

In the **SW**ing

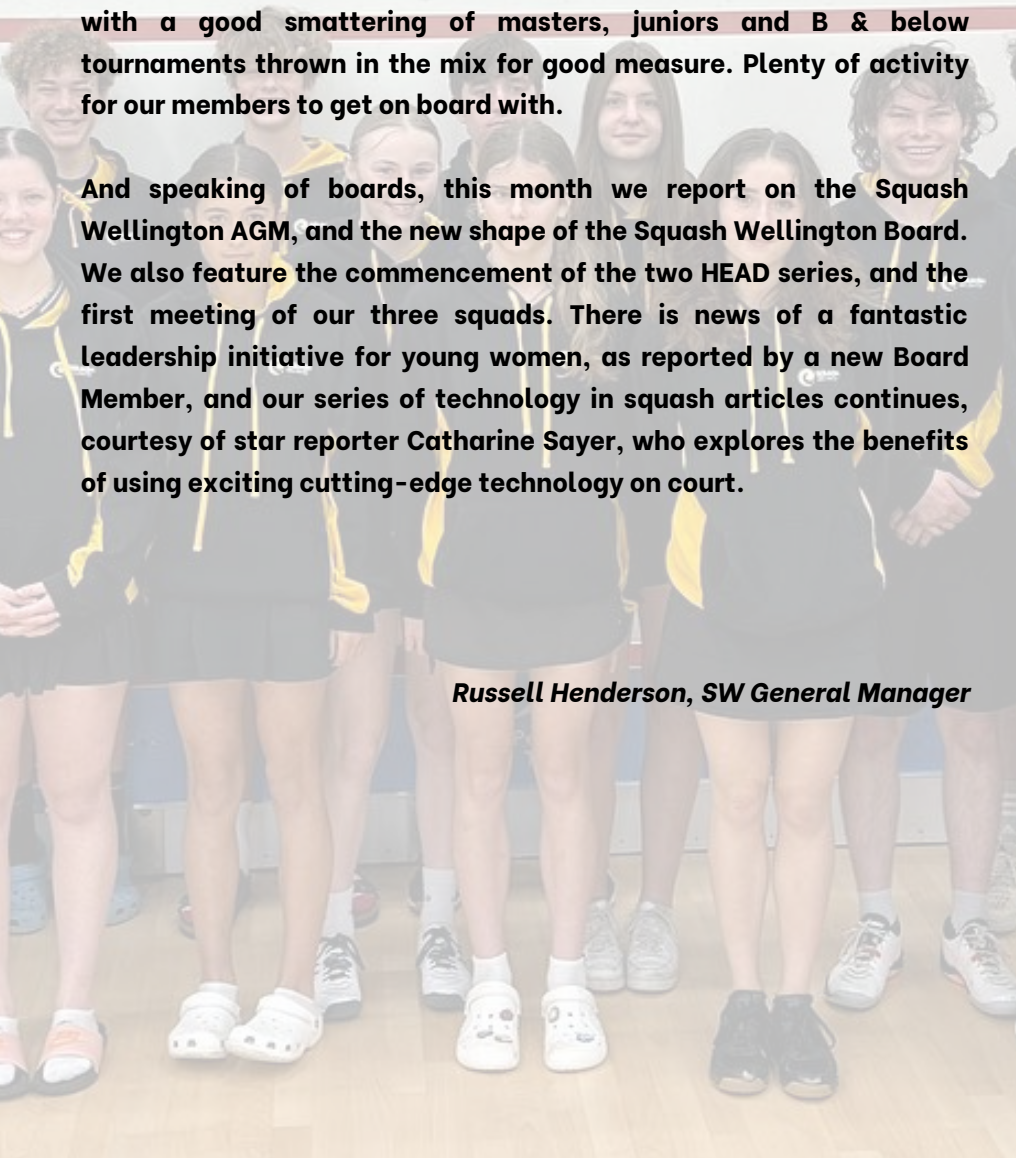
Squash Wellington Newsletter

GET ON BOARD

It feels like we are well and truly ‘in the swing’ of things now, as we enter the period of back-to-back opens as far as the eye can see, with a good smattering of masters, juniors and B & below tournaments thrown in the mix for good measure. Plenty of activity for our members to get on board with.

And speaking of boards, this month we report on the Squash Wellington AGM, and the new shape of the Squash Wellington Board. We also feature the commencement of the two HEAD series, and the first meeting of our three squads. There is news of a fantastic leadership initiative for young women, as reported by a new Board Member, and our series of technology in squash articles continues, courtesy of star reporter Catharine Sayer, who explores the benefits of using exciting cutting-edge technology on court.

