

# Squash Canterbury Newsletter 2019

No.4: 15-3-19



## This week's newsletter includes:

- See what's coming up – Squash Canterbury Calendar
- How to raise a champion
- Club Development
- Squash Canterbury AGM
- Squash HQ Open Day
- Coach Development
- Meet Paul Monk, Squash Canterbury Board Member
- Events coming up

## Squash Canterbury Calendar

Have a look to see what's coming up on our 2019 Calendar.

[Click here](#) to view, download or print a copy.

Calendars		15 Mar - 14 Jun 2019
		March 2019
Canterbury District Event		
Club Event		
Coach Development Oppor...		
Junior Event		
Masters Event		
National Event		
Squash Canterbury Meetin...		
Thu 14 Mar	All day - Sat 16 Mar	<b>Squashways Open</b> (Squashways Canterbury)
Fri 15 Mar	All day - Sat 16 Mar	<b>NZ Doubles</b> (Squash NZ)
Wed 20 Mar	6:00pm - 8:00pm	<b>Squash Canterbury Board Meeting</b>
Fri 22 Mar	All day - Sun 24 Mar	<b>Nelson Bays Junior Age Groups</b> (Waimara Squash Club)
Sat 23 Mar	All day	<b>Tournament Series for Girls #1</b> (Oxford Squash Club)
Sun 24 Mar	9:00am - 11:45am	<b>How to Coach</b> (Burnside Squash Club)
	12:00pm - 2:30pm	<b>Big Nix</b> (Burnside Squash Club)
Wed 27 Mar	7:00pm - 9:00pm	<b>Squash Canterbury AGM</b>
Fri 29 Mar	All day - Sat 30 Mar	<b>Burnside Pre-season</b> (Burnside Squash Club)

## How to Raise a Champion

Sport Canterbury have been working with Waimari School to develop a parents evening; themed "how to raise a champion" and will address issues such as early specialisation and athlete burnout etc.

Waimari School are using the event as fundraiser for their school pool and tickets are available at <https://www.eventbrite.co.nz/e/how-to-raise-a-champion-balance-is-better-tickets-56868307639?aff=ebdssbdestsearch>

There is an amazing line up of guest speakers which includes athletes and parents such as Anton Cooper and his mum, Andrea Hewitt, Tracey Campbell both boys play for Canterbury RAMS and Jackie Cowan from UC.



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## Club Development

Sport Canterbury is running an awesome series of 'Grow Your Club' capability development workshops. Perfect for supporting volunteers and paid sports administrators to lead quality, effective and sustainable clubs.

Their first workshop is a Finding Funding Workshop on Tuesday 19th March.

This will provide you and your club with essential information for sourcing and applying for funding within the community sport sector across Canterbury. There will also be the opportunity to ask questions and discuss current problems and issues with our team and other local clubs.

For further info go to <https://www.sporty.co.nz/sportcanterbury/Events/Calendar>

## Squash Canterbury AGM

Will take place 7.30pm -9pm, Squash HQ – 8 Takaro Avenue

This meeting will also be available through Zoom.

Zoom is an online meeting platform; you can either use a phone or a computer to join the forum. [Click here to sign up](#), it's free.

Documents and a zoom link for the meeting will be sent out Thursday 21<sup>st</sup> March



**OPEN DAY**  
8 Takaro Ave, Sockburn  
**24th March 2019**  
**1pm-3pm**  
*COME AND TRY OUT*  
*SQUASH*  
•Free Courts  
•Equipment Available  
•Free Coaching



*In conjunction with the Sockburn Community Fun Day*  
[www.squashcanterbury.co.nz](http://www.squashcanterbury.co.nz)



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## Coach Development Congratulations

Tom Marshall, Leonie Marshall, Henry Aitken, Rachel Hebberd, Kerion Hebberd, Chris Hebberd, Richard Aitken, Brendon Whitley, Nicola Pilkington Jack Frisken & Mark Kerr who have recently completed the ['How to Coach'](#) Squash NZ module. Awesome work all and all the best with the next steps on your coaching pathway.

In 2018, 35 individuals from within the Canterbury District attended 52 Squash NZ coach development modules between them, delivered over 7250 hours of coaching and influenced more than 500 players.



