

THE SWAN

SQUASH WA NEWSLETTER : JUNE 2020

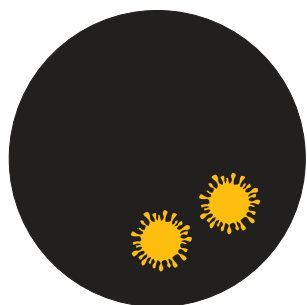
**Now that COVID-19
is contained in WA**

SQUASH
is bouncing back!

Breaking
NEWS

All Pennant and League Competitions are set to recommence from Monday the 27th of July ... Nomination forms and dates will be at your club very soon.

WA
SQUASH
wasquash.com.au



Isn't it great to see squash returning!

I know everyone will be as keen as mustard but please continue to show some restraint and try to maintain social

distancing, wash your hands regularly and if you have any symptoms of sickness please stay home and even look at getting tested for Covid-19.

During May **Sue Cowell** and **Lyn Chandler** became Life Members of WA Squash ... congratulations. You both thoroughly deserve this recognition. It is just reward for all the work you have done over the years contributing positively to WA Squash.

I hope this will be the last Covid-19 edition because I want to get back to covering squash action again. If you have a tournament scheduled please send a report with results and some good photos either directly to me or to Dean or Sue.

If you wish to promote your event for later in the year please send me your poster so we can let everyone know well in advance.

Take care getting back into your game. Plenty of stretching (before and after) and lots of fluids will definitely help. Enjoy!



WORLD
RANKINGS

1 June 2020

WA MEN:

| | TM: | HWR: |
|-----------------|-----|------|
| David Ilich | 246 | 210 |
| Damon Macmillan | 306 | 298 |
| Tim Cowell | 404 | 178 |
| Mike Corren | 490 | 38 |
| Tye Harland | 512 | 365 |

WA WOMEN:

| | TM: | HWR: |
|---------------|-----|------|
| Pascale Louka | 321 | 250 |

TM: This Month
HWR: Highest World Ranking

Our Top 5 National Ranked Juniors

| | | |
|------|---|-----------------|
| BU11 | 1 | Alexander Marsh |
| BU13 | 2 | Alexander Marsh |
| | 3 | Eric Marsh |
| BU15 | 2 | Daniel Marsh |
| BU17 | 1 | Greg Chan |
| | 2 | Oscar Curtis |
| | 3 | Dylan Classen |
| BU19 | 3 | Greg Chan |
| | 5 | Remi Young |
| GU13 | 2 | Maxine Salter |
| GU15 | 2 | Isla Harris |
| | 4 | Hannah Slyth |
| GU17 | 1 | Erin Classen |
| GU19 | 5 | Erin Classen |



WA
SQUASH
wasquash.com.au



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squashmedia
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TRUE SPORT⁺

Be a True Sport

The way we play together shapes the way we live together

#HaveFun

It's healthy, it's a game, it's sport
– enjoy it! Have fun training
and competing at all levels.

#GiveBack

Volunteer, embrace
opportunities to give back
and thank those involved
with bringing you the game.

#BeSafe

Ensure participants
are safe on and off
the field.

#PlayFair

Be honourable –
do the right thing on
and off the field.



#BeHealthy

Look after the physical
and mental wellbeing of
yourself and others.

#BringYourBest

Bring your best to every game
and enjoy the challenge – win,
lose or draw.

#ShowRespect

Demonstrate mutual respect
for everyone – team-mates,
opposition, clubs, community
and treat others how you
want to be treated.

#IncludeAll

Invite everyone to participate
and make sport meaningful
for the whole community.



Department of
Local Government, Sport
and Cultural Industries

Share your stories about the true value
of sport and recreation @TrueSportWA





Dean Williams

ADMINISTRATION

Dean's Diary

As I'm writing this its very exciting to be back playing and nearly all facilities are open in some form or another with strict COVID-19 rules in place. Stay tuned for the dates of our new season of pennants and League which will start in July.

Whilst it was a bit quiet on the squash courts it has been steady as she goes in the office with alot of planning and new initiatives put in place.

One of those is that a small representation from The Board have been attending as many club meetings as possible to gain first hand feedback from clubs as to what are the main issues and how they would like to see things change or maybe stay the same or somehow get to promote our game better.

One of the topics is always about the amount of press squash gets and why don't the general squash playing public know about our players at the top and what they are doing about improving the profile of the game. Well, having a lot of experience with this as a top player it is very much a two way street as you have to seek out the journalists who are keen to write something and then keep feeding them interesting stories.



For example ... one such story was when I started as a pro in 1978 and when I got married in late '78 we toured within Australia travelling to every tournament we could. We decided the best way was to do this was to buy a Kombi Van and we set off from Perth and that year I played in over 26 tournaments. We stayed in the Kombi, we saved a lot of money by driving everywhere, no hotels, no flights and we had so much fun.

I found some receipts from Caravan Parks and they were \$3.50 per night !!! The point of this was when we arrived in Adelaide for the South Australian Open I had told the organisers we were doing this as I was worried we may not make it if we broke down. They had arranged the press as it





Dean Williams

ADMINISTRATION

Dean's Diary

was a bit unusual and it was on the back page of the paper promoting not only the event but our journey.

If there is a story the press will write it but these days sadly, players don't promote themselves which leads to the press not being interested. Plus, sadly again, we just don't have the personalities any more like Chris Dittmar, Tristan Nancarrow, Anthony Hill, Brett Martin, Geoff Hunt, Michelle Martin, Sarah Fitz-Gerald, etc. All of these players and more attracted press and grew the game.

Social media is OK but you are preaching to the converted who have downloaded the app or gone onto a site because they are interested, the main stream press are not interested. I cant remember when I last saw an article in the paper on our top players doing something great in an event.

By the way, when Pamela and I travelled like this for many years we did approximately 52,000km in total and played well over 200 weekend tournaments. The hardest one was when we had just flown in from the UK, I think it was 1980 ... we had one day to pack up and we had 3 days to get to Victor Harbour for a huge weekend tournament.

On route Pam would drop me off 10km out of Balladonia or Cocklebiddy or Nullabor station and I would run in just to stay fit (in over 40 degree heat) and to stretch the legs after 14 hours on the road. We got there late on the Friday just in time to play my first match on Friday night. We stayed in the Kombi at a farm of a local wood miller and we have been friends with them ever since.

It was a huge event with all the players coming from Victoria and Adelaide. It was a 64 draw with 2 byes, I got a bye, so I played 5 matches from Friday night to the final on Sunday at 4pm. That particular tournament I played Chris Dittmar in the final, I had a win 3/0, which unbeknown to me was to be the first of many great matches with Ditts and we became Aussie team mates in the '83 World Teams Champs in Auckland. Great memories!

