

New website launched

Centrals new website is now up and running! The website is updated regularly and is chock full of information for players and clubs. Be sure to check it out at www.squashcentral.co.nz also follow us on Facebook <https://www.facebook.com/CentralSquash>.

Jubilee Celebration a great success

Central turned 50 and celebrated with a fantastic sold out jubilee celebration at the Wanganui Squash Club on the 5th December. The celebration coincided with the Squash Central AGM and Awards. Following the AGM we had our second induction to the Hall of Fame with the following inductees - Glenn Carson, Rebecca Barnett, Joshua Greenfield and Kashif Shuja all being recognized for their efforts on the world stage. The induction was followed by the Awards dinner. Congratulations to all nominees especially those that received High Commendations and awards winners. Awards winners for 2015 were:

Player of the year – Luke Jones

Most improved junior player – Nico Cowley

Most improved senior player – Warren Johnson

Services/player – women masters – Dianne Tasker

Services/player –men masters – Rob Brownrigg

Personality of the year – Heather Plank

Coach of the year – Kashif Shuja

Administrator of the year – Trish Castle and Diana Bowie

District club of the year - Ohakune

Volunteer/contribution to squash – John Laurenson

Team of the year – SquashGym B grade Men's team and Wanganui C grade Men's team

Referee – Mike Jack

Head to the website for all the images from the celebrations.



Squash Central Losses Life Member Andrew Doig



Squash Central lost Life Member and loyal servant Andrew Doig after a long battle with cancer. Andrew passed away peacefully on Saturday 19 December 2015 at his home in Taupo. His contribution to squash touched almost every level of the game, as a player rising to B grade, a team manager, becoming a National Referee and officiating at World Championships through to administrating the game at all levels. But it was as an administrator that he will long be remembered for, rising to the very top. From 1976 – 1982 as a district delegate Andrew was a part of the NZSRA Management Committee and went on to become Vice President, 1982-1983, and then President of the NZSRA from 1984 – 1985. It was during his term that squash rose to fame with Susan Devoy winning an historic British Open title in April 1984 and then in 1985 going on to become New Zealand's first World Squash Champion. Squash boomed and was in the news as much as any sport, rivaling Rugby at times for media attention, certainly when New Zealand had dual Men's and Women's World Champions Ross Norman and Susan Devoy. He served a further two years on the NZSRA management committee from 1987 – 1989 and then went international and was the New Zealand representative to the International Squash Rackets Federation from 1986 – 1988. In total he served 12 years on the NZSRA Management Committee. He was a Life Member of the Palmerston North club and Central Squash; Andrew took an active role in the activities and affairs of the Association having been its President, a member of the 40th Jubilee Committee and a Trustee of the Central Squash Trust. The Central Men's Championship is currently played for the 'Andrew Doig Cup'. He was also a member of the steering committee in 2008 that led to the formation of the New Zealand Squash Hall of Fame. He spent most of his business life within the Manawatu - Whanganui area as a chartered accountant, and only in the last decade after retirement, moved to Taupo. Our sympathies go out to his wife Sally and his family and our thoughts are with them at this time.

Coaching Segment

Happy New Year Squashies!

Hope you've had a good break and ready to take on 2016.

Summer is a good time to do some base work to get ready for the year's Squash season. 2 to 3 runs a week will help increase your aerobic capacity.

In January, try and run for distance and duration rather than speed. A good challenge would be to slowly build up to 45 - 60 minutes of non-stop running.

February can see the programme change to long intervals at a faster speed. 3k to 5k runs with a couple of minutes break in between.

March is all about intensity and you could hit the track and mix it up with a few hill sprints.

The same goes for Strength sessions where you start with low weight/high reps in January and work towards high intensity and low reps in February and then power weights in March.

Once back to hitting, repetition in solos and routines would be great. Practicing the same shot again and again - 100s of times - will get you ready when you start doing dynamic routines and games.

Feel free to get in touch with me if you had any questions.

Happy training.

Kashif Shuja



Player Profile

Meet Rod Bannister

As the new President of Squash Central we thought it was time we profiled Whanganui player Rod Bannister

Age 47

Club Whanganui

Grade A1

List of major achievements in squash? Coached / played 10 years in Germany, Hong Kong, Australia and Namibia. Represented NZ as a Junior & Master. 32 years as an 'A' grade player; getting back to A1 at 47 years of age. 90% + win record over a long period of time.

When and how did you get introduced to squash? By accident as a 12-year-old when my Dad was President of Tech Old Boys Rugby Club in Whanganui. I went next door from their club rooms with a tennis ball and tennis racket and had a few hits against the wall when the courts had no roof, a week later I went to play the North Island U/13 Champs in Palmerston North and won them; myself and my parents had no idea what a squash tournament was.

What is the highlight of your squash career to date? Being able to compete at a pretty good level for such a long period of time and as I've got older appreciating the people I have met across all levels of the sport all over the world, it's a great sport and I'm very fortunate for what the game has done for me.

Favourite person you have ever played and why? My long term good mate and fierce rival Mike McSherry, as no matter how well I think I'm playing 'Macca' always seems to present me with a mental & physical challenge, he's just one of those players I struggle with.

