



Backwall BOAST

Winter Interclub is here!

Everyone is gearing up for a new season of winter interclub. The draws are out and we now have 147 teams entered - 88 men's and 59 women's teams. Nine more teams than last year! Referee Workshops have been held or are about to happen all over the countryside so it's shaping up to be an awesome season.

Sharon

Today's Thought

Activity and sadness are incompatible.

Masters Interclub

This is a fun, non-graded competition for teams of 4 – can be mixed or not. It is played fortnightly on a Thursday night. \$5.00 per person on the night covers supper.

Entries close 16 April to start on Thursday 7 May and entry forms have been posted to clubs.

For more information phone Margaret Shaw 07 843 4880.

COACHFORCE

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stationery**

Welcome ...

to the **April 2009** issue of the Backwall Boast! In this issue we discuss the benefits of affiliation, upcoming events and upcoming masters events, and more!



Jorja setting goals for 2009

Jorja is 16 years old, has a B2 grading and plays out of the Te Awamutu Club. Jorja has been playing competitively for four years and is making this year the year she tackles the game full on!

She is part of an elite group of players who are training regularly at the Hamilton Club taking part in group hitting sessions, core strengthening and speed work. Jorja has started the season with some excellent results.

At the recent Junior Triangular between Waikato, Bay of Plenty and Auckland, she was the only Waikato player to win all of her matches. During the weekend she beat Paige Wilks (Auckland), Taylor Flavell (BOP) and Young Eun Koo (Auckland) who are both 95 grading points ahead of her.

Jorja's next tournament is the Aus-

tralian junior series in Rockhampton which starts on 11 April. Jorja's goal for the season is to make it to a B1 grading and also to achieve a top 8 position at the Junior Nationals later on in the year.

Good luck Jorja for the rest of the season!



Intensive training for top players

A number of the district elite junior and senior players are taking part in some intensive training! This structured programme is designed to support our elite players so they are able to reach their potential and achieve their goals. This daily training gives the players the opportunity to train twice a day in a group environment. The training includes hitting sessions, strength endurance, core strength, speed and agility, match analysis and one to one coaching. The idea of this training is

that it is flexible to meet the needs of the individual. Photo shows Jorja Tarant, David Dela Rue, Mitch McCann, Scott Calder, Alana Sincock, Amanda Cranston and Michael Martin at Thursday morning's speed session.



Helping sport happen

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TE PUNA O WAIKATO



sportwaikato
out there and active

Sharon Hema

SportsForce Squash Development Officer

Phone 07 838 2657

Mobile 027 440 5662

Email sharonh@sportsforce.org.nz



Backwall BOAST

Upcoming Tournaments

- April 3 - 4** Frankton Junior Tournament
- April 3 - 5** Ruakura B Grade
- April 17 - 19** Te Kuiti B Grade Cambridge Open
- April 24 - 26** Hamilton Old Boys Thames B and Juniors
- May 1 - 3** ASB Waikato Open Morrinsville Duckshooters and Juniors
- May 8 - 10** Matamata B Te Rapa Juniors
- May 15 - 17** Tuamarunui B Huntly B

Junior Triangular Competition

On the weekend of March 21-22, a group of Waikato junior players travelled to Auckland to represent Waikato against the BOP and Auckland. The Waikato team faced strong competition and came third. Squash Waikato would like to thank all the competitors and their families for travelling to Auckland and representing the Waikato. **The players were:** Hannah Paul, Shaliah Henderon, Kasey Calvert, Amber Helm, Rebecca Hopkins, Jorja Tarrant, Hope Sneddon, Nicola Blake, Mason Helm, Montell Whatarangi, Shaun Garrett, Ben Calvert, Craig Piggott, Ben Rush, David Dela Rue, Kurt Barton, Caleb Hoolihan.



Matamata Tournament

The Matamata Open tournament held March 19 through to March 22 attracted 106 entries due to the fantastic teamwork of the club committee members.

Determined to make their tournament a memorable one, committee members billeted players, provided breakfast, a masseuse, creamed rice and fixed one player's car. The prize money pool of \$6,000 also helped to attract a field of 14 men in the Open division and 10 women in their Open division.

Ewan Atherton from Matamata New World – the major sponsor of the event – said he was thrilled by the amazing display of top quality squash.

Graeme and Diane Rush from HCL

Guardrails were also sponsors.