Russell Henderson, SW General Manager



SQUASH
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PARTICIPATION

HEAD Women's E & Below

The first round of the HEAD Women's Series was hosted by Khandallah Tennis & Squash Club on Sunday 19 March. We had 17 women entering the first round, with nearly all players winning at least one match, so it was great to see competitive draws all round. A huge thanks to Tracy Mears and her fellow members at Khandallah for getting the series underway in style; let's hope we continue to build the numbers as the series continues.

We have made a change to the upper grading points limit for this year; whereas previously this was the 800 & Below Series, it is now E & Below, meaning that all women players on the Wellington grading list at 899pts or below can enter (D Grade starts at 900pts). This is because we have some keen up and coming wāhine squash players who have just crept over the 800pt threshold, and would benefit from more competitive matches at this level before making the full transition to 'mainstream' tournaments.

Tournaments with great HEAD prizes

**Women's
E Grade & below
squash series 2023**

Khandallah Tracy Mears shepherdfamilysoutlook.co.nz	Sunday 19 March	<p>The HEAD womens series</p> <p>series is designed to introduce women players to competitive tournament play. It's also a great way to learn the rules of the game to build confidence in reffing and marking games.</p> <p>Every tournament you enter gives you a greater chance to win HEAD products.</p> <p>Each player receives 5 points for entering each tournament, 1 point for each loss and 3 points for every win. (max of 14 points for each tournament).</p> <p>To enter each tournament go to www.squash.org.nz/sit/dashboard</p> <p>Entry: \$5 per tournament Games Start: 10:00am</p>
Upper Hutt Brett Simon Squashupperhutt@gmail.com	Sunday 23 April	
Club Kelburn adminclubbk.co.nz	Sunday 21 May	
Red Star Mel Morris melanie.morris@corrections.govt.nz	Sunday 18 June	
Thorndon Mike McCarroll michael.mccarroll@transpower.co.nz	Sunday 6 August	
Wainuiomata Shelby Burns shelbybwindolive.com	Series final Sunday 10 September	

Next up – Upper Hutt on 23 April. Enter on iSquash, or contact squashupperhutt@gmail.com for more info.

HEAD 9Hundy & Below

Island Bay kicked off the Junior 9Hundy Series for the year, with 18 budding junior squashes turning up to play 3 matches in one morning (phew, don't know about you, but I couldn't do that). SW appreciates the efforts of Myles Sayer and Matt Yeo for coordinating and running the event, again, let's hope the series continues to grow as the season progresses.

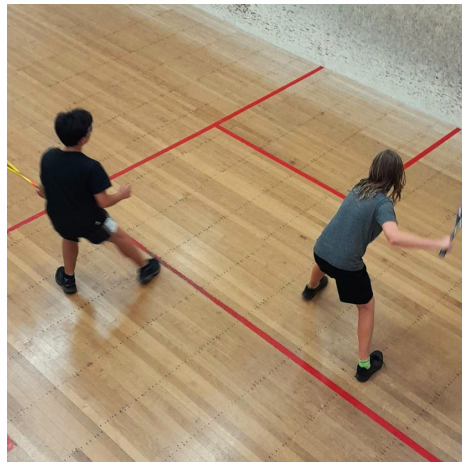
Neil Haxton from Hutt City Squash will be convening the series this year, and coordinating the combined efforts of our host clubs. Ka pai Neil!

You may have seen the promise of extra points for specific rounds of this series; entrants of the Wainuiomata (28 May) and Martinborough (23 July) will receive a bonus *5 points* for participating, so make sure you get yourself along, juniors!

Check out some pics from the first round on the next page.

PARTICIPATION

HEAD 9Hundy & Below (cont.)



PARTICIPATION

Wellington Squads

The 2023 Wellington Squad Programme started with a flurry of black and yellow on Sunday 19 March at Hutt City, as the Juniors and Seniors attended their first training camps, and all squad members, including Masters, attended a meet and greet, where they collected their Squash Wellington gear, met the coaching team, and enjoyed some delicious kai.

Not all Masters could make it, as their programme proper gets underway in May, but most were there, and it was amazing to see nearly everyone in one place, proudly displaying their colours and getting excited for the season ahead.

Evan starting the training sessions for Juniors and Seniors with drills that he describes as 'basic': drop/drive, alley drives, alley rallies, 3-6-10 conditioned games, match play and of course fitness. They may be basic, but they are far from easy, and both groups put a lot of hard work in over their two-hour sessions, with the returning squad members setting the bar high so that new members can have something to aim for.