I have found a couple of articles that I thought you might be interested in reading. The first is about Heather McKay (the GOAT ... Greatest of all time). I then found two articles written back in 1999 about our very own Ken Watson and Joyce Barnett. It is nice to travel back in time every so often ... I hope you enjoy reading these stories.



SMALL-TOWN GIRL



Sit, relax as you read, put on your Walter Mitty hat and dream a little of your sport. Imagine that you take up squash at 18 when courts are first built in your town, that you compete keenly with your friends and that one day you decide to enter a tournament. Imagine that you win both the junior and senior titles and are encouraged to go on. You enter the championship of your country, have to qualify and as a complete unknown, having only been playing for one year, you knock out the no.1 seed and go on to win the title. At 21 you win the world's premier title, the British Open, and go on to win it 16 times in succession. One final opponent you beat in 14 minutes and another 9-0, 9-0, 9-0; and through all these years you are undefeated.

A pleasant dream? Impossible? No, it's the true story of one of the greatest sportswomen of all time: Heather McKay.

Born Heather Pamela Blundell on 31st July 1941, she was number eight in a family of six boys and five girls and was brought up on sport. Her father Frank, a baker in the town, loved sport. He was one of the best rugby league footballers that New South Wales had produced and encouraged all his 11 children to play sport.

"Heather McKay's record is unmatched by any woman in any sport."
SPORTS ILLUSTRATED, 1977

There were no squash courts in the town of Queanbeyan, seven miles from Canberra, the Australian capital, until

The Fantastic Story Of Heather McKay

1959, so at the age of ten Heather took up tennis and at 13 hockey. She was good at them, won prizes at both, became Queanbeyan junior and senior tennis champion and played hockey for Canberra. It was a happy childhood.

"Having brothers helped," she said. "I was a bit of a tomboy; I kicked a football to my brothers and bowled to them in cricket. That helped my movement and co-ordination when I took up squash."

"The all-time best woman player in any racket sport – tennis, badminton or squash."

JACK BATTEN, 'HEATHER MCKAY'S BOOK OF SQUASH', 1977

On leaving school, Heather took a job in the local newsagent's. She continued to play tennis and hockey, which was how she got started in squash.

"When the squash courts came to Queanbeyan, I was a member of a hockey team and several of the girls and I took up squash to get fit for our hockey," she said.

Soon Heather had overtaken the other girls and was looking to the men for competition and, when the next season came, she entered the NSW county squash tournament in Woollongong. To the surprise of all, won the junior and women's events.

The following month, she was encouraged to enter the important state championships and, being a shy girl, she travelled up to Sydney for the tournament with her mother and grandmother.

"When we went to Sydney, I won the juniors and had the number one seed two games to one and 8-2 down in the women's . . . and then lost!" Was she disappointed? "Not at all; I thought I'd done rather well! I wasn't worried because I had just won the junior match and I didn't really expect to win anyway."

That performance meant that Heather was picked for the state team to play at fourth string in the Australian Inter-state series, at which she decided that she would also enter the Australian Individual Championships.

"I played in the elimination rounds, got into the draw and then went on to win it. I knocked out the number one seed 10-8 in the fifth. It was close. I beat the no.8 seed in four and won the final in four. That surprised everybody."

It was a sensational performance, the stuff of dreams. An unranked outsider, having played squash for just

one year, was the Australian champion!

Disappointment followed. Although national champion, Heather was not selected for the Australian team sent to tour Britain. Later she was to admit that, despite her initial discouragement, the extra 12 months gave her more time to gain the experience she needed and that the decision wasn't such a bad thing.

Heather then moved to Sydney and worked at the Bellevue Hill Squash Club, and it was during her years here that she met her future husband Brian. In those days squash was still an amateur game, and Heather needed to earn her keep and to save for the trip to Britain that was to turn the squash world upside down.

From that first Australian title in 1961 Heather kept winning with only one hiccup. On her first trip overseas she lost in the final of the 1962 Scottish Championships to the British Open Champion Fran Marshall. A month later she avenged that defeat, winning the British Open final 3/0 and was never again to lose a competitive match.

Over the next three years as Miss Blundell and then, after marrying Brian in 1965, as Mrs McKay, she won an astonishing 16 successive British Open titles. In that period of total domination she dropped just two games at the Open – games, not matches! One was to Anna Craven-Smith in 1964 and one to Sue Cogswell on her final appearance in 1977, at the age of 36.

A well dominating the British Open, she reigned supreme in Australian events until she turned professional in January 1974.

"The story of her swift rise to the top and of her long reign as the Queen of Squash would be almost unbelievable if it were not for the records which back it up."

SQUASH PLAYER INTERNATIONAL, 1978

"I played every year in the New South Wales, the Victorian and the Australian," she said. "I entered the British and one or two 'warm-up' tournaments in England. Those were the major events I played in every year. I held the NSW and the Victoria titles from 1961 though to 1973, the Australian from 1960 to 1973 and the British from 1962 to 1977. I just played these, the odd smaller tournament and league matches every week."

Strange nowadays that the world's leading player would play league matches each week with friends.

On reaching the top, Heather kept on

Reprinted from The Squash Player magazine

Heather McKay
in action against
Ann Smith (Aus)
in the 1979 World
Championships in
Abbeydale.



improving. Doyen of squash writers Rex Bellamy wrote of her that "her capacity for learning was to some extent inborn. But it was developed by remarkable concentration. Other natural talents were her athleticism and

agility (she was 5ft 6in tall and usually weighed about 9 stone 4lbs), her flair for striking a moving ball, and her superb competitive temperament.

"She knew where the ball was going and she was fast enough to get there with time to spare for a balanced, controlled return. Later she acquired more shots, more variety and the experience to exploit to the full everything she had learned. The outstanding qualities of her game were still persistent power and precision," Bellamy continued.

"Heather McKay was the most successful female squash player and arguably the finest sportswoman of all time."

MICHAEL PALMER, 'GUINNESS BOOK OF SQUASH', 1984

Being so far ahead of the other women was not a handicap for Heather because she always had men to compete with, and she picked her partners carefully to provide sensible practice and serious competition.

"My biggest asset was my driving," said Heather of her own game. "I drove hard and to a good length, probably a

little bit better than most girls. My movement around the court was another asset; people told me I was a good mover. There was also the fact that I trained bloody hard, so I knew that if I was getting tired the other girl had got to be feeling worse than I was. Basically, I made them do more work."

As well as mastering squash, Heather, who was initially a painfully shy girl, horrified at the thought of meeting strangers and making speeches, fought to combat her self-consciousness and in the end readily made herself available for speeches, interviews and broadcasts.

