

Doubles Success for Centrals District Coach



While many of us were dreaming of long weekends and chocolate, District Coach Rod Bannister and SquashGyms Kaitlyn Watts travelled to Auckland to compete in the NZ Doubles Championships.

Rod Bannister and Juniors buddy from Fiordland Squash Club Shane Hatwell were title winners in the Men's Over 50 division at the National Squash Doubles over Easter weekend held at the National Squash Centre in Auckland. Kaitlyn Watts partnered with Jo Shanks and played their way into the final to unfortunately lose to Elle Epke & Abby Palmer – 11/6 11/8. Kaitlyn also partnered up with Scott Galloway for the Mixed Doubles but the winning pairing of Lance Beddoes and Abbie Palmer were too strong. Congratulations to both Rod and Kaitlyn for their

Eastern Win Junior Challenge

Congratulations to our next door neighbours Eastern Juniors who, for the fourth year running, won the annual challenge against our Central juniors at SquashGym on the 18th March. The final score was 18/20. A massive effort was put in by our Central kids and it's fantastic to see a new lot represent their District for the first time.

Thank you to all those that made the day possible through their organisation, support and coaching, Kelly Faint for putting this together and Marilyn Dolan, Grant Watts, Rod Bannister, Kent Darlington and to the parents who made the journey to cheer the team on and support them.

Finally, thank you to our Eastern friends & neighbours, we look forward to the next challenge in 2019.

Representing Central were:

GIRLS	BOYS
Under 11	
Aria Bannister	Thor Darlington
Ella Makara	Brodie Bennett
Under 13	
Anabel Romero	Korey OHara
Abby Treder	Reece Holmes
Under 15	
Brooke Reid	Daniel Mabey
Genevieve Bell	Connor Fortuin
Under 17	
Annaleise Faint	George Mikkelsen
Abbie Tankersley	Matthew Adshead
Under 19	
Kaitlyn Watts	Jordan Bell
	Dylan Budge



Junior Prince Series Launches



Welcome to the 2018 Junior Prince Series. There are 16 rounds in this year Series with it kicking off in Kawarua Park. This year points will be awarded as follows:

Tournament played – 5 points, Match won – 1 point, Division won – 2 points. The points will be updated after each tournament and published on the Junior Prince page of the website <http://www.centralsquash.co.nz/2015-06-16-04-14-31/prince-junior-tournaments>



At the conclusion of the Series at Wanganui Squash Club on the 29th July the total points will be tallied up to decide the top 8 boys and top 8 girls who will take home some awesome Prince prizes. Prince has been a long time supporter of this series so please support them by purchasing Prince products whenever you can.

After the first round in Kawarua Park we have our first lot of results tied in the lead with 10 points each are our division winners from New Plymouth, Jay Sulzberger, Ella Makara, James Styan, Logan Wills-Stachurski and Jaycob Haynes.

The next round is in Hawera on the 22 April followed by the first in the MWR zone at Taihape on 29 April. Get stuck in Juniors!

Central Juniors

The 2018 Central Junior Championships are coming to Hawera on the 18th – 19th May. The tournament is run in age groups and is open to all levels so if you are 19 and under try your luck and get your entry in.

Last year the competition was hosted by Levin and the winners were:

- U11 Boys- Reece Holmes.
- U13 Boys – Daniel Mabey
- U15 Boys – Connor Fortuin
- U17 Boys – Matthew Adshead
- U19 Boys – Kobe Fleming
- U13/15 Girls – Abbie Holmes
- U17 Girls – Rebekah Turner
- U19 Girls – Annaleise Faint



Can all these players regain their titles or take the next age group title? Head to Hawera for the weekend to find out.