The 2023 Wellington Junior Squad - looks like a few squad members have already secured endorsement deals with Crocs.

PARTICIPATION

Wellington Squads (cont.)



The 2023 Wellington Senior Squad. Post-training session, hence some members choosing not to besmirch their new swag.



(Some of) the 2023 Wellington Masters Squad. Big smiles all round, but then they didn't have to do any running today..

PARTICIPATION

Wellington Squads (cont.)



FEATURE ARTICLE

Squash Tech Part 2: the interactive court

Following the first part of the tech series, about the squash analytics app developed by Island Bay's Luke Brown, it's the turn of new fangled in-court equipment to catch the attention of roving reporter **Catharine Sayer**.

Armed with an official media pass for the New Zealand Open in Tauranga and a keen sense for a story, I'm equipped to bring investigative journalism to the squash world. Much as the readership would likely be gripped by a multi-edition whodunnit concerning my Capital Ladies of Squash cap

(think Wagatha Christie on steroids, soccerball fans), I'm drawn by the lights and action of that venue's CBK Court.

Centre manager Karl Brown kindly takes a break from attending to the needs and wants of the pros hanging about for their early round matches to show me the set-up. One of only two in New Zealand, for the last 3 years Devoy has hosted a court whose front wall can be transformed at the flick of a switch into a giant touch screen. Using projector and sensor technology, the front wall can be touched by hands to start and stop software responsive to ball-striking. Once in play, a ball hit against the front wall



Interactive Squash providing indoor fun for tamariki

FEATURE ARTICLE

can be transformed at the flick of a switch into a giant touch screen. Using projector and sensor technology, the front wall can be touched by hands to start and stop software responsive to ball-striking. Once in play, a ball hit against the front wall is marked visually on that wall in a meaningful way.

The software’s uses are multiple. For two or more users, it’s a leisure tool that gets them active in a fun way, irrespective of any interest in squash. Second, with games offering an aerobic workout, it’s a fitness tool, for squashies-and non-squashies alike, although I like to think being able to hit targets accurately under time pressure would likely give squashies an advantage. Third, it offers squash skill modules for solo or group training, fun being not just a bonus but a sneaky hook to commitment.

“Training with Dave Clarke [renowned high performance coach], the interactive court was brilliant for trying to perfect the angle for a drop to hit the nick on the first bounce. Dave showed us where the ball needed to hit the front wall for that to happen and we just kept trying to hit that target. On every shot we could see exactly how close we were getting and pretty quickly the nick took care of itself,” mused Island Bay player Nick Lowther, on loan to Devoy this season.

While hitting a ball hard against a wall is draw enough for some, the possibilities for interactive squash to provide a more compelling pathway into squash for a market unaware of its existence, especially tamariki and rangatahi, are obvious.

I notice that Devoy is co-located on a site with the Sport Bay of Plenty offices and assume its staffers are keen to connect the region’s youth with this innovative offering.

“We have had Sport Bay of Plenty staff round a couple of lunchtimes giving it a go, but to be honest, optimising its use really needs some dedicated time



More fun for tamariki from Interactive Squash



Interactive Squash as fitness tool

and planning. Neither me, nor Squash Bay of Plenty have yet had the space to focus on this.”

Despite inattention to its commercialisation, the complex is benefitting to some degree from the free interactive court sessions it affords to the city’s schools.

“It’s great having parents come on site to pick up

FEATURE ARTICLE



Interactive Squash as squash skills training tool



Hey PC, you wanna see my moves? I got Michael Jackson moves, eh! Racquet:Next VR player, ghosting up a storm

their kids after the sessions. They get to see a squash club in action while they're here, so start to develop an understanding of our sport".

Now that I've seen the kit, I'm curious as to the barriers to its spread, so we talk practicalities.

Interactive Squash in Germany supplies all the technology, and new tin, cabling and wiring is needed to accommodate it. No wall rebuilds are needed – the set-up can be retrofitted to an existing court. The hardware itself isn't particularly expensive, but the revenue model is built on annual licensing fees, negotiable with the supplier.