"Behind her small remaining shield of small-town shyness, she seems forever ready to accept friends and strangers on whatever terms they offer," says Jack Batten, author of Heather's 'Book of Squash'. "Heather has no notions of showing the world anything except honesty and a smile, and she trusts the world to respond in kind."

Moving from Sydney, Heather and Brian ran squash clubs in Brisbane and Canberra and in June 1975, moved on to Toronto. Heather, the amateur, managed and Brian, the pro, taught.

After her retirement in 1977, Heather took up racquetball for a time to gain the financial rewards that had not been available to her at squash and that few would begrudge her. Within a year, she

was the best player in Canada. Later she was to coach squash at the Australian Institute of Sport in Brisbane, training the next generation of young Australian professionals.

"If you asked me to count, on the fingers of one hand, the greatest sportsmen and sportswomen I have known, two of them would be Australian women, Margaret Court and Heather McKay."

REX BELLAMY, 'THE STORY OF SQUASH', 1978

Her record stands unrivalled in modern sport. In addition to her 16 British Open titles she won the first World Individual Championship in 1976, conceding just 15 points in the process, and, even though she had ceased to compete in the British Open, she returned to England in 1979, just two years short of her 40th birthday, to retain her world title at Sheffield.

She enjoyed many honours but, when asked which meant the most to her, Heather said, "There was the first time I won the Australian Open, as an outsider coming from nothing to win it. Another was when I won the Australian ABC Sportsman of the Year Award in 1967; that's the top sporting honour in Australia. The third was when I was awarded the MBE in the 1969 New Year's Honours list. These are the three things I would choose."



Liz Irving v Heather McKay

ANOTHER BLAST FROM THE PAST

It was the year 1999



NEWS

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THE OFFICIAL QUARTERLY JOURNAL OF WA SQUASH

Ken Watson Returns...

by Pam Martin

THERE'S an old saying in theatrical circles: 'Never work with kids or animals.' Fortunately for WA squash, newly appointed State Junior Coach, Ken Watson, hasn't listened.

Ken, who has a long and distinguished career in squash (including being 1 of about 3 people in the world to have played for 2 national teams - Australia and Denmark) sees coaching the WA Juniors as a big challenge. The group of about 30 boys and girls ranging from the 13's to 19's age groups are drawn largely from metropolitan clubs, however some of the young squashers come from as far afield as Bunbury, Narrogin and Katanning. *With such a diversity of ages, abilities, geographical locations, not to mention the emotional turmoil of adolescence to deal with, I'd be inclined to say that 'challenge' was somewhat of an understatement.*

After their first training session on Saturday 30th January, Ken is quietly confident and more than happy with the standard and commitment of the great group of juniors that he'll be working with. Even at this early stage he believes that at least 1 or 2 could be in the running for the national team to play in the 'World's' in Antwerp later this year. *I volunteered my services as a chaperone but I won't hold my breath.*

Ken doesn't subscribe to the Hup! Hup! Hup! school of junior squash coaching, preferring to nurture the technical, strategic and psychological aspects of the game. He sees squash as a 'late maturation' sport and is keen for his charges to reach their full potential without being hampered, or worse still, eliminated from competition by injuries that can result from overly strenuous physical training. *Given that Ken is a fully fledged Research Scientist, Chemist, University Lecturer*



and long time successful Squash Coach, I figure he's got a pretty good idea of what he's on about!

With an involvement in squash spanning some forty years, Ken Watson has a list of accomplishments as long as your arm (well almost) including:

- 1959 Played one series for Australia against the Poms
- Late 60's Was asked to play exhibition games and take on a part-time coaching role in Sweden
- 1970 Along with 2 Danish team-mates, Ken built the 2nd squash centre in Copenhagen and coached there
- 1974/75 Coached Swedish National team while still playing for Denmark
- 1980-86 Coached WA Women's squad including such greats as Di Davis and Robyn Lambourne, winning the National title 4 times
- 1982 Australian National Coaching Director
- 1989-91 National Coach of Sweden
- 1991-97 National Coach of Denmark

C.V's don't come much better than that and I reckon that OUR UP AND COMERS ARE IN VERY GOOD HANDS!!!

WA SQUASH - PROUDLY SUPPORTED BY



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- Spring 98 Pennant Winners
- Club News
- Club Captains
- Centre Addresses

ANOTHER BLAST FROM THE PAST

It was the year 1999

Joyce Barnett - a WA squash icon

Squash News recently had the chance to speak to Joyce Barnett about her experiences in the game. Joyce is well known in all circles of squash and her tales make for very interesting reading.....

SN *So how long have you been involved in the game?*

JB I started playing at Menora in a social setting with some other ladies. I was invited down there one day by a girlfriend and haven't looked back.

SN *You're one of the original Cambridge members though aren't you?*

JB Yes, I started at Cambridge not long after in 1963, just after the birth of my first child. That was my introduction to pennant competition and I've played there since then.

SN *Did you play other sports prior to that?*

JB Dancing was always a big part of my life. I competed up until I was 18 and then taught for many years after that. I also played softball for the Southern Demons in South Freo for a short time. I must be the shortest 1st base person to ever play the game.

SN *But squash won you over?*

JB Yes, I loved it straight away.

SN *So do you remember your first pennant match?*

JB Very well. It was against Helen Sheppard of Royal Kings Park in E Grade. We didn't know what we were doing so Beris Johnson, an A grader at the time, came down to show us how to score.

SN *And the result?*

JB I won in 5!!!

SN *What level did you get to?*

JB We were due to play what is now known as A Reserve as we'd won the B1 competition, but I got pregnant and missed out!

SN *You must have seen some significant changes in the years you've been playing squash?*

JB The biggest one is the number of people playing. Courts used to be booked solid from 3.30 to 10.30pm - and they were permanent bookings.

SN *What about the actual game?*

JB The rackets have certainly changed! I used to have an Apollo 5 star which was great and when the steel shaft rackets came they were very high tech. stuff. The game is much more powerful now. Players gone by



played with much more finesse. The touch players were always the ones to succeed.

SN *You're well known for your involvement in junior squash. How did that all come about?*

JB I was working at Scarborough and one of my shifts was Saturday morning. The juniors were on this day so I started helping out.

SN *And how about your activities with WA Squash?*

JB When the junior pennants ran on Sunday morning, Scarborough had a number of teams in the comp. People were needed to run the competition in the late 80's and along with John Durbridge, Val Kissack and Chas Renner, I volunteered. This then lead to being part of the Junior Committee.