2018 CENTRAL DISTRICTS JUNIOR CHAMPIONSHIPS
HOSTED BY HAWERA SQUASH CLUB

WHEN: Friday 18th May & Saturday 19th May

WHERE: Hawera Squash Club – HAWERA

ENTRIES CLOSE: Sunday 13th May

ENTRY FEE: \$10.00 per division
(max 2 age groups – at the discretion of organiser/entry numbers)

Under 11, 13, 15, 17 and 19 – Girls & Boys Sections
Age as at 18th May

This is one of the selection tournaments for the Central Junior Nationals Team

- Safety eye wear is compulsory
- Kitchen will be open with food to purchase

Enter online: 

or contact: Melville Holmes madholmes@xtra.co.nz

Phone: 06 278 1345 Cell: 027 4434366



Masters

Are you a Master player interested in representing your district at the New Zealand Master Nationals? Nationals this year are in Tauranga the Individual competition runs from 14 – 16th September then the teams on 17-18th September.

Please register your interest to Masters Convenor Melville Holmes at madholmes@xtra.co.nz supplying your name, DOB, grade, club and contact details.

Coaching Spot

KISS

I've been having a good think about how one sets oneself up during a rally to ensure we are in the best possible position to apply ongoing consistent pressure on our opponents throughout a match.

Through playing a few selected tournaments myself of late and observing players either getting themselves into awkward or strong positions in a rally I'm convinced the following is a great blueprint for any amateur player no matter what their level, obviously consistency & the ability to perform this will vary depending on ones grade however the theory is what I'm 100% convinced about.

Get the ball to the back wall more often than your opponent.
Sounds simple doesn't it, absolutely not!

1) I don't know how many times I've heard 'coaches' between games say; 'You've got to get better length!' I'm absolutely convinced that most players do not know what good length is e.g. where the ball should land, how to do this consistently & how to set up correctly to do so when striking the ball.

2) I've found it far more effective to say to players: 'Aim to hit the back wall or let's see how many times you can hit the back wall during the game. With the first point too many players hit the back wall for a rally or two then go back to playing scatter gun squash, with point 2 players seem to be able to hit the back wall far more often.

KISS

How many times during a rally do we have a mini brain explosion in an attempt to 'steal' a point when we're not set up to do so, a lot e.g. play a shot for the sake of playing it, and we actually know that as we go to hit the ball it's a high risk option, great if it comes off 1/5 otherwise we either hit it down or put ourselves under pressure.

PLAN OF ATTACK

You will instantly improve your game by hitting the ball or aiming to hit the back wall before you take the ball to the front half of the court throughout the duration of a match. Stats will show that the person that is in front of their opponent rather than being behind will generally get a winning outcome.

To add how often do we attempt to react to a shot that puts us under time pressure by hitting the next ball back just as hard instead of allowing ourselves to aim high on the front wall, reduce the pace of our shot aiming for the back wall & allowing us to get back to the middle of the court.

Practice hitting the ball to the back wall before you hit it to the front of the court and see for yourself, it's not blinding science but it is effective!

Rod Bannister

Zone Squads and coaching

The Taranaki Zone squad kicked off on the 10th March with a 3-hour training session. The sessions are run by Kaye Carter and Rod Bannister and targeted at those wanting to work their way up to Elite squad level. Last years group all improved dramatically so keep an eye on this lot.



Central had hoped to run a similar programme in the Manawatu – Wanganui – Ruapehu region but unfortunately there were not enough registrations to make it viable this year. If you or your club are interesting in coaching opportunities as well as up skilling of coaches then contact the Central Office. We currently have a Big Nix course for coaches coming up on the 6th May at Okato Squash Club.



3 / 3a: BIG NIX
Presented by: Kaye Carter
12 - 2:30pm, May 6th 2018
Okato Squash Club

Learn how to work with 9-12 year old squash players.
General movement skills, tactical awareness, creating sessions, technique, feeding skills and more...

Entry Fee:	\$20.00	Register by:	26 / 4 / 18
Contact:	Kaye Carter kayeelliott@hotmail.com	Phone:	027 308 2005

TRY IT. PLAY IT. LOVE IT.