## Opportunities coming up.....

### How to Coach - Burnside Squash Club, Christchurch

Perfect for those who are interested in getting involved in coaching or have already attended the big nix, ignite and coaching adults' modules

- **When:** 9am – 11.45 am Sunday 24th March 2019
- **Where:** Burnside Squash Club, Christchurch
- **Cost:** \$10
- **Presented by:** Mike Allred



This module looks at a variety of coaching styles, techniques and inclusive principles that will ensure that coaching is effective and appropriate for the needs of all squash players. It provides practical ways to adapt squash to positively impact on skill acquisition, enjoyment and the quality of play for all. This module forms the backbone of the Squash New Zealand Coach Development Framework, is embedded in all coaching programmes and is required to receive most coaching qualifications. **Register with Di McCoy** [juniordev@squashcanterbury.co.nz](mailto:juniordev@squashcanterbury.co.nz) 021 245 0966 by 9am Monday 18th March



### Big Nix 3 – Burnside Squash Club, Christchurch

- **When:** Sunday 24th March 12pm - 2.30pm
- **Facilitated by:** Mike Allred
- **Venue:** Burnside Squash Club
- **Cost:** \$10

This module gives you the tools, resources and information needed to develop and support 9-12-year olds. Coaches are required to attend 3 modules to receive the "Big Nix" Qualification: [Module 3: Big Nix 9-12 yrs.](#), [Module 3a: Big Nix 9-12 yrs](#) & [Extension Module 2: How to Coach](#) **Register with Di McCoy** [juniordev@squashcanterbury.co.nz](mailto:juniordev@squashcanterbury.co.nz) 021 245 0966 by 9am Monday 18th March

### Meet Paul Monk, Squash Canterbury

#### Board Member

I first started playing squash at the Sumner Club in 1972 with my brother, Gary (Budge) and our two tennis mates Stu Doak and Wayne Bisset. We were keen junior tennis players and the club provided coaching from Peter Steinmetz who will be well known to many older Canterbury players.



As summer came to an end, he suggested we take up squash to help improve our volleying (highly ironic given my subsequent squash style!) so we all gave it a crack. From then on we were all hooked and, together with Joanne Williams, played all the games, tournaments and interclub we could.

We managed to combine a love of squash with our fanaticism for motorbikes and travelled around the South Island camping outside clubs and playing tournaments. We were joined on these adventures by squash luminaries such as Rod Hayes, Barrie Matthews and even Chris Wasley with their names increasingly appearing on the tournament honours boards.

I have played interclub consistently since 1972, sometimes stopping for a year or two due to work commitments, but always coming back to the sport as I missed the action it provides and the great camaraderie amongst the players. Squash is one of the few sports that you can play over a lifetime – one of the first top players I saw in a tournament was Lawrence Skurr and he still is still playing well today.

On the work front, I have held a number of senior leadership positions in the Port, Health and Corrections industries. Being in charge of all the South Island Prisons for 14 years certainly helped me deal with players who wanted to argue about my refereeing decisions!

I've been on the board since July 2017 and was keen to come onto it to make a contribution to squash in Canterbury after so many years as a player. As a Board member I am passionate about seeing junior squash numbers increasing and our sport being recognised more widely amongst athletes for the great work out it provides.



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## Events coming up....

### Girls Tournament Series

#### #1

Saturday 23<sup>rd</sup> March from 1pm

Oxford Squash Club

Open to all female graded juniors

\$15 (\$25 late entry)

Contact Maria Hinz 0279309635 for further information.

Entries close midnight Saturday (16<sup>th</sup> March)



2019 Girls Tournament Series  
#1 Saturday 23rd March from 1pm, Oxford

**OPEN TO ALL  
FEMALE GRADED  
JUNIORS**

**Saturday 23rd March  
from 1pm**

Oxford Squash Club  
Pearson Park off Bay/Dohrmans Road Oxford

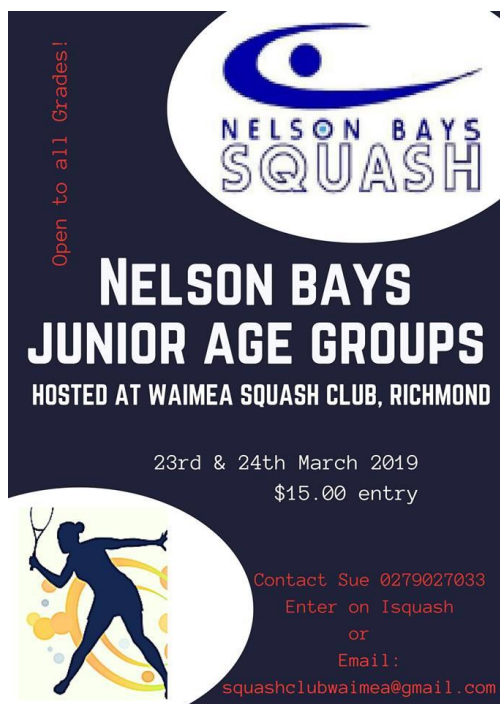
**\$15 Entry fee (late entry \$25.00)**

**Enter via i-Squash**

Entries close: Midnight Saturday 16th March  
All players must wear protective eyewear  
Games to 11 points

Queries to:  
Maria Hinz 027 930 9635

**Back by popular demand**



Open to all Grades!