SN *Are there any juniors that have stood out over that time?*

JB No-one in particular. They all meant something to me as they were part of the enjoyment of a Saturday morning. One thing that especially pleases me is seeing young players like Graham Johnson, Geoff and Matt Sanders and Ryan Foster now all running their own junior programs. I hope they now have some sympathy for what it takes to run a program!

SN *You also have a number of other hats, being involved in coaching and other areas....*

JB Yes, I did the very first Level One coaching course in W.A. and am on the P.S.C.A.A. committee in WA. I

initially got 12 months coaching from Bill Lawton to learn how to coach and have coached all sorts of players since then.

SN *You're a regular in Masters events aren't you?*

JB Yes, I've been to 10 National Masters titles, 1 of which was the World titles in Brisbane.

SN *Was that a highlight?*

JB Oh yes, it was like being in the Olympics in the opening ceremony. It was a great experience. I'm playing in the World titles again this year in Sheffield, England.

SN *So with all your experiences you must have some ideas on where the game is headed?*

JB Squash will always be there. It will never fade out. I don't think we'll reach the boom stage again simply due to the number of sporting options people have now. I am frightened about the number of clubs we seem to be losing now though. I am a great believer in promoting squash as a sport that is perfect as a training tool for other sports. I don't believe many other sports offer the all-round training effect that squash does.

SN *What about the pennant structure?*

JB I've been a proponent for many years for the move to one official season over the winter months. This then provides the opportunity for clubs to run in-house comps over the summer and develop some club "feel". It would also make the organisation of teams for the season much easier!

SN *So if you had the magic wand that could change or introduce something new to the sport, what would it be?*

JB A doubles court in Western Australia. I love the game and think it's a great promotional tool to introduce new people to squash. (anyone with a spare few hundred thousand dollars, we agree! - ed.).

SN *So we trust we'll see you strutting the courts for many years to come?*

JB I always said I'd play until I could play a season of pennants with my daughter, Heidi. I'm doing that now but the end of the rainbow still looks a fair way off yet!

Ken Watson and Joyce Barnett

You have just read the original feature articles on Ken and Joyce from 1999 ... over 20 years ago! I would like to add the following:

Ken Watson

- ⇒ WA State Champion 1958, 59, 60, 61 ... before he headed off to Denmark to work.
- ⇒ Seeded 5 at the Australian Championships in 1961 when Australia had the strongest team in the world with Ken Hiscoe and Owen Parmenter
- ⇒ Since the 1999 article Ken has been involved as Chairman of the Coaching Committee in WA for over 20 years
- ⇒ He is a Life Member of WA Squash and the only Life Member of Squash Australia from Western Australia
- ⇒ Inaugural inductee into the WA Hall of Champions

Joyce Barnett

What a great article on the wonderful Joyce Barnett from 1999 when she was interviewed by Squash News. Some 20 years on and Joyce is still playing Masters and last played in the over 80 age group ...awesome effort Joycey and lets hope you can keep playing and as you said in your interview ... **the rainbow still looks a long way off yet !!!**

To Our Volunteers



"National Volunteer Week is an annual celebration to acknowledge the generous contribution of our nation's volunteers from 18-24 May".

So with that in mind it is timely that we make a list of the volunteers we highly value and depend upon. Obviously, Covid-19 impacted on the celebrations but it isn't too late to say **thank you** in your own special way.

Our sport depends heavily on volunteers at club and State level. From organising competitions and teams, coaching, refereeing, running bars and canteens, running events, contributing to a committee, managing the front desk in some clubs to getting sponsorship, prizes and trophies everyone who does something deserves to be recognised and most importantly **thanked**.

Why not write an article for the SWAN about your volunteers? It's a nice way to **thank** them!

~ Ode to Volunteers ~

Many will be shocked to find
When the day of judgement nears
That there is a special place in Heaven
Set aside for volunteers

Furnished with recliners
Satin cushions and footstools
Where there is no committee Chairman
No group leader or car pool

No eager team that needs a coach
No bazaar and no cake sale
Nothing to staple, nothing to fold
Nothing to put in the mail

Telephone lists will be outlawed
But a finger snap will bring
Cool drinks and gourmet dinners
And rare treats for a king

You ask, who will serve this privileged few?
Who will work for all they're worth?
Why those who reaped the benefits
And not once volunteered on Earth!

Thanks Neil Butler

WA SQUASH AGM

FIRST EVER AGM VIA ZOOM ... WILL THIS BE THE NEW NORM???

WA Squash was all set to go with their AGM on 25th March 2020 at Vic Park Squash Club when as we all know our normal worlds were turned upside down.

All the Reports had been circulated beforehand, the financials were audited and we were all set to enjoy a nice AGM. On the Friday before the AGM, The Government closed everything down and the AGM was put on hold until further notice.

All of a sudden, the World was Zooming or Teaming or Skyping and we were thrust into a new way of doing meetings by using technology. After a short while the AGM was scheduled for the 13th of May. WA Squash purchased a Zoom account and we set about confirming a date. The DSR had asked all sports to have an AGM before 30th June so as to make sure all sports had complied constitutionally in these strange times.

Board Member Leigh-Anne Kaye took up the reins and was appointed the Host and notices were sent out for clubs to hold small gatherings at a home and to have one delegate as their main spokesperson. This new way of holding an AGM gave the more remote areas a chance to join in, instead of allocating proxies.

All but two Board members were present at Leigh's home and delegates were accepting the link and coming on line. All Metro Clubs were on except for Leeming and we had a fantastic response from our wonderful Country Clubs.

The meeting went smoothly even though not everyone had a full grasp on how to use Zoom, but notwithstanding that the meeting flowed well.

All reports were accepted and the 4 nominations for the 4 vacant Board positions were accepted with Trevor Cruickshank, Neil Butler, Glenn Hitch and Raelene Marriott all being re-elected for another 2 years.

General discussion about the new look Country Development Committee and finances finished off what was an amazing new way to conduct large meetings ... is this the way forward???

In a debrief afterwards, WA Squash agreed that the Board should have been visible at all times by the delegates instead of moving in and out of the screen which did cause some movement and not easy to follow at times ... but all in all it went well.

Zoom Zoom

Squash World Mirrabooka Manager **Tyron Holloway** reports **"It's great to be back!"**

On March 22nd 2020 I got the phone call from Squashworld owner Kane Fasolo saying that we had to close our doors due to the worldwide pandemic. Without a doubt a distressing experience for the owners Kane and Adam Simmons, staff, clubs and not least to say the hundreds of people who frequent the four squash centres: Mirrabooka, Brentwood, Cambridge and Hilton.