The men's final was narrowly won by Kashif Shuja, winning 10/8 in the fifth against Mike Corren. The top women seeds also played the final with Amanda Cranston fighting hard to win against Lisa Cowlard.



Waikato & BOP combine for a Junior Training Squad

BOP and Waikato held its first combined training camp in Tauranga for a number of squad athletes from both districts. In September another will be held in Hamilton for possibly different athletes to attend.

Two BOP coaches and one Waikato coach were involved and it is hoped to have 6 coaches at the return camp. This gives our junior players the opportunity to meet and play people that they don't usually play as well as exposing them to other coaches and coaching techniques.

This exchange is of great value both for players and coaches.

Thanks to Lindsey Walters (Waikato) and Robbie Wyatt (BOP) for organising it.



'How to run a Junior Programme' Workshop

Sunday 26 April - Lugton Park Squash Club, Dey Street, Hamilton

Starts 10.00am to 3.00pm – Bring your own lunch

This workshop will give you heaps of ideas on how to run a successful junior programme at your club. It comes with a resource kit packed with information that you can take back to your club. This is for everyone who would like to encourage juniors to play squash but do not want to be the coach.





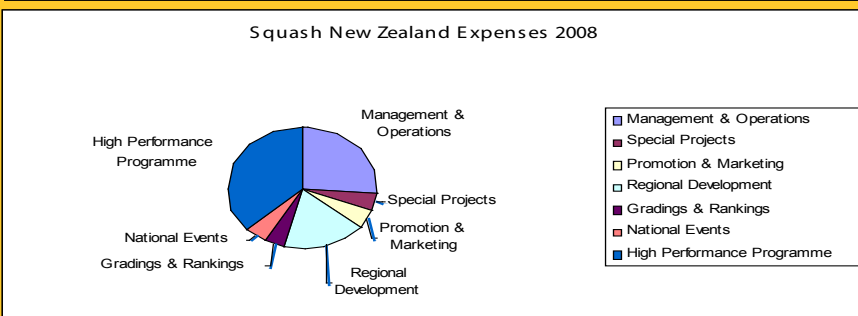
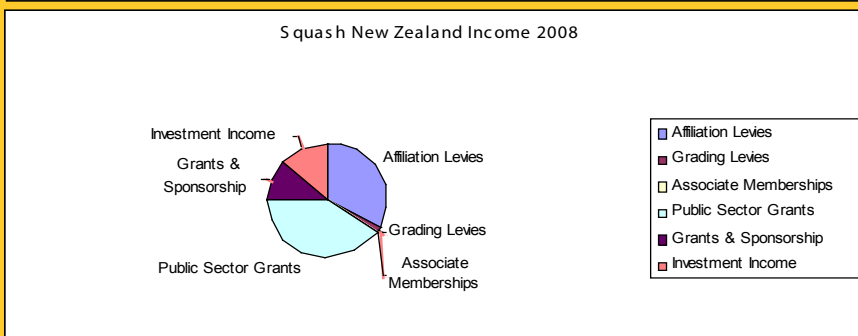
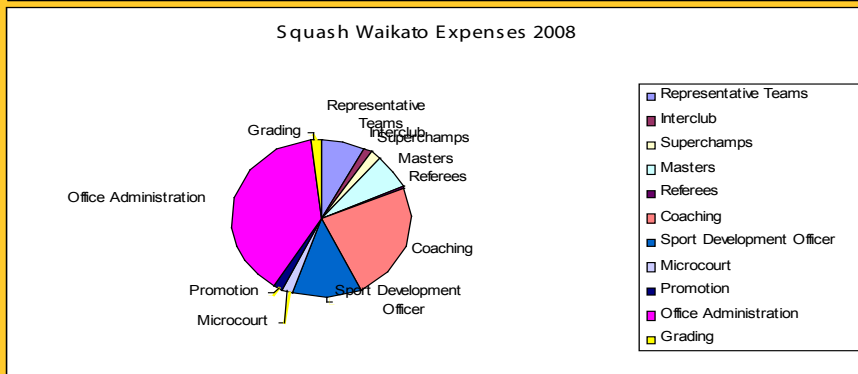
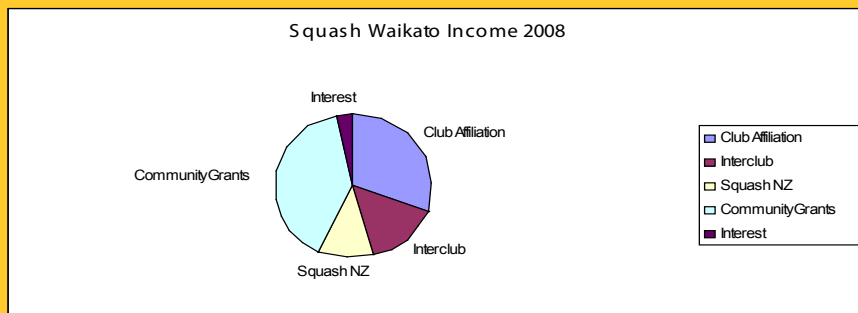
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What are the benefits of affiliation?