The court can also be used for traditional matches, meaning that small venues do not lose a court when it comes to hosting traditional squash events. The front wall's red line, the only standard feature that

needs to be removed from the court for the interactive set-up to work, is replaced by a projected white line. Venue managers also need to remember to switch the court setting to 'tournament mode' to prevent a sudden transformation into an aquarium swimming with piranhas and sharks. can't help wondering what having a facility like this in every district might do for national talent discovery, provided its existence and utility are well promoted. Club K, the now squash/gym/martial arts complex (owned by Squash New Zealand) and Hutt City seem like obvious contenders, being multi-purpose venues whose clientele may not all have given squash itself much attention.

It turns out that even before the interactive court was installed at Devoy, the future-focused folk of Mitchell Park Squash Club (now merged with Fraser Park Squash into Hutt City Squash) were aware of the technology and ensured that the design and build of Fraserpark Sportville would be able to accommodate it. Committee member Bryan Smith elaborates:

"As a committee, Hutt City has kept up with the play around interactive squash courts, mindful that the Fraserpark Sportville complex is a venue really well placed to get good uptake for this offering beyond its squash members. We're in touch with the tech suppliers and Devoy to understand how it could work and its costs. If the use case adds up, I imagine we'd look for community grant funding to help us get there."

The newest kid on the squash tech block is eSport/virtual reality squash, under development as a discipline in Racquet:Next VR gaming suite in partnership with the World Squash Federation and the Virtual Sports Association.

It may pain some traditionalists, but the prospect of this format of our beautiful game beating court-based forms to the Olympics is real.

CAPABILITY DEVELOPMENT



WHANAKE O TE KŌPARA

Women in Sport NZ – Calling out to all young wāhine!

by **Samantha Reyes**

Whanake o te Kōpara is an amazing programme for young women aged 18 – 25 who are interested in discovering their potential in leadership. It specifically covers quiet leadership and empowerment. This was a great experience that mixed learning with fun outdoor activities, peer knowledge sharing, and loads of banter with your fellow teamies. The best part is the fact that you get to co-design the programme with the facilitators so you cover the things that matter the most to you. I think this is what makes the experience so special and words alone can't fully express how awesome this programme is. Visit the Women In Sports Aotearoa website to apply. Applications close on April 26, 2023.

I'm happy to answer any questions that you may have. Please send me an email at sam@squashwellington.org.nz or admin@squashwellington.org.nz

URL: womeninsport.org.nz/programmes/young-womens-leadership-development-programme

Squash Wellington Developing Coach

The eagle-eyed reader may have spotted a familiar face among the coaching team in the latest Wellington Squad pics. That's right; Jack Shearer has taken on the role of Developing Coach, working with the Junior Squad, under the mentorship of Evan Williams (and I dare say he'll pick up a trick or two from Matt Green too). This is a role we are delighted to introduce for 2023, with support from the 2023 Sport Development Programme, funded by Wellington City Council, and administered by Nuku Ora. A big thank you to WCC and Nuku Ora for investing in our Squad Programme, and our also helping to support our Coaching Pipeline.

Jack, recipient of the 2022 Squash NZ Development Coach of the Year Award no less, has been coaching for several years now, and brings a good deal of experience, upbeat energy, and a positive, open attitude. We are sure he will thrive in this role, continue to develop his coaching skills, and form a tight bond with the junior squad members.



SUSTAINABILITY

Squash Wellington AGM 2023

The Annual General Meeting took place at 7pm on Monday 27 March, hosted by Squash@Upper Hutt. A huge thanks to Brett Simon, Club Captain at Upper Hutt, and the rest of the committee for hosting, and making all attendees feel very welcome.

We saw several Board Members stepping down, and some new Board Members stepping up. Ann Smith finished her tenure as Chair, and a fitting tribute was paid to her by Catharine Sayer on behalf of the Board, as well as some further words of appreciation by the GM. Ann has worked tirelessly for Squash Wellington for several years, helping to raise the organisation's visibility, as well as promoting inclusivity, transparency, and fairness. As a small organisation, there are always many, many things to be done, and Ann has done an amazing job of being on top of these, as well as providing guidance and mentorship to the GM so that operations can continue smoothly.

Ann herself gave thanks to the Board Members who stepped down. Storm McKenna and Aaron Hape have contributed valuable guidance to the Board over their tenures, as has Christine Rukuwai, who retired from the Board a couple of months ago. Ann gave additional acknowledgment to Catharine Sayer, who is stepping down after several years on the Board. Catharine has brought a huge amount of expertise and diligence to Squash Wellington, and will be sorely missed. Avid readers of ITS may be concerned about the future of our now famous feature articles, but Catharine has indicated that she will continue to contribute to our newsletter when time permits.