Everyone had to find ways to keep fit and occupied over the closure. A few examples of this was resident pro coach Tim Cowell, Mel Hackett and Carolyn Temple. Tim challenged himself daily in various physical activities and kept us well informed on social media. He even picked up some great photos of our beautiful city of Perth. Mel and Carolyn were squash starved and resorted to setting up their own outdoor court without side and back walls.



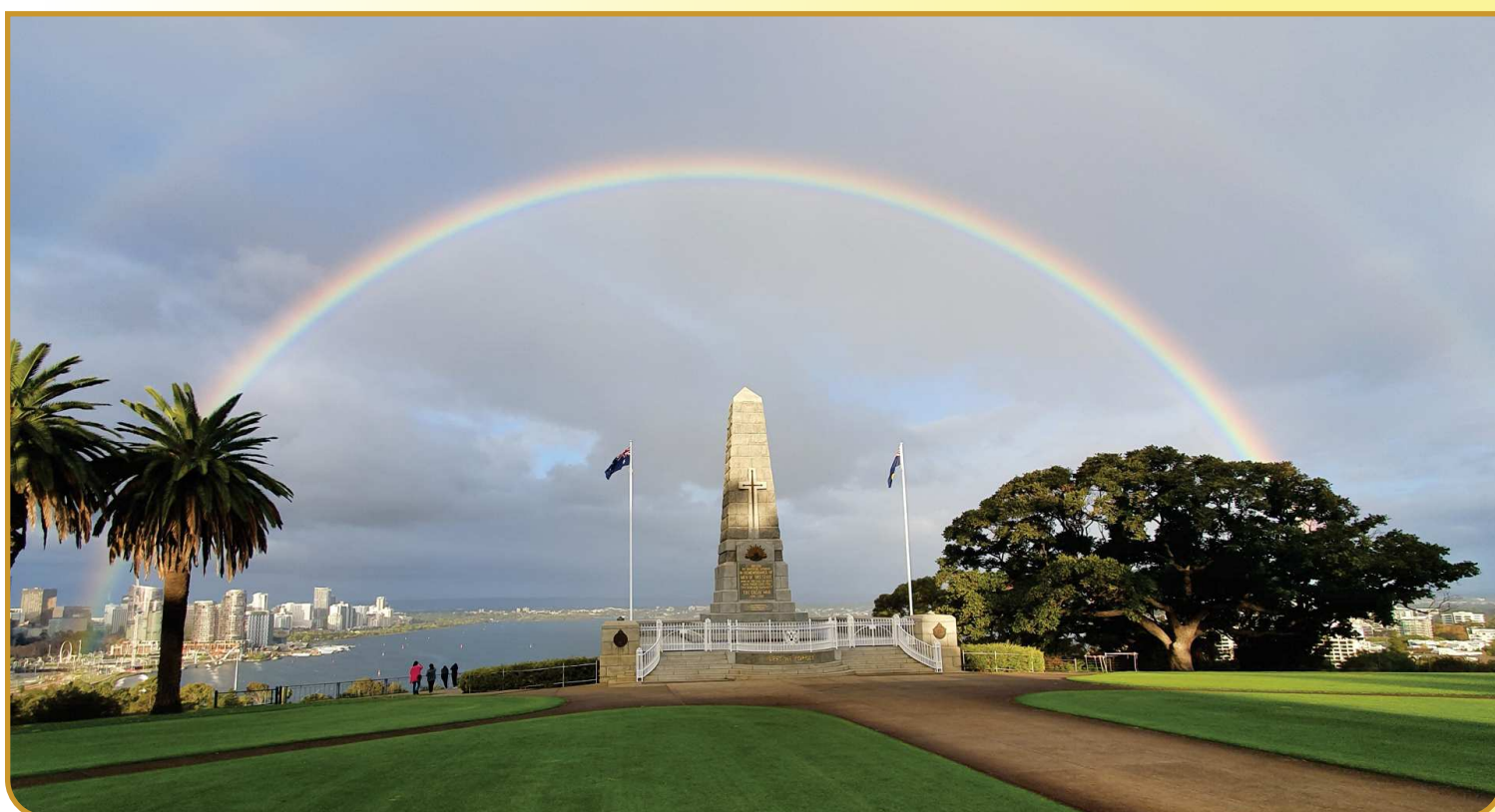
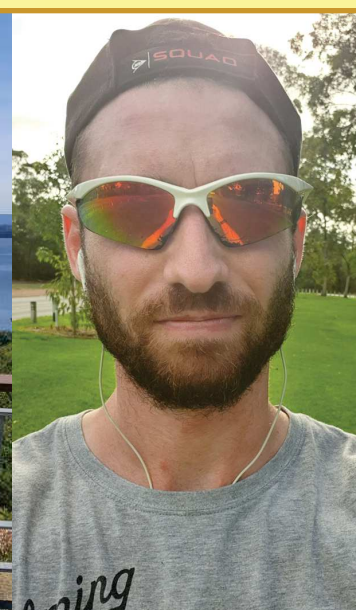
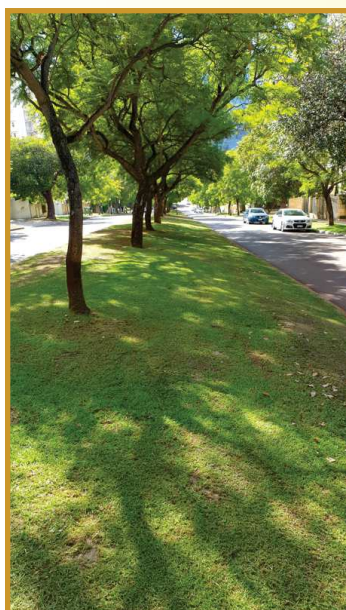
Early May saw promising signs of returning to squash and the Squashworld team met up to discuss what we would do in preparation for a reopening. The whole crew were trained up in the Covid 19 hygiene course as required and gave the centres an early "spring clean". Various maintenance also included a revamp of Brentwood's front wall and court tins. The front garden at Cambridge got some tender loving care.

May the 18th was the day we saw a return to squash training. The response in support from the casual players and club members was remarkable and is appreciated by all of us at Squashworld. Certainly some of the strangest few weeks behind the counter with the restrictions that were in place and the players were very understanding of the situation. Everyone concerned was eagerly looking forward to when we could resume regular game play.

Well the long awaited day came on the 6th of June where we could return to some form of normal operations. Game play on court was allowed to go ahead and the amount of people we could have in the building was increased. This also meant we could resume

our weekly in house social competitions. Relieved squashies also saw the return of facilities such as the changerooms, showers and the ever popular bar.

All going well we are looking forward to the return of tournaments and pennants sanctioned by WA Squash. We hope everyone has survived the crisis and we look forward to seeing you at the courts soon. Stay healthy fellow squashies!



