

Central Doubles 2018

Friday the 22nd June saw the biggest field of Doubles players in many years compete for the Central Doubles Titles. With 58 teams competing at the event hosted by the Whanganui Squash Club the courts were busy. The level of talent was high and the competition tight.

There was a decent contingent from Waikato and Wellington which was great to see and the local Central players managed to beat off the competition and keep the titles in the district. The biggest field was in the mixed with 4 divisions. The title was taken out by the top seeded master duo of Mickayla Kerr (SPN) and Kent Darlington (WG) beating Rod Bannister (WG) and Abbie Holmes (HW) in the final over 5 close sets after coming back from 2/0 down. The performance of the match and the weekend came from the young rising C grader from Hawera, Abbie Holmes, who held her own against several much higher graded opponents as they tried to isolate her partners who were both A graders (Bannister and Kerr). Abbie took about 80% of the rallies and often came out on top. Definitely a name to watch in the coming years. It was also great to see some talented Juniors competing and winning, the Under 13 duo of Aria Bannister and Reece Holmes took out mixed division 4.

Mixed Division Winners were:

- Div 1 Kent Darlington (WG) and Mickayla Kerr (PN)
- Div 2 Andrew Christie (RC) and Lynn Te Ngahue (RC)
- Div 3 Raukawa Simon (RC) and Maurice Clark (RC)
- Div 4 Aria Bannister (WG) and Reece Holmes (HW)

The Men's division also had a big 5 setter battle for the final with top seeds Rod Bannister and Kent Darlington, both of Wanganui, being taken down by the experienced coupling of Matthew Ratcliffe (WG) and Stephen Bennett (PN) the duo won the same title in 2015 and pulled off a surprise win against the much higher graded Bannister and Darlington.

Men's Division winners were:

- Div 1 Matthew Ratcliffe (WG) and Stephen Bennett (PN)
- Div 2 James Matthews (HW) and Melville Holmes (HW)
- Div 3 Jonathan Lane (TM) and Adie Doyle (TM)

The Women's final was also taken out by the second seeds, but this time in a quick 3 setter with Abbie Holmes and Mickayla Kerr beating the top seeded Kawarua Park duo, of Jacinta Harrison and Chelsea Aim. The top seeds were an experience pairing having played together for years, but the Kerr and Abbie out performed them on the night.

Women's division winners were:

- Div 1 Mickayla Kerr (PN) and Abbie Holmes (HW)
- Div 2 Brenda Gunn (RC) and Rochelle Booth (RC)

Congratulations to all competitors and we hope you enjoyed your tournament.



Central Juniors Results

A small field of about 30 Juniors competed in Hawera on Saturday at the 2018 Central Junior Championships. District President Glenn Blay commended the juniors on their skill level and fantastic attitude on and off court. Glenn spoke about how Central hope to rebuild this competition. The top honors went to Jordan Bell (SPN) and Abbie Holmes (HW) both taking out the Under 19 trophies. Full results can be found on the website but the winners of each age group were:



	Boys	Girls
Under 11	Maximus Matthews	Aria Bannister
Under 13	Reece Holmes	Anabel Romero-Gemmell
Under 15	Reece Holmes	Abbie Holmes
Under 17	Lachlan Greensill	(not contested)
Under 19	Jordan Bell	Abbie Holmes

SquashGym Women Claim Mitchell Cup Once Again

In the first week of June the Prestigious Mitchell cup event took place in Hamilton.

The SquashGym Palmerston North women's team are having a good run when it comes to the National Club Championship, the Mitchell Cup.

SquashGym won the Mitchell Cup in Hamilton on Sunday 3rd June, beating Remuera 3-2 in the final, for their third title in six years after wins in 2013 and 2016.

They didn't send a team last year.

SquashGym were seeded fifth for this year's tournament, but beat top seeds North Shore 3-2 in the semifinal, then Remuera in the final.

They also beat Taupo 4-1 in the first round, then Henderson 4-1 in the second round.

In the SquashGym side were Kaitlyn Watts, Mickayla Kerr, Holly Shuja, Annaleise Faint and Di Tasker.

Tasker was the travelling reserve but was called in when Courtney Trail pulled out injured leading up to the competition.

No 3 Shuja said the final two matches were both tense because it went down to the last player.

"We were over the moon. A bit surprised but at the same time really, really happy."

No 1 Watts and No 4 Faint were both unbeaten at the tournament, while Shuja had three wins and a loss.



Junior Prince Series update

2018 has seen the Junior Prince Series as popular as ever with 25 – 40 juniors participating each Sunday around our district. It is fantastic to see the skills of these players improve so quickly while they make new friends and have plenty of fun. The competition for the series is as tight as ever with a battle at the top between Shane England and Aria Bannister.

