

2014 AGM and Awards Dinner a Hit

Squash Central wrapped up a very successful year with their Annual AGM and Awards dinner on Saturday night the 6th December. The Wanganui Squash Club was once again a fantastic host and all enjoyed the food. The event was well attended with 15 of the 22 clubs represented.

The evening kicked off with exhibition matches between SquashGyms Brandon Keenan and NZ Junior Champion Luke Jones. The Ladies then followed with Taihapes Jackie Tapp and Kawarua Parks Kaye Elliott putting on a show before the Tapp and Keenan paired up in doubles to defeat Elliott and Jones.

The exhibition matches were followed by a quick AGM where the 2015 Central Committee was elected. Following the AGM the Squash Central Awards winners were announced for 2014 as follows:

- Player of the year – Rebecca Barnett
- Most improved junior player – Tia Pauro
- Most improved senior player – Jackie Tapp
- Services/player – women masters – Kaye Elliott
- Services/player –men masters – Rod Bannister
- Personality of the year – Rebecca Barnett
- Coach of the year – Sue Lewis and George Jeffery
- Administrator of the year – Pauline Slovak
- District club of the year - Hunterville
- Volunteer/contribution to squash – Chelsea Aim and Jacinta Harrison
- Team of the year – Central Women's Senior Representative team
- Referee – Mike Jack



2015 District Events and Hosts

20 – 21st March	Central Doubles	Stratford
19-21st June	Central Juniors	Ohakune
10 -12 July	Central Open	Kawarua Park
24 – 26 July	District Super Champs	B Grade – RiverCity, C Grade – Okato, D Grade – Wanganui, E Grade – Foxton, F Grade – Taihape.
14 – 15 Aug	Central Masters	Feilding
11 – 13 Sept	Champion of Champions	Hawera
5th December	Squash Central AGM and Awards Dinner	

Masters

Those interested in playing for Squash Central at National Masters Championships will be expected to play in the Central Masters as the only selection tournament for 2015 Masters team.

The National Masters Championships will be hosted by Hawkes Bay SRC, with assistance from Hawkes Bay Lawn Tennis Club, from 16-18 October. ALL players must be available to play from midday Friday 16 October. The Inter District Teams Event will follow from 19-21 October.

2015 High Performance Booklet & Programme Out Now!



Download from the Squash Central website or email admin@squashcentral.co.nz to have a hard copy posted out.



Player Profile

Each Quarter we will profile a player from the Central District from top ranking NZ players to local club players and upcoming juniors to a few sly veterans winding down their Squash Careers.

Meet Jason Fletcher

Approx: Age Old and Sore

Club: SquashGym Palmerston North

Grade: B1

When and how did you get introduced to squash? It was last century sometime during squash's heyday my dad played so when he was in the bar I needed something to do.

What was the highlight of your squash career to date? Finally winning national B grade Super Champs after several failed campaigns that promised so much. Coaching and Managing the SquashGym ladies team that won the Mitchell Cup for the first time in 48 years.

Most embarrassing squash moment? Being part of many B grade teams that had much promise but failed to deliver on the court anyway.

Top tip for other players? Look for Control over of power – not quite as sexy but effective.

Any Squash goals for 2015 and onwards? I don't play much now but it would be great to see some of the players I coach achieve their goals.

Do you have a Favorite or Signature shot? Backhand Volley Cross Court Nick. Sensational when you get it right but you can look like a real plonker when you miss it.



Growing our Game



Become a member of the Central Squash Trust. The Trust supports squash activity and development in the central region. For full details download the brochure from the Central Squash website.

Junior Prince Series

The ever-popular Junior Prince Series is back for 2015 with 15 Sunday tournaments being hosted around the district.

April 12	Hawera
April 19	Kawaroa Park
May 3	Levin
May 10	Feilding
May 17	Okato
May 24	Taihape
May 31	Inglewood
June 7	Tararua
June 14	Ohakune
June 21	Palmerston North
June 28	Wanganui
July 5	Ashhurst/Pohangina
July 12	Foxton
July 19	Dannevirke
July 26	Rangitikei (final)



Improve your Squash – coaching spot

Each newsletter will have a small training programme appropriate to the timing of the Squash Season.
Bought to you by NZ #4 & Squash Centrals High Performance Coach Kashif Shuja

BASIC STRENGTH TRAINING PROGRAMME - 1 Body weight and Barbell, 2 sessions a week for 4 weeks

UPPER BODY.

1. Inclined Press Ups – build upto 3 sets of 20
2. Pull ups – build upto 3 sets of 10
3. Dips – 20 x 3
4. Shoulder Press 3 x 10
5. Bicep curls 3 x 10

CORE – All in a row – x 3 sets

- 20 Crunches
- 10 Leg Raises
- 10 Side to side with plate
- 1 – 2 mins Plank

LEGS – with or without barbell

1. Calf Raises 3 x 20
2. Lunges 3 x 10 each leg
3. Box Squats 3 x 10
4. Straight legged deadlift 3 x 10

Work out at least twice a week with equal gaps in sessions for four weeks.



Reminder about automatic points loss for Inactivity

The scheme commenced on 20 January 2014 (with the first automatic points deductions occurring 20 January 2015 - 12 months later).

Automatic points loss for inactivity is aimed at incentivising match-play and activity for all players, and ensuring that the grading list is current and accurate.

Under the scheme, 50 points are automatically deducted for the first 12 months of inactivity. 10 additional points are deducted for every additional month of inactivity thereafter. Players can avoid automatic points deductions by coming off the grading list. If you wish to come off the grading list, please contact your club. This is a simple process, but it will need to be completed BEFORE January 20 in order to avoid automatic points loss. Automatic points losses cannot be reversed. It is the responsibility of players to organise their own removal from the grading list.

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