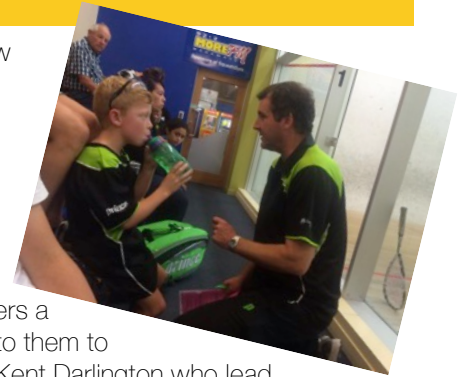


2017 Focus on Coaching

2017 will see a real emphasis on coaching for Squash Central. As the District seeks out a new District Coach and Elite Squad Manager, plans are in place for extensive coaching to be offered to the Competitive club players and those sitting just under the Elite Squad who are looking to take the next step in their training.

Elite Squad

14 of the Districts top players have been invited to the first of the Elite Squads training camps in early March with Wellington based coaching specialist Nick Mita leading the camp. Central have found good value and results bringing in top coaches from other districts to give the players a fresh perspective and make top level coaches they wouldn't usually get to work with available to them to further develop their game. This compliments our Elite programme, which has seen Manager Kent Darlington who lead the Women's team to 2 National titles over the last 3 years step down. Grant Watts remains as a Senior and Junior coach but a new Senior Manager is currently being sought.



Zone Squads

While the Elite squad is made up of A and high B1 graded players, for the masses that level of squash seems out of reach. For those that are close, and have the potential to get there with a lot of hard work and some guidance, the **Zone squads** have been broadened this year to include a few more grades. To be eligible to train in the zone squads you have to be C1 or above senior or master and D grade and above junior. These squads meet 5 times throughout the year and train for 3 hours 1 Sunday morning a month. Registrations are being taken until the end of February.

Club Coaching for any level

If that still doesn't suit then a Squash Central coach will give 5 Taranaki Clubs and 5 MWR clubs a free day or weekend of training. Expressions of interest from clubs are currently being taken with preference given to those clubs that also wish to up skill their own club coaches with a few CoachForce modules. So if your keen but need a little help and guidance then make sure your club has put their hand up for one of these days.



Central Doubles 24 – 25th March



The first of the District competitions are coming up. Feilding are hosting the fun event this year. The event is for all levels and there will also be some hot and fast doubles played at the top level. Always fun and entertaining. Grab a partner or two and get your entries in. Titleholders from 2016 are:

- Womens Open Winners - Danielle Fourie and Rebecca Clifford
- Mens Open Winners - Kashif Shuja and Victor Romero
- Mixed Doubles Winners - Danielle Fourie and Victor Romero

Can any of these teams be taken down?

51st AGM and Awards Dinner

Squash Central 51st AGM and awards dinner took place on Saturday 3rd Dec at Wanganui Squash Club. 50 people attended the event representing 16 clubs throughout the district.

The 2016 awards winners were -

- Most improved junior player – Brooke Reid (Kawaroa Park)
- Services/player women masters – Mickayla Kerr (SquashGym)
- Services/player men masters – Malcolm Pinfold (Ashhurst – Pohangina)
- Personality of the year – Kent Darlington (Wanganui)
- Coach of the year – Grant Watts (SquashGym)
- Administrator of the year – Angela Cook (Foxton)
- District club of the year - Ohakune
- Volunteer/contribution to squash – Troy Ramsay (SquashGym)
- Team of the year – SquashGym Mitchell Cup Team consisting of – Danielle Fourie, Mickayla Kerr, Kaitlyn Watts, Holly Donnelly, Courtney Trail and Diya Joukani.



Congratulations to you all and to all nominated, keep up the training and hard work.

The Committee for 2017 is:

President - Rod Bannister

Treasurer - Dianne Tasker

Players Representative - Kaye Carter

District Captain and iSquash Admin - Marilyn Dolan

Junior Convenor - Kelly Faint

Committee - Mike Jack, Tom Lumsden, Emma Burnell and John Laurenson.

Staff - Administrator Pauline Slovak

We have several positions that still need filling on the committee so if you love Squash as much as us and want to see it grow we are currently seeking the following positions

District Coach, Development and Participation Manager, Marketing Director, Masters Convenor and High Performance Manager. If you think you would like to fill one of these positions or even help out with doing part of one of them please contact the Secretary - Pauline Slovak on admin@squashcentral.co.nz

If you want more information about what each position entails then check out the job descriptions on the website here <http://www.centralsquash.co.nz/about/organisation-resources>

Elite Squad Manager needed

Squash Central is currently seeking an Elite Squad Manager. You will work closely with the central coaches to manage our Elite Squad of 14 top players. This position involves travelling with the team to Representative events. The role is a voluntary one but the association will cover expenses.

Some duties of the position are:

1. Encourage and grow player grading's
2. Establish senior team selection and management
3. Provide coaching guidelines for players and coaches
4. Appoint as required team selection and management panels
5. Manage senior teams representing the district.
6. Coordinate with District administrator to ensure all teams requirements are meet.