The current top 10 boys and girls are:



- | | |
|---------------------|------------------------|
| 1. Shane England | Aria Bannister |
| 2. James Stanyan | Isla Sweeney |
| 3. Rhys Hurley | Grace Burnard |
| 4. Brodie Bennett | Allyka Hanks |
| 5. Macauley Amott | Emma Burnard |
| 6. Koben Hanks | Aaliyah - Lee Robinson |
| 7. Kasen Hanks | Elizabeth Laws |
| 8. Liam Burnard | Maddison O'Hara |
| 9. Baxter McGoninal | Lily McGoninal |
| 10. Thor Darlington | Annabel Chilcott |

Junior Prince Series update continued

With only 4 tournaments remaining every match-up and point up for grabs is crucial.
Remaining tournaments in the Junior Prince Series:

Date	Host Club	Email for entry	Contact ph.	
8	July	Waitara	waitarasquashclub@hotmail.com	Trudi 027 841 8434
15	July	Dannevirke	dannevirkesquashclub@hotmail.com	Aaron 027 301 0085
22	July	Rangitikei	jdellow@xtra.co.nz	Anna 027 662 0154
29	July	Whanganui	kentpauladarlington@gmail.com (Series Final)	Paula 021 272 7100

Enter via iSquash or email by Thursday before tournament.

3 named for World Junior Champs

Three very talented young ladies from SquashGym Palmerston North have been named as part of a large contingent of New Zealand's rising squash players confirmed for the men's and women's world junior individual champs next month in Chennai, India. Players coming from a wide range of experience and with an eye on the future have been selected. Kaitlyn Watts along with fellow club mates Courtney Trail and Annaliese Faint have been selected in the 14 strong team. The experienced duo of Robbie Wyatt (Bay of Plenty) and Phil Buscke (Waikato) are the girls coaches.

The players have been through a particularly rigorous selection process this year. The broadening of the team to include development players gives some the opportunity to prepare for future events that was not previously available. Following the inspirational Commonwealth Games results the players selected will be wanting to replicate this success," said Shelley Kitchen, high performance manager Squash NZ. The men's and women's world junior individual championships take place at the Indian Academy, Chennai from 18-23 July followed by the biennial men's world junior team championships.

Girls team:

1. Kaitlyn Watts - Central District
2. Anika Jackson - Waikato
3. Courtney Trail - Central District
4. Winona-Jo Joyce (Development) - Eastern
5. Annaliese Faint (Development) - Central District
6. Georgia Robcke (Development) - Waikato
7. Diya Joukani (Development Non-travelling reserve) - Auckland

Coaches Robbie Wyatt BOP and Phil Buscke Waikato

Boys team:

1. Matthew Lucente - Auckland
2. Gabe Yam - Auckland
3. Temwa Chileshe - Waikato
4. Anthony Lepper - Auckland
5. Elijah Thomas (Development and Reserve Boys Team) - Auckland
6. Leo Fatialofa (Development) - Auckland
7. Glenn Templeton (Development Non-Travelling Reserve) - Bay of Plenty

Coaches Glen Wilson Auckland and Manu Yam Auckland

Top female junior, Kaitlyn Watts (Palmerston North) recently reaching the final of the women's PSA Classic in Auckland has been named to represent her country, along with top male Matthew Lucente at the world youth Olympics in Argentina later this year in addition to the world juniors next month.

Congratulations to the girls Central wishes you all the best of luck.

Interclub Updates

Most teams have finished their first rounds of Interclub and are heading into the second for the year. For those competing we hope you're enjoying the competition and for those sitting on the sidelines or the couch be sure to get your name down for a team next time. MWR zone has another round of Masters Interclub later in the year if you're over 35 and keen. Current placing's at the end of round 1 are as follows:

Taranaki Men's Div 1

1. Okato Top team
2. KP Boats & Hoes
3. Inglewood Sleepers
4. Hawera Heineken
5. KP Born Slippy
6. KP Megatron
- 7.
- 8.
- 9.
- 10.

Men's Div 2

- Stratford Kill Squad
- Hawera Classics
- Okato Second
- Waitara Masters
- Hawera Jamisons
- KP Killers
- Inglewood Chipindales
- Patea Men

Men's Div 3

- Hawera Tuis
- Waitara Whippersnappers
- Okato Team 3
- Stratford Kiss my Ace
- KP Good Cop
- Inglewood Racers
- Hawera Exports
- KP Hulk Smash
- KP Bad Cop

Women's Div 1

- Hawera Long Whites
- Okato Mixed Ladies
- KP Scared Hitless
- KP Volley Girls
- Inglewood Magics
- Eltham Combined
- KP Hot Shots
- KP Racquettes
- Waitara Ladies
- Stratford Ace Sisters

