

# BACKWALL BOAST

●●● OCTOBER 2011



## WELCOME

The Rugby World Cup is here and it's awesome. All I can say is "Go the All Blacks". Spring is here and Spring Interclub is coming to an end – Good luck to all competitors

### THOUGHT FOR THE MONTH:

Better to hit the right shot off the wrong foot than the wrong shot off the right foot.

## SPONSORS

Squash Waikato is extremely grateful for the support it receives from:



## THE WAIKATO SQUADS HAVE THEIR FINAL MEET

The final District Junior Squad camp for this season took place at the Hamilton Club on Sunday 25th September. This involved 40 junior players who are all part of the Junior Development, Elite & Junior National Elite Squads. The camp ran for 3 ½ hours and included some skills work, basic routines, games, a core session and fitness/speed work. The coaches involved in the camp were Lindsey Walters (District Coaching Coordinator), Joanne Williams, Kay Newman, Emma Millar and Robin Lindsay. We also had the help of Adrian Pooley, our strength & conditioning coach, who ran the fitness/speed session. At the camp we ran some skills competitions and the winners were: Figure of 8 – Ben Calvert & Ben Rush, Drives into service box – Jaiden Hill, Drives to target at back – Group 3 (Casey Owen, Mikaela Keir, Kasey Calvert, Jordan Herewini, Hannah Paul & Kasey Jones), Lobs into bucket – Charly Keen, Sitting against wall – Holly Keen O-Leary, Core – Group 1 (Charly Keen, Ben Calvert, Ben Rush, Jaiden Hill & Sarah Harrison).

This final squad was a combined squad camp where members of all 3 junior squads, Development, Elite & Junior National Elite attended. Prior to this camp each squad have been involved in 5 other squad camps spread over the year. The camps have involved skills testing, fitness testing, technical and tactical work, movement and core sessions. All players have been provided with players reports to give them feedback on how they have been



progressing throughout the season.

Many of the players now have Junior Nationals starting on the 8th October. Once this event has finished the players will take a little time off before they start their off season training over the summer.

## SPORT WAIKATO DISTRICT SPORTS AWARDS

Nominations are now open for the 2011 District Awards. Nominations close Monday 10 October 2011.

This is an opportunity to recognise all the fantastic work that your committee members / coaches / players / volunteers do. There are eight District Sports Awards held by Sport Waikato around the region each year.

These sports awards are designed to recognise volunteerism and participation in sport within each community. Categories differ from district to district, and range from "service to sport" awards through to participation / achievement awards.

See the Sport Waikato website for full information and nomination forms.

[www.sportwaikato.org.nz](http://www.sportwaikato.org.nz)

sports  
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# SUPER CHAMPS

Congratulations to the Cambridge Womens D Grade Team who won at Super Champs and to Leamington and Hamilton for placing second.

Both Putaruru and SquashGym Palmerston North saw double victories with Putaruru showing they have a strong women's club with E and F Grade wins whilst SquashGym Palmerston North showed their strength in men's competitions, winning the B and F Grades.

It was the North Island clubs that showed their strength throughout the competition as the only Southern club to feature in any finals. The team was Otago in the C Grade Men's.

It was the Bay of Plenty district that took out the most wins with three trophies returning to their District (E Grade Women's, F Grade Women's and C Grade Men's), with two trophies going to Eastern and Central and one each to Wellington, Waikato and Northland.

## NATIONAL SUPERCHAMPS RESULTS

### MENS

#### B Grade

1st SquashGym Palmerston North;  
2nd Hamilton S&T

#### C Grade

1st Tauranga;  
2nd Otago

#### D Grade

1st Hawkes' Bay SRC;  
2nd Henderson

#### E Grade

1st Hastings;  
2nd Lakes High

#### F Grade

1st SquashGym Palmerston North,  
2nd Hawkes Bay

### WOMENS

#### B Grade

1st Tawa;  
2nd Leamington

#### C Grade

1st Mangakahia;  
2nd Herne Bay

#### D Grade

1st Cambridge;  
2nd Hamilton S&T

#### E Grade

1st Putaruru;  
2nd Katikati

#### F Grade

1st Putaruru;  
2nd Hawkes Bay

## SQUASH NZ COACH OF THE YEAR AWARDS

Squash NZ Coach of the Year Awards Coaching and coaches form a critical part of the squash landscape in New Zealand. Coaches from across the country donate their time and knowledge to allow athletes not only to improve their game but also to enjoy the game to its potential. The Squash New Zealand Coaching Awards recognise the hard work and endeavor that coaches put in on a weekly basis.

These award categories are aligned with the National Coach Development Framework to reflect this and are as follows:

### NEW COACH OF THE YEAR

A coach that has been coaching for two years or less at any level.

### CLUB & SCHOOL COACH OF THE YEAR

A coach that is working with junior or senior athletes in a club or school setting. This could include the coaching of individuals, junior programmes, beginner coaching, schools coaching and graded teams.

### DISTRICT PERFORMANCE COACH OF THE YEAR

A coach who is working with athletes at a District Representative Level or above and/or working with a District Performance Squad.