Responsibility: Rep Teams, District Coaches.

If you are interested in filling this position contact the Administrator – Pauline Slovak on 021 0224 9003 or admin@squashcentral.co.nz

2017 Junior Prince Series kicking off soon!

The 2017 Junior Prince Series kicks off in Kawarua Park on the 9th April.

All the tournaments can be found on iSquash. For a full list of tournament dates and information check out the series poster.

A big thank you once again to long time sponsor Prince for their support of this series. Be sure to support them when purchasing your gear.

2017 JUNIOR SERIES

For every allocated Prince Series tournament you play, you will automatically be entered into the Prince Series. Points will be awarded as follows:
 Tournament played - 5pts
 Match won - 1 pt
 Division won - 2 pts

\$1000 worth of Prince squash prizes will be presented to the top eight boys and top eight girls at the conclusion of the series final. Squash Central will also award five Coaching Scholarships valued at \$100 each.

Points will be updated regularly on our website www.squashcentral.co.nz as they become available.

Date	Host Club	Entry Contact
9 April	Kawarua Park	kayeellott@hotmail.com
16 April	Hawera	hwam23@hotmail.com
23 April	Feilding	feildingsc@gmail.com
30 April	Taihape	taihapesquashclub@yahoo.com
7 May	Rivercity	ideanm62@gmail.com
14 May	Patea	pateasquash@gmail.com
21 May	Okato	morgpt@extra.co.nz
28 May	Inglewood	stevejanet@extra.co.nz
4 June	Tararua	mabey.motors@extra.co.nz
18 June	Ohakune	littlelols82@gmail.com
25 June	SquashGym	d.fouriemail@gmail.com
9 July	Levin	madolan@inspire.net.nz
16 July	Waiara	waitarasquashclub@hotmail.com
23 July	Dannevirke	dannevirkesquashclub@hotmail.com
30 July	Rangitikei	jdellow@extra.co.nz
6 August	Wanganui	durninga@extra.co.nz

Series Final

Please enter via or email.

Player Profile

Introducing the newest and youngest member of Squash Centrals Committee...

Name: Tom Lumsden / (Scooby) Age: 26sh Club: Feilding Squash Club

Grade: E1

When and how did you get introduced to squash? *Aunty Di really got me into it when I was a little boy. I picked it up again about 4-5 years ago when I realised I was getting fat and lazy. Still fat just a little less lazy.*

What was the highlight of your squash career to date? *Probably winning my 1st tournament div in Tararua it was a close 3 way count back. Still a highlight. (I don't think anyone forgets there 1st time) Close 2nd was the 1st time I was really involved in running our home tournament it was just a really sweet time and everyone enjoyed themselves. Call me crazy but I still look forward to running tournaments at home now.*

Favorite person you have ever played and why? *I can't pick out just one player I enjoy 90% of the people I play. Anyone who can enjoy a laugh on court and a beer or 2 after the game.*

Most embarrassing squash moment? *I have had a couple and I seem to find myself in woman's clothes. (any guy who has played in them skort things knows they are not that bad). Everyone gets a good old laugh at my expense and I don't mind that at all. Its not so bad if you embrace it.*

Top tip for other players? *Things are so much easier and you will ALWAYS play better if you're enjoying yourself and having fun. Everyone likes to win but don't loose sight of why we started playing in the 1st place.*

What are your Squash goals for 2017 and onwards? *I would like to get to D grade. Have a couple of people on a hit list that would love to beat but may take more than a year.*

Do you have a Favorite or Signature shot? *Anything that is ugly. I seem to be getting pretty good at frame shots and have some successes with them.*

What have you found most difficult? *Trying to answer all these bloody questions.*



2017 District Events

The dates and venues have been selected for 2017. District events are as follows:

Event	Location	Date
Central Doubles	Feilding Squash Club	24 – 25 th March
Central Juniors	Levin Squash Club	19 – 21 st May
PSA North Island Senior Championships	SquashGym Palmerston North	8 – 11 th June
Central Open	SquashGym Palmerston North	23 – 25 th June
District Super Champs	B Grade - Rivercity, C Grade - Kawarua Park, D Grade - Squashgym, E Grade - Ohakune and F Grade - Taihape.	11 – 13 August
Central Masters	Dannevirke Squash Club	25 – 27 August
Club Champs Week	All Clubs	28 Aug – 2 September
District Champion of Champions	Inglewood Squash Club	22 – 24 September

Squash Central Contacts

Squash Central

Rod Bannister

Dianne Tasker

Pauline Slovak

Marilyn Dolan

Kaye Elliott

Kelly Faint

Mike Jack

Emma Burnell

John Laurenson

Tom Lumsden

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Treasurer

Administrator

iSquash Admin/District Captain

Players Representative

Junior Convenor

Refereeing

Committee

Committee

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For more details on these stories and more go to www.squashcentral.co.nz

Or for quick updates on Squash around Central ‘Like’ us on Facebook



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