Do you remember when you first started playing squash or coming back to squash after some time away? Do you remember how sore your butt was? Do you remember the soreness when you went to sit down?



**I remember it all too well and
I'm not a fan!**

So we need to keep moving and do some squash-like movements whilst we are unable to go on court. Perhaps some lunges or perhaps do some ghosting. (Try the free Squash Ghost app).

How many times per week did you play squash? Can you exercise at home or the park for this same amount of time?

This is also a great time to do the exercises you were given for any injuries sustained and an opportunity to strengthen your core.

Perhaps you are looking for something to read, how about the Rules of Squash: <http://www.worldsquash.org/rules-of-squash-2/> or perhaps the history of Squash: <http://www.worldsquash.org/wsf-information/squash-history/the-history-of-squash-in-10%c2%bd-chapters/>

Here is a great article from the Squash Australia website from their Athlete Wellbeing & Engagement Manager, with many helpful tips: <https://www.squash.org.au/w/blog/squash-australia-sarah-roder--maintaining-mental-health-during-social-isolation>

Stay safe and remember to make your bed each day!

LIFE MEMBER PROFILE



Sue Cowell



Sue Cowell has just been awarded Life Membership of WA Squash.

Sue started her squash life at 18 years playing pennants for the Manning Squash Club.

In 1985 she joined the Marmion Squash Club and is a Life Member of the Club. She started coaching the Juniors at Marmion in 1999 and is still the Head Coach there today. Sue's whole family was involved with squash and with her two boys (Tim and David) playing joined the WA Squash Junior Committee in 2000.

Sue joined the State Team as Manager, which means Head Chef and chief organiser of up to 32 in the travelling party. Sue did this for many years, sometimes under very trying cooking arrangements.



With coaching qualifications under her belt she then joined the WA branch of the Professional Coaches Association of Australia (PSCAA) as treasurer and continues to do this. Sue is also the secretary of the WA Squash Coaching Committee, which was established in 2018.

Sue joined the WA Squash Referee Committee at the invitation of Pam Addison in 2003 and is still on this committee serving as their Secretary since 2012. Sue has been a Nationally qualified referee since 2012.

- ⇒ Junior Committee: 2000-2007: Chairman 2003-2007, Secretary 2000-2003
- ⇒ WA Squash Representative: Squash Australia National Junior Committee 2002-2004
- ⇒ Manager of WA Junior Team: 2005-2007, 2009 and 2012
- ⇒ Referee: National Referee since 2013, State Referee 2010-2013
- ⇒ WA Squash Referee Committee: since 2003, Secretary since 2012
- ⇒ PSCAA (WA) Branch: Treasurer since 2009
- ⇒ WA Squash Coaching Committee: Secretary since 2018



LIFE MEMBER PROFILE



Lyn Chandler



Lyn Chandler has just been awarded Life Membership of WA Squash.

Lyn Chandler started her Squash at Belmont Squash Club in 1983. She joined the Belmont Squash Club Committee as Ladies Captain in 1985 and has held a position on the Belmont Committee ever since with the exception of 2007. Such is her love of the game, Lyn decided to join more committees this time for WA Squash.



Lyn joined Day League Pennant Squash in 1984, playing in division 23. After a few years playing Day League she joined the Day League Pennant Committee and was on the committee when men were first “allowed” to join the competition. After a few years she took over the role of Day League Chairperson on the Pennant Committee.

Lyn started the State Junior League together with her husband, Russell for a few years in the early 1990's.

She then joined the Night Pennant Committee back in the days when Julie Archibald was in the office in 1988. Then we had Midweek pennants, Thursday and Friday night pennants, and grades from A down to F5. This was back in the days when everything was done manually ... grading and draws!

Lyn took on the role of Pennant Chairman in 1993 for two years, then took up a position on the Board of WA Squash from 1996-1999. She also started up a newsletter which was sent out weekly to all centres in their courier bag.

When Day League was facing the prospect of collapsing due to decreasing numbers Lyn went onto a new committee that took on the role of formatting a new competition run in the same way she and Russell had run the State Junior league.

With the numbers of ladies playing pennants declining Lyn, undertook the role of trying to implement the same format of competition to retain any ladies that lost their team mates and didn't have a team, or wanted to get back into pennants.

LIFE MEMBER PROFILE



Lyn Chandler



It was also a way for new ladies to enter into the competition at a beginner level and then move up through the ranks. This was introduced on a Monday night and continues to thrive with Lyn on the committee.

| | |
|-----------------------------|----------------|
| ⇒ Pennant Committee | 1988 - 1994 |
| ⇒ Pennant Chairperson | 1993 - 1994 |
| ⇒ State Junior League | 1991 - 1994 |
| ⇒ Board Member | 1996 - 1999 |
| ⇒ Appeals Panel Chairperson | 2000 - 2002 |
| ⇒ Ladies Day League | 2008 - present |
| ⇒ Monday Night League | 2011 - present |



Lyn was awarded the Australian Sports Medal for Services to Squash in 2000 for all the work she had done on these committees. As you can see Lynn is still involved on two committees.

Lyn still plays and enjoys her squash (although injured at the moment) and loves meeting so many different people.

“ *I would like to thank the Board of WA Squash for the honour of life membership. I feel very humble in the company of other life members.*

Over the many years that I have spent working with WA Squash, the greatest reward is the life long friendships that I have made. It is truly rewarding to be able to contribute to squash and help to carry on our wonderful sport in our ever evolving ways.

Hopefully, I will be still playing for many years to come.

Lyn Chandler 2020

“ *Squash is our family's sport and to be recognised in this way for something that I love being involved in is a very humbling experience. Thank you for this honour.*

Sue Cowell 2020

Paraproisdokians

Paraproisdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ... but it's still on my to do list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up -- we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head, a beer gut, and a few teeth missing ... and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first, and call whatever you hit the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

FUNNY

Ha Ha

LOL

1. I'm having a quarantine party this weekend ... None of you are invited!
2. We are just two to three weeks away from learning everyone's real hair colour.
3. All these people are worrying about a baby boom in the next nine months. Two days of home schooling should nip that right in the bud!
4. All I can think about now when I'm watching any TV show or movie is how everyone is standing WAY too close together.
5. I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe!
6. The Health Department is looking to hire couples married seven years or more to educate people on social distancing.
7. Grocery shopping has become a real life version of Pac-Man. Avoid everyone, get the fruit, and take any route possible to avoid contact.
8. This is like being 16 again. Petrol is cheap and I'm grounded. Geez.
9. My wife and I play this fun game during quarantine. It's called, "Why Are You Doing It That Way?" There are no winners.
10. When we come out of this and I ask you where you want to eat, I do NOT want to hear, "I don't know." ...YOU HAD 45 DAYS!
11. Can't wait until this is over so I can go back to social distancing on my own terms.
12. My car probably thinks I died.
13. It's been a blessing being home with the wife for three weeks now. We've caught up on everything I've done wrong for 15 years.
14. Hormel Foods made their first batch of SPAM in 1937. With everyone out shopping and hoarding food, they have announced they will be making their second batch later this week.
15. Due to my isolation, I finished three books yesterday. And believe me, that's a lot of colouring!
16. Is it just me or is anyone else getting a tan from the light in your refrigerator?