**NELSON BAYS  
JUNIOR AGE GROUPS**

HOSTED AT WAIMEA SQUASH CLUB, RICHMOND

23rd & 24th March 2019  
\$15.00 entry

Contact Sue 0279027033  
Enter on iSquash  
or  
Email:  
squashclubwaimea@gmail.com

### Nelson Bays Junior Age Group Championships

Waimea Squash-Club

23rd & 24th March 2019.

Enter via iSquash

Available for all grade levels, please indicate Age Group on entry U19, U17, U15, U13, U11 Boys and Girls Divisions with J Grade divisions if enough entries.

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## Burnside Pre-season

**All players welcome!**

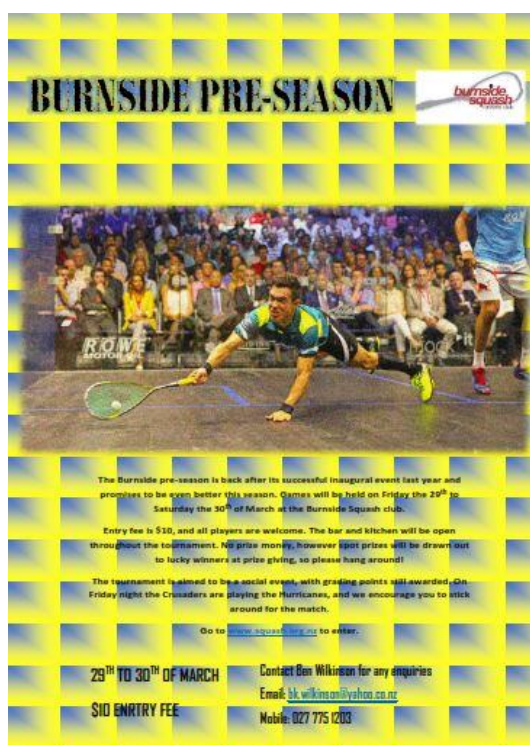
**An awesome social event  
with grading points awarded.**

Stick around Friday night to watch the  
Crusaders play the Hurricanes.

29<sup>th</sup> & 30<sup>th</sup> March

\$10

Enter via iSquash



## Rangiora Open – their first tournament in 15 years! Give it a go.

**B Grades and below**

5<sup>th</sup> & 6<sup>th</sup> April – locals may need to play on  
the Thursday

Rangiora Squash Club

Limited entries

Food throughout the weekend

\$30

Enter via iSquash



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## Marlborough Squash Rackets Club Open

- 5th, 6th and 7th of April 2019.
- Fri-Sun
- Some local games may be played Thursday
- Cash prizes
- PAR11 for top Men's draw. 16 draws for both top Men's and Women's
- \$35 entry fee (\$20 junior draw)
- Entries close 30th of March



**2019  
Marlborough Open**

**5<sup>th</sup> – 7<sup>th</sup> of April** (local players may need to play Thursday)

Marlborough Squash Rackets Club, Stadium 2000 Kinross St  
Blenheim

**\$35 Entry fee, \$20 junior draw. Cash prizes.**

16 draws for top Men's and Women's

Enter on **iSquash**

**Entries close 30<sup>th</sup> March**

Enquiries to [msrcsquash@gmail.com](mailto:msrcsquash@gmail.com)



## Junior 2100 & Below Tournament #1 Open to all juniors with grading points below 2100

Sunday 7<sup>th</sup> April from 9am  
Christchurch Squash Club  
\$15  
Enter via iSquash  
Entries close midnight 1<sup>st</sup> April 2019

*Dependent on entries planning to run tournament as two divisions with lower graded players 9am to approx. 1.00pm and higher graded players in the afternoon from 1.00pm. Prize giving will follow each division*

Other junior 2100 & below Tournaments to look out for this year:

- Sunday 19<sup>th</sup> May Christchurch Football Squash Club
- Sunday 23<sup>rd</sup> June Hosted by Hoon Hay Squash Club (based at Squash HQ)
- Sunday 28<sup>th</sup> July Burnside Squash Club
- Sat / Sun 16<sup>th</sup> / 17<sup>th</sup> August Kaikoura Squash Club

**Squash Canterbury's JUNIOR  
2100 & Below Tournament #1**

Hosted by Christchurch Squash Club  
182 Chester Street East, Christchurch  
**Sunday 7<sup>th</sup> April 2019 from 9.00am**

Dependent on entries planning to run tournament as two divisions with lower graded players 9am – approx. 1.00pm and higher graded players in the afternoon from 1.00pm. Prize giving will follow each division.