Player Profile

Our player profile this month was the most improved player for 2017.

Name Joshua Hooper Age 25 Club Taihape Grade D2

When and how did you get introduced to squash? Mum and Dad played so we spent a bit of time at the club growing up

What was the highlight of your squash career to date? Playing Darren (Dad) and beating him, just have to do it in a competition game now ☺. If Darren keeps playing like he is it wont take much.

Favourite person you have ever played and why? Playing left handed Kashif Shuja the other weekend in the Hawkes Bay open; even though he doesn't have the power of his right hand he still has the shots.



Most embarrassing squash moment? Tripping over my racket and hitting my head on the wall in the Bay

Top tip for other players? Enjoy your game and have fun doing it

Do you have a Favourite or Signature shot? A girly drop shot.

What have you found most difficult? Nothing as I am just awesome ☺. When playing in tourneys' the afternoon games are difficult as playing drunk is quite hard.

What are your Squash goals for 2018 and onwards? Getting into C grade this Year



Taihape and Inglewood Clubs get a Makeover

We all know how important it is to make sure our clubs are warm, bright and welcoming when attracting new members and keeping existing members happy. Also something to keep in mind is the Health and Safety aspect of our club maintenance. It can be as simple as non-slip mats in the bathrooms or making sure all stairs have handrails. Make sure your squash club is as safe and welcoming as you can.

Taihape - As part of our 5 year strategic plan for our club we had put in place 3 stages of upgrading our clubrooms. Stage 1: Downstairs abluision blocks, foyer and stairwell. Stage 2: Court Walls and Ventilation and Stage 3: Kitchen, Bar area and Gallery. Stage 1 was started end of January and finished beginning of April.

Tony Lomas (past President) and Andy Nicholls (Vice-President) were the driving force behind this project. 3 years of dealing with an architect, builder and application forms for funding which thanks to Mathew Thomas who took that job on. Our funding came from Powerco and Lotteries plus our own working bees.

There had been nothing done to the building for 51years apart from the odd paint job, so it was certainly a challenge for our local builder Crimpy's Contracting Ltd and his subbies. We now have wonderful facilities for all our members and visitors to enjoy using and we are ready to take on Stage 2. We are also planning to have our 50th (which was last year) in Nov.

Inglewood - Our Squash Club has undergone some refurbishment over the past few months. In Sept 17 we received a grant from The Taranaki Electricity Trust of \$20,110 to refurbish old pinex sections of the court walls and a viewing window from the lounge to Court 3. This was topped up with club funds of \$6,500. Total cost was \$26610 excl GST. Our Contractor was Shaun Valentine Building of Inglewood. The job was done over a period of a week with minimal disruption to court users.

We have upgraded the court lighting and all lights in the building with LED lights thanks to an Operational Grant from the TSB Community Trust of \$9,700. this was topped up with club funds of \$2,042. Total cost \$11,742 excl GST. Our contractor for this job was HEL Electrical Ltd of Inglewood. Once again this job was completed swiftly and with minimal disruption to court users.



The replacement of the pinex panels with ply panels has made the courts look much smarter and have given the courts a more modern look. The lights are looking great and make the courts very bright.

Upcoming District Events

28 th April	Central v Waikato	Taumaranui
18 – 20 May	Central Junior	Hawera
22 – 23 June	Central Doubles	Whanganui
29 th July	Prince Series Final	Whanganui
10 – 12 Aug	District Super Champs	B = Kawaroa Park, C = Hawera, D= Waitara, E =Dannevirke, F/J = Tararua
24 – 26 Aug	Central Open	SquashGym PN
31 Aug – 1 Sep	Central Masters	Inglewood
7 – 8 Sep	District COC	Levin
9 th Sep	Central v Eastern	Hawkes Bay
20 th Oct	Interclub Play-offs	TBA

Please note the grading list cut off dates for Super Champs is 15th June and Champion of Champions is 1st September.

Squash Central Contacts

Squash Central

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