Most embarrassing squash moment? Losing 0/9 0/9 0/9 in the old scoring days when I played against Rodney Eyles for the touring Australian Juniors in the 1980's at my home Club in Whanganui.

Top tip for other players? You will get out of the game what you put in to it; life / squash is a constant challenge, ditch all excuses and work towards your goals each and every day no matter what.

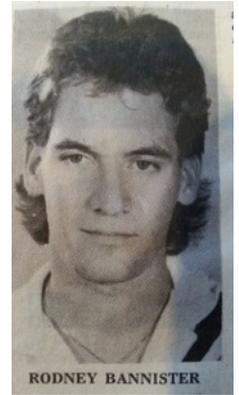
What are your Squash goals for 2016 and onwards? To stay fit and healthy and keep playing to the best of my ability for as long as I can; & to enjoy every moment of it.

Do you have a favourite or Signature shot? Forehand straight drive sliced kill from the backcourt.

What have you found most difficult? 400 meter interval training at 6 a.m. at Cooks Gardens running track in Whanganui when it is zero degrees, a cold southerly wind, dark, wet, frosty, freezing & bed is always a better option in mid-winter.

You have achieved some amazing results and won many awards and titles over your squash career what do you attribute your success too? Hard work each and every day – there are no shortcuts, trusting that this will bring you good results; doing the hard yards when you do not 'feel' like it, most importantly learning more from my losses than wins, getting straight back on the horse and going again, and a great optimistic attitude that includes self-belief.

If you were stuck on an island who would you choose to be there with and why and what 3 things would you take? Nelson Mandela 1) Judge nobody 2) Leave a legacy 3) Be the best version of you.



Kiwi juniors take on the Aussies



While many of us were sipping Mojitos on the beach 3 of Centrals top Juniors were part of the New Zealand Trans Tasman Squad who to the Gold Coast to compete in the Oceania and Trans Tasman tournaments. Kaitlyn Watts competed in the u-19 in both events. After a successful Canadian/USA tournament Kaitlyn backed it up with very successful Oceania and Trans-Tasman tournaments. Kaitlyn was seeded 4th and played her fellow squad member Anna Hughes for 3rd/4th

placing, to win in 4. In the Trans-Tasman tournament Kaitlyn continued to dominate the T and played great squash to win both of her games. These wins were important as both days it was extremely close, with games difference coming into play on the first day. Kaitlyn only had one loss over the two tournaments which was to the winner of the under 19. Great work Kaitlyn!

Annalise Faint played in the u-15 where she was seeded 6th and was placed 6th. Annalise also played against her squad mate, Winona-Jo Joyce but unfortunately lost in 4, but a great game. Unfortunately Annalise lost both her Trans-Tasman games in 4 but played well.

Corbin Faint played in the u-17 seeded 4th but placed 17th. A large contingent of Malaysians played the Oceania Tournament. Corbin played an unneeded Malaysian boy who made the finals first round; the heat of the courts with no air conditioning is what Malaysians train in unlike New Zealanders. Corbin went on to win the next two games but lost his last game in a tight 5 setter. In the Trans-Tasman tournament Corbin played Nick Calvert, who he has played many times over the years. The game went to 5 and an hour 20 minutes long with the 5th being 20-18 but unfortunately it went Nick's way; a great game and both boys gave it their all. Corbin played the winner of the under-17 the next day and after the long match the day before his body certainly struggled in the heat to lose in 4. Well done Kaitlyn, Annalise and Corbin you all made Central proud.

Junior Prince Series 2016

Keep an eye out for 2016 Junior Prince Poster out now. The popular series is back for another year thanks to our great sponsors Prince! The series is for J graders only and is a great introduction to competitive squash for juniors of any level. Fantastic prizes up for grabs at the series final as well as coaching scholarships. First tournament in the series kicks off at Kawaroa Park Squash Club in New Plymouth on April 10th.



Alan Johnson awarded Life Membership



The Waitara Squash Club was proud to present Alan Johnson with a Life Membership to the club at the recent AGM. AJ's continued support and encouragement has been greatly appreciated over the vast number of years he has been involved with the Club. In his role's, not only as a player going up through the ranks, but as a committee member, and Treasurer he has been a great asset to fellow players, committee members, and the club as an entirety. Without his ongoing commitment and support it is guaranteed that the Club would not be in the position it is currently in.

On behalf of all past, present and future members, we would like to formally thank AJ for all that he has done for the Club, and look forward to working with him for many more years to come.

Congratulations Alan Johnson from Squash Central.

District Events and Hosts for 2016

| Event | Location | Date |
|-----------------------|--------------|-------------------|
| Central Doubles | SquashGym PN | 25 - 27 March |
| NZ Doubles | SquashGym PN | 13 - 15 May |
| Central Juniors | SquashGym PN | 20 -22 May |
| PSA | SquashGym PN | 10 -12 June |
| Central Open | Kawaroa Park | 1 - 3 July |
| District Super Champs | See below | 29 -31 July |
| Central Masters | Wanganui SC | 12 -14 August |
| Champion of Champions | Ohakune | 16 - 18 September |
| D Grade SC Nationals | Kawaroa Park | 21 - 24 September |

District Super Champs hosts are; B Grade - SquashGym Palmerston North, C Grade - Inglewood, D grade - Levin, E grade - Dannevirke and F grade - Rangitikei.

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