Squash Wellington welcomed two new Board Members at the AGM; Sam Reyes, and Bryan Smith, who each bring valuable expertise to our Board. They join existing members Emma Sanchez-Brown and Malcolm Thomas to form a new Board. The Board has now had an initial meeting to vote in the new Chair, and now looks as follows:

Emma Sanchez-Brown, Hutt City (Chair)
Malcolm Thomas, Tawa (Finance Officer)
Bryan Smith, Hutt City (Secretariat)
Samantha Reyes, Thorndon

Draft AGM minutes will be available on the Squash Wellington website in due course. In the meantime, you can navigate to squashwellington.org.nz and click on 'About Us' to see previous AGM minutes, Board Meeting minutes, and back issues of ITS.



Squash Smart - Online platform

With less than a year until My Squash launches, what better time than now to sign up and boost your squash-related skills and knowledge for free on Squash Smart?

This is just one of the elements which will be integrated into the new My Squash platform, but you can get ahead now and enrol in a range of courses on coaching, club management and more.

Head to www.squashsmart.co.nz to sign up and get involved.



COMING UP

Wairarapa Masters & Juniors @ Red Star - 31 March

Upper Hutt B & Below - 6 April

Kāpiti Open - 14 April

Masterton Open - 21 April

Hutt City Women's Open - 21 April

HEAD Women's E & Below @ Upper Hutt - 23 April

Thorndon Open - 28 April

HEAD Junior 9Hundy @ Red Star - 30 April



2023
Wairarapa Masters and Juniors

Games played Friday and Saturday
31st March – 1st April
Some local games maybe played the Thursday

RED STAR
10 Herbert St Masterton

Masters \$40pp Par 15
Juniors \$20pp Par 11

Cash prizes
Entry fee includes Supper

Please register your interest by 23 March

Contact:
Club Captain Jeff Woolford email: jeff.woolford@versatile.co.nz
Junior Convenor Mel Morris email: Melanie.Morris@corrections.govt.nz




Upper Hutt B & Below Tournament

Date: Thursday 6 April - Saturday 8 April, 2023
Location: Squash @ Upper Hutt, Maclean Street, Upper Hutt
Fees: \$35.00 per person, late fee \$40 (after 1st game)
Enquiries: SquashUpperHutt@gmail.com
Subject line: B & Below
Enter online: squash.org.nz/sit/homepage (iSquash).
**Only online entries accepted.
Entries close: Friday 26th March, 12:00am (midnight)

More information: facebook.com/squashupperhutt or check iSquash
Payment: Entry fee payable prior to first game or you will incur a late penalty fee. Online payments available, please see iSquash.
Please note: All juniors must wear eye protection. Online entries will only be available through iSquash, no emailed entries will be accepted.

B grade: Double dot PAR 11 (+2)
Other grades: Single dot PAR 11 (+2)
J grades: Dependent on experience (Blue dot)

Sponsored by Vicky Webster
Sales Consultant - Tall Poppy Upper Hutt
027 728 8997
vicky.webster@tallpoppy.co.nz

13 - 15 APRIL 2023

KAPITI OPEN

ENTRY \$40

SPONSORED BY PETE'S EMPORIUM
DINNER SATURDAY NIGHT

KAPITI SQUASH CLUB

ENTER ON ISQUASH
LOCAL PLAYERS MAY BE REQUIRED TO PLAY THURSDAY NIGHT
CONTACT: CLUBCAPTAIN@KAPITISQUASH.CO.NZ



HUTT CITY WOMENS OPEN 23

Proudly supported by
YELLOWHAMMER SERVICES LTD
Supporting women in construction and squash

21/22 April

ENTER VIA ISQUASH | \$40, inc SATURDAY MEAL | PAR 11 OPEN DIV, PAR 15 ALL OTHER DIVS

*local players may be required to play Thursday 20 Apr, dependant on entry numbers.


www.huttcitysquash.co.nz | Hutt City Squash | huttcitysquash@gmail.com




MASTERTON FARRIERS APRIL OPEN TOURNAMENT

COME ENJOY THE WAIRARAPA FOR THE WEEKEND
20TH - 22ND APRIL - ENTER ON ISQUASH
\$40 ENTRY FEE - SATURDAY DINNER

KAYLA 0278604009
JOHNO 021979808
MASTERTONSQUASHCLUB@GMAIL.COM

Thorndon ARDEX Open

\$6k Prize Pool with progressive dinner on Saturday night.
Enter on isquash or contact Mike 027 860 7128

\$50 Entry fee

27 - 29 April 2023
Local players might be required to play on Wednesday and Thursday