Nominate your coach today by completing the official nomination form. The winners will be invited to receive their awards at the Squash New Zealand Annual General Meeting at the Copthorne Hotel on Saturday 26th November 2011.

Just download the form, provide a summary of your coaches activities for the period Oct 2010 – Oct 2011 and send!

**NOMINATE TODAY!**

## SQUASH NZ CLUB OF THE YEAR AWARDS

Squash NZ Club of the Year Awards CRITERIA

The sub-committee of the Executive Council of Squash NZ which decides the winner of the Squash Club of the Year award and will consider four areas of activity which are based around three priorities

- Growth
- Best Practice
- Performance
- Other

If your club thinks it's been pretty successful this year, then download the form and nominate today!

Each year Squash New Zealand awards a Club of the Year trophy at the Annual General Meeting to recognise achievement from an affiliated squash club within New Zealand.

Clubs are asked to nominate themselves and to provide a description of their achievements with all nominations approved by the club's district.

### NOMINATIONS

Nominations are for the year from 1 October 2011 – 30 September 2011 and must be completed on the official nomination form which is available on the Squash NZ website.



## NEW TOURNAMENT STRUCTURE A HIT IN WAIKATO

Squash Waikato are proactive in providing new and innovative ways for players at all levels to enjoy squash. During 2011 the district trialled a Junior 1-day tournament series, which was generously sponsored by HEAD. This series of tournaments was successful and led them to consider a same option for the District's ungraded senior players. The idea for the senior players was to give them a 'taste' of a real tournament and get them excited about playing squash.

On Saturday 27th August Ngaruawahia Squash Club hosted the first Waikato Senior Ungraded 1-day Tournament. The interest in this event was outstanding, with the 20 spaces (12 men & 8 women) filling up two weeks before the event. Many of the players were regular business house or casual players, all excited to have a go at a tournament and be in contention for some excellent spot prizes of squash racquets and gear bags!! The players were randomly split into draws of four and played round robin games, coming out with a winner and runner up in each draw. At the end of the day a lot of the players were keen to play more squash and wanted to know when the next tournament was!

This is definitely a tournament Squash Waikato would like to see more clubs run in 2012.

CONGRATULATIONS to all the players who took part in the day, the host club and to Squash Waikato for their great initiative.

[WWW.SQUASHWAIKATO.CO.NZ](http://WWW.SQUASHWAIKATO.CO.NZ)

## WAIKATO MASTERS

Congratulations to Kaye for making the **NEW ZEALAND MASTERS TEAM 2011**.  
The full team is:

### Women

- 35+ Mickayla Kerr
- 40+ Lisa Cowlard
- 45+ Kathryn Austin
- 50+ Kaye Newman
- 55+ Freda Walker
- 60+ Francy Stephenson

### Men

- 35+ Corey Love
- 40+ Scott Gardiner
- 45+ Gary Duberly
- 50+ Mark Waldin
- 55+ Kevin Smuts
- 60+ Tony Naughton

## SQUASH WAIKATO AGM 2011

The date for the Squash Waikato AGM for 2011 has been set as Sunday 13th November, 4.30pm at Hamilton Squash & Tennis Club. Information is being sent out to Clubs today...

Key Dates:< Financial 2010-2011 for Date Balance End-of-year September,>

- 12th October, Remits & Nominations for Board Due
- 14th October, Nominations for selectors due
- 31st October, Agenda and Notices of Motion dispatched
- 7th November, Club Delegates attending to be advised to Squash Waikato please
- 13th November, AGM, 4.30pm Hamilton Squash & Tennis Club.

Squash Waikato award winners will be announced following the AGM. We look forward to seeing you there.

## JUNIOR NIGHTS PROVE TO BE A HIT

Thirty eight juniors from Paeroa, Waihi, Te Aroha and Matamata enjoyed an evening of squash on Monday 12th September at Paeroa Squash Club. All participants had two games which counted for grading points and were best of 3.

The next Juniors Night was at the United Matamata Squash Club on Monday 26th September starting at 3.30pm and this was again popular with 40 juniors attending.

Juniors came from Matamata, Morrinsville, Te Aroha, Paeroa and Waihi to give everyone some different competition.

With the kitchen making burgers and chips and drinks being purchased from the bar; it was a great way to spend a spring evening.

The last Junior night is at the Waihi Club on Monday the 3rd October starting at 3.30pm



The Waikato Junior Team heading to nationals.

## WAIKATO TOURNAMENT VENUES FOR 2012

Thank you to all the clubs who put their hands up to host Waikato tournaments in 2012. The venues for 2012 have now been set:

- Waikato Doubles – Taumarunui
- Waikato Open – Hamilton
- Waikato Junior Age Groups – Cambridge
- Waikato Junior Open – United Matamata
- Waikato Masters – Te Rapa
- Waikato Champions of Champions - TBC

Junior 1-day tournaments will be hosted by Hamilton, Te Aroha, United Matamata, Ngaruawahia, Morrinsville, Taumarunui, Te Rapa and Cambridge.



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