Manawatu – Wanganui – Ruapehu

Men's Div 1

1. Levin # 1
2. Wanganui #2
3. Taihape # 1
4. Wanganui #1
- 5.
- 6.

Men's Div 2

- SquashGym #1
- Tararua #1
- Ohakea #1
- Taihape #2
- Wanganui #3
- Feilding #1

Men's Div 3

- Taihape #3
- River City
- Feilding #2
- Dannevirke #1
- SquashGym #2
- Tararua #2

Men's Div 4

- Levin #2
- Huntermville #1
- Levin #3
- Foxton
- Taihape #4
- Dannevirke #2

Men's Div 5

- Wanganui #4
- Feilding #3
- Huntermville #2
- Rangitikei
- Tararua #3
- Ohakea #2

Women's Div 1

1. SquashGym
2. Taihape
3. Wanganui
4. Ohakune
5. River City
- 6.

Women's Div 2

- Dannevirke
- Tahape #2
- Ohakea
- Levin
- Tararua
- River City #2

Coaching Spot

Using both feet when playing shots

When I first started playing squash competitively some 38 years ago, my coach always told me to use the left foot when playing all shots on the forehand and the right foot on the backhand, as well as stamp my leading foot on the ground before striking the ball.



Today I'm an advocate of, practice what I preach and far more aware of the value of all players, no matter their ability or age being able to hit off both feet in order to improve their game, consistency of striking the ball and movement. I'm also big on focusing on having active feet when moving to the ball & in between shots i.e. balance in between shots on your toes not having your weight on your heels. Many coaches focus mainly on the hitting of the ball, neglecting the aforementioned. To add, your movement set up just before you are about to strike the ball i.e. distance from the ball, feet placement in relation to the ball, where to stop before hitting the ball, body position, shoulder position, transfer of weight, approach to ball, and feet stability are a crucial part to how you strike the ball, not just swinging your racket.

Coaching Spot continued

Learning to use your 'wrong' foot i.e. your left foot when the ball is behind you on the backhand and your right foot when the ball is behind you on the forehand gives you the ability to have more shot options i.e. if the ball you are about to strike is behind the service box you can; hit your return straight, play a working boast, and play a cross court, if you used your 'traditional' foot i.e. left foot on the forehand and right foot on the backhand your main shot option is a boast, keeping your opponent in front and your recovery after this shot to the 'T' is slower than using your 'wrong' foot. Your 'wrong' foot also allows you to have a more open body position enabling you to recover off the shot quicker allowing you more time to set up for the next shot.

Tips:

- Using your 'wrong' foot when the ball is behind you gives you more shot options
- It buys you more time
- It allows you to recover to the middle quicker.

Rod Bannister - Squash Central District Coach

Player Profile



Name **Allan Bailey** Age **21** Club **SquashGym Palmerston North**

Grade **Floating between A2 & B1**

When and how did you get introduced to squash? **I had a friend at intermediate school whose parents played and they took me down to the club a couple of times. Then I met John Keenan, who used to run free coaching every Sunday. Then I just kept playing...and playing... and playing!**

What was the highlight of your squash career to date? **Coming back from 2 games down, 10-6 match down in the fifth to beat Willie Bicknell at the Redstar Open earlier this year!**

You recently entered A grade was that a goal of yours? **Definitely! I think that's every squash players goal!**

Favourite person you have ever played and why? **I can't pick just one! So here are my top few:**

- **Kobe Fleming - I've come back from 2 games down to beat him in 5 twice in the last year! It was only at the SquashGym Open this month where he finally beat me.**
- **Paul Railton - A constant reminder that old people can be... quite fast.**
- **Daniel and Cameron Foster. They are a couple of the B graders that I looked up to when I started playing squash. We've certainly had some epic battles over the years, but as Daniel likes to say, he hasn't beaten me in over 5 years!**

Most embarrassing squash moment? **I lost to Mickayla Kerr at the Ashhurst tournament earlier this year. Losing in five, after skunking her in the second game... (11-0)**

I still won the tournament though thanks to count back!

Top tip for other players? **Unconventional money-saving tip: You can "refurbish" balls that have gone smooth and are skidding, by rubbing them firmly on rough carpet to restore their grippiness!**

Do you have a Favourite or Signature shot? **favourite shot - definitely a skid boast to get me out of trouble from the back. Signature shot - off the frame, into the nick. Then a smile while Matt Ratcliffe swears at me.**

What have you found most difficult? **Bringing in attacking shots to my game now that I am playing more and more A graders. I'm too used to just rallying it and waiting for my opponent to make a mistake!**

What are your Squash goals for 2018 and onwards? **Get to A1 for sure! Also, improve my flexibility to try and get a longer lunge.**

Upcoming District Events

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.

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