

Contents:

South Asian Community	
Discovery Squash Program	1
Autumn Interclub Entries Up	2
New Program - Squash Fit	2
Northern Clubs Talented Junior	
Player Program	2
New Member Promotion	3
Masters Interclub No's	
Up in 2010	4
School/Club Links 2010	4
Pukekohe Intermediate	
School/Club Link	4
Coach Update	4
TePapapa Junior Program	4
GACU Coach	
Conference	5
JTS Update	5

Squash Proves a Hit among Members of the South Asian Community



Over the last 12 months Squash Auckland has been working closely with representatives of the South Asian Community in South Auckland in an effort to grow squash among their community. The goal is to try to raise the profile of the sport of squash among community groups that don't traditionally participate in squash. With such a large influx of migrants from non-European countries now residing in Auckland - coupled with the steady decline of traditional squash playing members - it has become increasingly important for the future growth and development of squash to promote and grow the sport among members of 'non-traditional' squash playing communities.

With the support of the Sports Recreation & Outdoors Trust (SPROUT) and The Alan Brewster Recreation Centre, Papatoetoe, Squash Auckland ran a series of Discovery Squash programs at the Centre. With the help of a coach from the South Asian community the players undertook a 6 week squash coaching session focusing on the fundamentals of the game and an introduction to game strategy and play.

Support for the initial program was very positive with approximately 12 players participating in two programs.

Senior Autumn Interclub Numbers Up in 2010

In response to club members concerns about excessive travel, it was decided to pilot a series of changes to the format of this year's autumn senior interclub competition.

The main change involved dividing the clubs into two regions – North and South – to try to reduce the time players spent travelling to and from playing venues.

Judging by the number of team entries received from participating clubs this innovation appears to have proven to be very popular among players.

- Registered teams are up by 12 (8%) in 2010
- Of the 27 participating clubs, 12 (44%) had an increase in teams entered.
- 8 (30%) clubs had no increase in teams entered
- 7 (26%) clubs had a decrease in teams entered
- Women's teams entered increased by 10 (18%)
- Men's teams entered increased by 2 (2%)

Clubs and players will be given the opportunity to provide Squash Auckland with feedback at the end of the season.

New Program: Squash Fit is launched



SQUASH FIT
GET FIT
HAVE FUN

Bored with the Same Fitness Routine?

Take it Up a Level with this exciting, fast paced fitness routine

Using a combination of squash drills and aerobic and anaerobic exercises, Squash Fit is a great way to improve fitness and burn calories. Working consistently at 70 to 80 percent of your maximum heart rate you can guarantee to burn between 500 and 700 calories per hour Squash Fit session. All Levels of squash ability catered for, from novice to advanced. Squash Fit is more about cardiovascular conditioning than playing squash. Emphasis is on movement, not style. **Everybody is guaranteed a full on workout.**

Cost: \$10 per session.
Limited to a maximum of 4 per people per session.
Duration: Each session is 1 hour in length

Want to participate?

Date: _____ Venue: _____

Time: _____ Contact: _____



March saw the launch of a new participation program. Called Squash Fit this program is designed to offer participants an opportunity to take part in a high energy, fun filled workout.

Using a combination of squash drills and squash specific athletic speed, agility, reaction, co-ordination and balance drills, the session is guaranteed to give people a full on aerobic and anaerobic workout.

Open to members and non-members alike this program is a great way to introduce prospective new members to your club, help existing members to increase their court fitness, speed and agility and provide fitness training for teams competing in regional and national events.

Contact Steve Hodges at Squash Auckland for further information on running a program at your club.