- There is an **administrative cost** to running a sport and affiliation fees paid by the end users assist in this area. If affiliation fees aren't paid, then the sport could ultimately die as there may be no-one around to ensure the competitions and events are run, or that rules are reviewed and applied in a consistent manner. Promotion and marketing and high performance players all ensure that the sport is alive and well.
- Being a member of an affiliated club means that a player can be **graded in the National Grading System** allowing them to participate in inter-club competitions and tournaments around the country, and be eligible to be a member of junior, senior or masters representative teams. A non-graded player is reliant upon finding their own competition.
- An affiliated club has full access to the **office manager and the Squash Development Officer** who work to encourage growth of the game, provide practical advice and support, organise key events including inter-club and super champs, deals with the day to day administration, arranges district representative teams, and coordinates the Microcourt in schools programme.
- Affiliation to the sporting organisation ultimately means that you have access to **highly trained referees and coaches** who not only ensure that competitions and events are run fairly and according to the rules, but also that you can compete in a safe environment. All players, referees and coaches have a clear pathway to becoming a top representative - right through to international level.
- All affiliated competitions/events put **money back into the sport itself**, rather than an "entrepreneur" who is there solely to make money for themselves. In some cases, we must admit that there are some quality competitions/events being run by "entrepreneurs" however, there are many more that aren't.
- Many funding organisations will now **only grant funds** to groups participating in affiliated events.

The graphs show the income received by Squash Waikato and Squash New Zealand in 2008 and what that money was spent on.

If you would like to be involved in the decision-making process; come to a Club Forum or an AGM, or become a Board member or write a remit to be discussed at the next Board meeting.



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2009 Masters Events

June 26-28

National Club Masters Teams Event at Kawaroa Park, New Plymouth. Please encourage your clubs to get a team of 3 men and 2 women to play in this - at the most beautiful setting of any squash club in the country!

July 11-18

Norfolk Island Masters Championships

Sept 7-11

Australian Masters Championships, Melbourne

Sept 3-12

Trans Tasman Test Series, Melbourne

Oct 10-18

World Masters Games, Sydney

Oct 22-27

1st International Masters Squash Championships, Cairo, Egypt

Oct 23-26

Oceania Masters Championships, Whakatane, NZ

Oct 27-29

Masters Interdistrict Teams Event, Whakatane

For further information on these events contact Judy Cooper
judy-cooper@xtra.co.nz.

'Squash for Mums' in Te Aroha comes to an end

While local high school students watched the children as part of their Gateway programme, the mums were able to learn how to play squash and have a hit.

The six week programme began on 17 February and finished on 24 March. The programme resulted in two women joining as fully graded members who are now playing winter interclub and others joining as ungraded members.



Elite Series Results

The final night of the Elite Series ran on Wednesday 18 March.

The team of Allan Crome, Dean Hodges, Kendyl Morris and Wanita Jackson were the winners.

The Number One men played singles on the last night while their team mates played mixed doubles.

Allan won his singles match against Gary while Dean and Wanita won against Cody and Nadine.

The sponsorship from Sports Med Physiotherapy was appreciated by all the elite players.



NZ Junior Open Tournament

Time: Friday 17 - Sunday 19 April 2009

Venue: North Shore Squash Club

Entry fee: \$30 to be paid prior to first game

Great prizes and heaps of fun!

Discounted accommodation packages available - please enquire.

Entries close Wednesday 8 April 2009.

Please include: Name, code, grade, points and full contact details.

Phone: 09 489 4760 (msg)

Fax: 09 489 4766

Email: admin@northshoresquash.co.nz

www.squashwaikato.co.nz

