors then went onto court to play games putting the basic game plan into practice with an emphasis on a good serve.

We finished the two days with a cool down and stretches.

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 coaches.

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.

Sue Hillier

WA Squash