Northern Zone Talented Player Program Participants Meet with Tournament Success

It is in only its second term but already the players involved in the Northern Clubs talented player program are starting to reap the rewards of the extra training. In the recently played North Shore Open tournament 4 junior players from the program won their respective divisions. Congratulations to the following players:

Henry Pyc – C2 (BP) won the Men's Division 3
Miguel Yam – D2 (BP) won the Men's Division 4
Jarrod Van Driel - F (BB) won the Men's Division 5
Siobhan Murray – F (BB) won the Women's Division 4

New Member Promotion

Women in Squash Programme

Gather the Girls and Get Fit

Only \$60 for 6 weeks of group coaching
Squash rackets and balls supplied

The Programme is:

- Conducted by qualified coaches
- Great for health and fitness
- An opportunity to meet and socialise with likeminded women in the area

Programme Content
Learn how to play squash through a series of six one hour group coaching sessions over a six week period.

You will learn the following fundamental skills of squash:

- The serve, grip, forehand and backhand
- Basic game strategy, rules and etiquette
- Basic footwork
- Strategies for improving your game

Programme Details
For further information and participating clubs please visit the Squash Auckland website www.squashauckland.org.nz/Womens_Programmes_417.aspx or phone Squash Auckland on (09) 623 7856.

To register contact:

SQUASH auckland

DISCOVERY SQUASH

SQUASH FOR BEGINNERS

The fun way for Adults to learn to play squash

Squash Auckland in partnership with affiliated clubs and recreation centres has developed this innovative programme to encourage new players to learn the fundamentals of squash in a fun, non-competitive environment.

- \$60 for 6 weeks of group coaching**
Rackets and balls provided
- Programme Length**
The programme takes place over 6 weeks.
Each session is 1 hour in length.
- Professional Instruction**
All sessions are conducted by qualified coaches.
- Aims of the Programme**
 - Teach basic squash skills, strategy and knowledge to prospective new players.
 - Provide a pathway to further coaching and competition squash including: Interclub, Club League, Business League, Club Night, Box Day League.
 - Provide an affordable women option to enable prospective squash players to become involved in the game.
 - Provide an opportunity for anybody to participate in squash within a fun, friendly and welcoming environment.

For further information and participating venues please visit the Squash Auckland website: www.squashauckland.org.nz/Discovery_Squash_418.aspx or phone Squash Auckland on (09) 623 7856

To register contact:

www.squashauckland.org.nz

From March we are offering all Squash Auckland affiliated club's the opportunity to participate in a new member's promotion. We are giving away FREE a new Squash Racket, Drinks Bottle and New Squash Ball. To be eligible you must run a Woman in Squash program or Discovery Squash program between now and October 2010. If any participant (who is not currently a member of a club) signs up to a 12 month squash club membership within 1 month of completing one of the above programs, they will receive a FREE Squash Racket, Drinks Bottle and Squash Ball.

To receive this great prize pack the club must forward to me the following paperwork (supplied by me) at the end of the program:

- Participant enrolment form
- Participant program feedback form
- A copy of the participants completed club membership application form

This is a fantastic opportunity for all clubs to take advantage of a great offer to help you to increase your membership. For further information on how you can participate in this promotion, contact me – Steve Hodges at Squash Auckland on DDI: 623 7856, 021 484 713, Email: development@squashauckland.org.nz

Masters Interclub Entries Reach New High

Entries for this year's Masters interclub competition have reached a record high. The total number of entries received for the 2010 competition stands at 83 teams. This is the highest number of entries received for the Auckland Masters competition in 12 years and represents a 10% increase on entries received in 2009.

New Schools participate in Squash in 2010

Following on from our successful school/club partnership program of 2009, we have again offered schools in the Auckland region the opportunity to participate in a school/club squash program.

This year it was decided to place the emphasis on Intermediate and College/High School students with a view to trying to get them involved in College Sport teams and/or Intermediate school squash zone competitions and ultimately a squash club membership.

In term 1 there are 8 Intermediate and College/High schools - comprising over 150 students - involved in a squash program at their local squash club.

Encouragingly most of the participating schools are offering squash for the first time.

We already have at least 8 more schools confirmed to participate in a program in term 2.

Coaching Update

On Sunday 21st February Squash Auckland ran a coach assessment day for coaches who had completed the SNZ Level 1 coaching course in the last 12 months.