LOL

FUNNY

Ha Ha

WA MASTERS UPDATE

By Janis Haswell

Early June has thankfully seen us closer to 'normal' squash activity than we've been for a few months. Unlike most other fitness and sporting activities, while you do need others to make them interesting, you don't necessarily need a dedicated enclosed court to participate, so it's been a long wait for most of us to get back to enjoying our squash.

Let's face it, there is only so much bouncing ball on racket you can take. And has anyone else noticed how often those darned (once highly treasured) plants and garden ornaments interrupt your swing when hitting the ball on a metre square of outside wall. However, that's all behind us now and your Masters committee is hard at work to ensure we have plenty of events to get us back together both socially and competitively in true Masters style.

Masters is trying to make up for lost time by utilising the months that would have seen many players heading to Adelaide, Poland or both for the National and World Masters events, fitting in the tournaments that would normally have been held in the lost Covid 19 time. So hopefully everyone has kept up their fitness level.

As mentioned in the May newsletter, WA Masters Squash is celebrating its 40th year in 2020, and the committee is hard at work planning a very special event to mark this important milestone. See more details of this and other coming 2020 events in the note below from Roger Campbell, WA Masters Chair.

A Note from Roger, Chair, Masters Committee

Masters Squash is back and before the end of this year we hope to fit in all the events and tournaments that normally fall in the first half of the year. That may not be easy and will mean more work for the committee, but we hope to deliver all things as normal, just in a shorter timeframe. It is helpful that the Australian Masters scheduled for October has been moved from 2020 to 2021 and the World Masters Champs in Poland have also been moved on a year to 2021. This gives us September and October to work with.

We have decided to restart the Masters Squash program with an event for all Masters – the first Battle of Brentwood to be held at Blue Gum on 12th June. This is designed to be a welcome back event so 1. not that serious, 2. a chance to be back on court, and 3. a chance to get together with old friends and fellow masters players. We are aiming to max out at the 100 mark we are technically (at the moment) allowed so it should be a huge night and also a fitting celebration of our return to Masters.



**DON'T FORGET TO PROMOTE
WA MASTERS TO YOUR SQUASH FRIENDS!**

**THE SOCIAL AND PHYSICAL BENEFITS AND FUN
OFFERED BY BELONGING ARE INVALUABLE.
AND YOU ONLY NEED TO BE 35 TO JOIN THE FUN!**

WA MASTERS UPDATE

By Janis Haswell

We will also be restarting Friday Night Masters from the 19th June and welcome everyone over 35 keen to get back to their squash. I understand pennants is a few weeks away so this would be a good opportunity to get some match play, fitness and a social life back.

While we still need to talk about the format, it will remain point a rally scoring to 15 for 4 games. We will arrange teams but are still talking about what the teams will look like. The cost will still be \$12 with teams rostered on for supper. We are always open to any suggestions on how to make the night more enjoyable for all players and to entice new ones.

Anyone interested in joining as a regular player or as a reserve please contact Kane on 0421 490 799 or email at masters@squashworld.com.au

We have a couple of tournaments planned. We will use the weekend previously earmarked for the State Masters to hold a graded tournament at Hilton. The thinking here is that giving old people a chance to play a warm-up event will reduce the likelihood of injury and a chance to build fitness. So that will be 25-26 July at Hilton. We will follow up with the State Masters at Mirrabooka over the weekend 4-6 September.

Now for the most important matter. This is the 40th anniversary of Masters Squash in WA and we are going to celebrate in style. We have booked the Pagoda Ballroom in South Perth on 29th August for a dinner dance.

At this stage we are limited to 100 people but this may change to allow more people if the government relaxes the rules. Our plan is to acknowledge those who have 'done the work' to keep WA Masters Squash great over the last 40 years.

We will also be heavily subsidising the event, charging only \$35 per person, a saving of \$40 per person. In addition, we will cover the setup, DJ and a few other surprises that you will need to be there to see.

So, as you can see, we have finished our break and your Masters Committee is back in action and firing on all cylinders. The break has made us realise how much we miss the best sport in the world (even though not recognised as a sport by the Olympic Committee).

We are always happy to hear suggestions on how we can do better, so if you have thoughts or



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WA MASTERS UPDATE

By Janis Haswell

ideas on how we can do better, talk to a committee member and they can bring it to a meeting for discussion.

Very much looking forward to catching up with all Masters players over the next few months.

Roger,
Chair WA Masters Squash

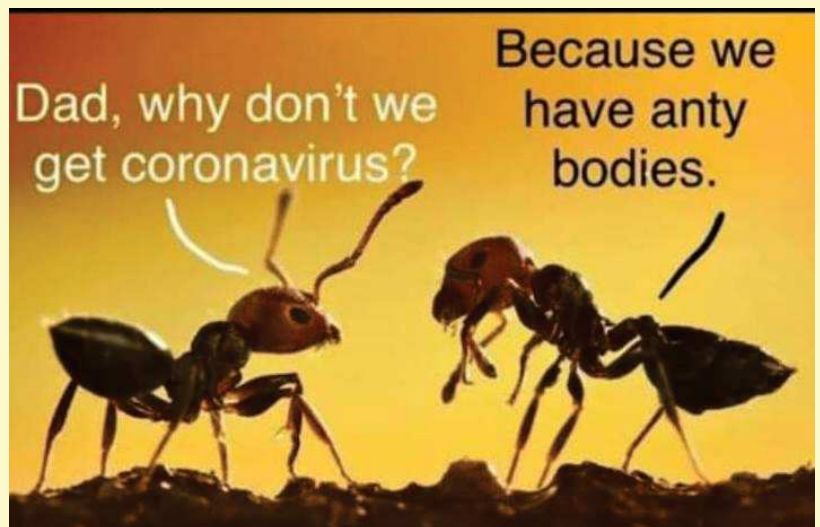
A final note:

It's fantastic to know that we can now all get back to the sport we love. While there is still a way to go in terms of the pandemic, if we all continue to do our part by adhering to the 3-step plan recommended by the Australian Health Department, especially when attending your squash centre, I'm sure WA can continue on in the right direction.