Three coaches passed their assessment. Congratulations to the following who are now certified level 1 coach's:

- Liz Young – Royal Oak Racquets Club
- Aaron Webb – Red Beach Squash Club
- Dominic Keall-Grant – Devonport Squash Club

Over the weekend of the 20th – 21st March 10 coaches completed what at this stage is likely to be the last Level 1 coaching course run by Squash Auckland.

All prospective coaches will now participate in the new SNZ coaching framework. The first modules – Getting started in Squash and safety Concepts - of the new framework have just been launched and can be accessed at the Squash NZ website or by following this link:

<http://www.squashnz.co.nz/coaching/default.asp>

The next module is due out in late April.

To view a diagram of the new coaching framework click on this link:

http://www.squashnz.co.nz/myfiles/NZ_Squash_A2_Poster-2.pdf

TePapapa Squash Club Launch New Junior Squash Program in 2010

After some years without a junior section this year has seen the re-introduction of a regular fortnightly junior squash club night at the TePapapa Squash Club.

Largely thanks to the efforts of long serving club member Pam Flux, the club has employed the services of volunteer coach Noeline Whitehead from the Royal Oak Racquets Club to assist with the running of a fortnightly junior squash program

Running on a Friday evening and catering for children as young as 5 years up to teenagers the program introduces prospective junior players to the skills and tactics of the game using the Squash Auckland Mini Squash and SNZ Junior Skills Awards and certificate programs.

During the year the club plans to run at least 2 fun squash events/ tournaments for kids of all levels to participate in.

To date there are anywhere between 10 - 15 juniors participating in the program on any one night. Many of them are children of the TePapapa Sports Clubs rugby and netball sections.

Squash Auckland is supporting the introduction of the program by providing the club with 10 new mini squash rackets and a range of printed coaching resources.

The club expects that over time it will be able to increase its junior membership from 0 members in 2009 to at least 15 in 2010.

GACU (Greater Auckland Coaching Unit) will be hosting a 1 Day Coaching Conference “Backyard Legends”

Browns Bay Teams Victorious in Round 1 of the Northern JETS

In the first round of the Northern JETS competition Browns Bay Racquets Club were once again victorious, winning both the junior boys and junior girls divisions.

Teams from Browns Bay occupied the top 4 spots of the junior boys division, with the Browns Bay Bullets winning the playoff final with two comprehensive victories over the Browns Bay Blasters and Browns Bay Buccaneers.

In the Plate final the Browns Bay Thunder were victorious finishing ahead of teams from Belmont Park and North Shore.

This year saw the introduction of a Junior Girls division. Five teams from 4 clubs took part with a total of 26 J grade girls competing.

Once again a team from Browns Bay

triumphed, proving that it is not just the Browns Bay boys that are good at squash. North Shore finished a close second, only 6 points behind the winners.

In the F grade division, Bruno Colantoni from the North Shore Squash Club was victorious, taking out the division with 4 straight wins.

Entries are now open for the term 2 competition. Any club's in the Central and Southern region interested in entering teams please contact me (Steve Hodges) at Squash Auckland on DDI: 623 7856 or email me with your teams details at development@squashauckland.org.nz.

Please get your entries in early so a draw can be prepared for a start on Sunday May 2nd.

Pukekohe Intermediate School/Club Link a Success

In term 1 Pukekohe Intermediate School participated in a school/club squash program hosted by the Franklin Squash Club.

Kirsten MacBeth a level 1 qualified coach from the Maramarua Squash Club ran a 6 week program for 12 students from the school. Students participated in a combination of skills sessions, fun games and introductory rules sessions, culminating in a mini squash tournament in the final week.

All students were given feedback forms to complete at the end of the program. A summary of their feedback showed a very high level of satisfaction with the program and a strong desire to continue with squash either during or after school.

Feedback Summary

- 6 students had never played squash before
- Average program satisfaction rating out of 10 was 9.7
- All students indicated that they would like to play squash as part of their school PE program
- 11 out of 12 would like to continue playing squash at a club