Staff at the centres will still be required to carry out a rigorous cleaning regime after each court and centre use, and will face a hefty fine if it is not adhered to, so I'm sure everyone's cooperation in complying with small, mandatory requests will be greatly appreciated.

Squash centres have taken quite a financial hit through not being able to operate over what is some of their busiest times with pennant seasons and training. So, get back to squash and let's support these businesses – we can't afford to lose any more centres here in WA.

Don't forget – promote Masters Squash, including the Friday Night Masters at Squash World Brentwood, to your team mates and friends. Help keep our great sport alive.



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National Junior Rankings - Top 5

Rankings - June 2020

U11 Boys

| | | |
|---|----------------------|-----|
| 1 | Alexander Marsh | WA |
| 2 | Henry Kross | NSW |
| 3 | Joel Roshan Raj | QLD |
| 4 | Kieran Willathgamuwa | NSW |
| 5 | Daniel Lim | NSW |

U13 Boys

| | | |
|---|-----------------------|-----|
| 1 | Joshua Rahul Raj | QLD |
| 2 | Alexander Marsh | WA |
| 3 | Eric Marsh | WA |
| 4 | Aiden Finlay-Mulligan | SA |
| 5 | Flynn Bartlett | QLD |

U15 Boys

| | | |
|---|------------------|-----|
| 1 | Joshua Rahul Raj | QLD |
| 2 | Daniel Marsh | WA |
| 3 | William Siviour | NT |
| 4 | Aryan Madan | SA |
| 5 | Lachlan Walmsley | NSW |

U17 Boys

| | | |
|---|---------------|-----|
| 1 | Greg Chan | WA |
| 2 | Oscar Curtis | WA |
| 3 | Dylan Classen | WA |
| 4 | BJ MacDonald | QLD |
| 5 | Andre Lynn | VIC |

U19 Boys

| | | |
|---|----------------|-----|
| 1 | Sam Sergo | NSW |
| 2 | Dylan Molinaro | VIC |
| 3 | Greg Chan | WA |
| 4 | James Lloyd | ACT |
| 5 | Remi Young | WA |

U11 Girls

| | | |
|---|----------------|-----|
| 1 | Madison Nargar | NSW |
| 2 | Tina Ma | VIC |
| 3 | Elizabeth Wang | NSW |
| 4 | Lilly Wilson | QLD |
| 5 | Bella Mifsud | VIC |

U13 Girls

| | | |
|---|-----------------|-----|
| 1 | Sarbani Maitra | QLD |
| 2 | Maxine Salter | WA |
| 3 | Joanne Joseph | VIC |
| 4 | Charlotte Evans | SA |
| 5 | Hala Hegazy | VIC |

U15 Girls

| | | |
|---|------------------|-----|
| 1 | Maja Maziuk | NSW |
| 2 | Isla Harris | WA |
| 3 | Courtney Scholtz | VIC |
| 4 | Hannah Slyth | WA |
| 5 | Sarbani Maitra | QLD |

U17 Girls

| | | |
|---|----------------|-----|
| 1 | Erin Classen | WA |
| 2 | Kurstyn Mather | QLD |
| 3 | Ella Burge | QLD |
| 4 | Amber Chen | ACT |
| 5 | Madison Lyon | QLD |

U19 Girls

| | | |
|---|--------------------|-----|
| 1 | Alex Haydon | SA |
| 2 | Katie Davies | QLD |
| 3 | Remashree Muniandy | SA |
| 4 | Kate Winters | SA |
| 5 | Erin Classen | WA |



TOURNAMENT CALENDAR

The following tournaments were originally scheduled to be played in April and May 2020, however, due to Covid-19 they were cancelled:

Broome Invitational
Bunbury Junior Open
Geraldton Open
Geraldton Junior Open
Golden Open
Golden Junior Open
HEAD Junior Classic

Interschool Squash Competition
Katanning Junior (SGP)
Mandurah Open
Masters Hilton Classic
North West Junior
North West Open
South West Open

As at the 11/6/20 the following events have been confirmed:

| | | | | |
|------|-------|----------------------------------|--------------------------------|----------------|
| Jun | 12 | Battle of BlueGum | MASTERS | BRENTWOOD |
| Jul | 15 | Maddington Gosnells | JUNIOR (BRONZE, ABILITY) | FITZPATRICKS |
| Jul | 25-26 | Hilton Masters Classic | MASTERS | HILTON |
| Aug | 1-2 | FeNaClng Championships | SENIOR | DAMPIER |
| Aug | 14-16 | WA Open | SENIOR | CAMBRIDGE |
| Aug | 26-30 | Australian Open | SENIOR | BEGA |
| Aug | 29-30 | Leschenault Classic Teams Chall. | SENIOR | LESCHENAULT |
| Sept | 4-6 | WA State Masters | MASTERS | MIRRABOOKA |
| Sept | 19-20 | Cambridge Junior Teams Event | JUNIOR | CAMBRIDGE |
| Sept | 26-28 | WA Country Teams Champs | SENIOR | MIRRABOOKA |
| Oct | 9-10 | Hilton Open | SENIOR | HILTON |
| Oct | 3-4 | WA State Juniors | JUNIOR (GOLD) | MIRRABOOKA |
| Oct | 3-4 | Mirraboooka Classic | SENIOR | MIRRABOOKA |
| Oct | 5-6 | STATE Junior Teams event | JUNIOR | TBA |
| Oct | 30-1 | Busselton Open | SENIOR | SEBEL, BUSSEL. |
| Nov | 14-15 | Spring Teams Event | MASTERS | SQUASH FACT. |
| Nov | TBC | Manjimup Junior Champs - SGP | JUNIOR (BRONZE, ABILITY BASED) | MANJIMUP |
| Nov | 28-29 | Cambridge Junior Champs | JUNIOR (BRONZE) | CAMBRIDGE |
| Nov | 28-29 | Cambridge Open | SENIOR | CAMBRIDGE |
| Dec | 12-15 | Australian Junior Open | JUNIOR (PLATINUM) | GOLD COAST |
| Dec | 19-22 | Oceania Junior Open | JUNIOR (PLATINUM) | GOLD COAST |

#SquashTogether

THE BACK WALL

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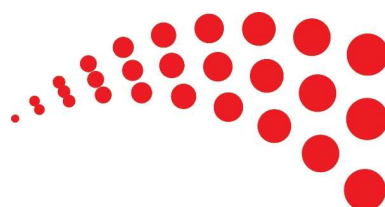
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THANK YOU



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