**Max 48 Entries**  
**\$15 Entry fee** (late entry \$20.00)  
**Enter through iSquash (\$IT)**  
**Entries close: Midnight 1<sup>st</sup> April 2019**

**CASH & SPOT PRIZES**

Open to all Juniors with grading points below 2100  
All players must wear protective eyewear, all games to 11 points.

Quoted to Pre-Tournament Organizer:  
Glenn McCoy 021 983 9958  
Email: [glenn@hooonhay.co.nz](mailto:glenn@hooonhay.co.nz)

Other Junior 2100 & below Tournaments to look out for this year:

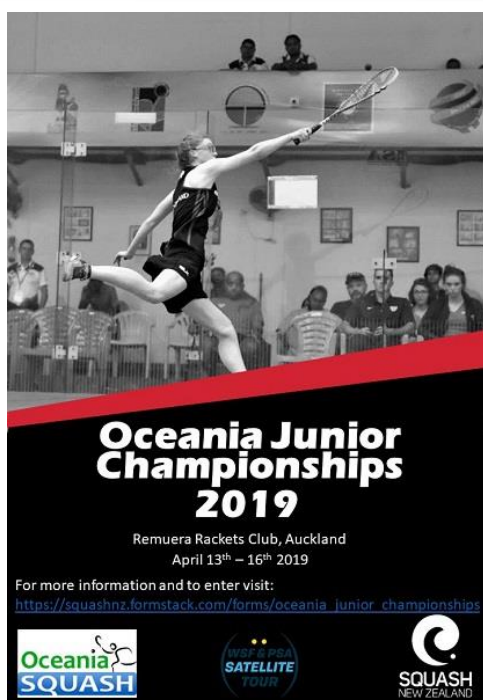
Sunday 19 <sup>th</sup> May	Christchurch Football Squash Club
Sunday 23 <sup>rd</sup> June	Hosted by Hoon Hay Squash Club (based at Squash HQ)
Sunday 28 <sup>th</sup> July	Burnside Squash Club
Sat / Sun 16 <sup>th</sup> / 17 <sup>th</sup> August	Kaikoura Squash Club

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## Oceania Junior Champs

13 - 16 April, Remuera Racket Club, Auckland  
Must be able to play from 10am on the 13th  
Closing date 17th March  
Cost \$60

## The NBS Nelson Open 2019



Starting Friday 12th April and ending on Saturday 13th April

Two matches to be played on Saturday

Some games may be played prior to the 12th

Divisions of eight

Prize giving & light food will commence after the final games.

Limited to the first 96 entries.

ENTER ON iSQUASH!

Entry fee \$40.00 (\$35 for early birds) which also includes light food over weekend

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## AON New Zealand Junior Open

Friday 26th April - Sunday 28th April

Devoy Squash and Fitness Centre

[Click here to enter](#)

Entries Close: 5pm Monday 25th March 2019

All players MUST be available to play from 9am on Friday 26th April 2019

Protective eyewear must be worn by ALL players

All enquiries to be sent to: [deanna@squashnz.co.nz](mailto:deanna@squashnz.co.nz)



**2019 AON New Zealand Junior Open**

Devoy Squash and Fitness Centre  
Tauranga  
**April 26<sup>th</sup> – 28<sup>th</sup> 2019**

To enter:  
[https://squashnz.formstack.com/forms/new\\_zealand\\_junior\\_open](https://squashnz.formstack.com/forms/new_zealand_junior_open)

Entry Fee: \$50  
Registrations Close: Monday 25<sup>th</sup> March  
All Enquiries: [deanna@squashnz.co.nz](mailto:deanna@squashnz.co.nz)

WSP & PSA SATELLITE TOUR

**AON**

**SQUASH NEW ZEALAND**



## Hokitika Squash Open

26<sup>th</sup> – 28<sup>th</sup> April

\$35 (Includes meal Saturday night)

For further information & to enter go to iSquash

Entries close 19 April

### Hokitika Squash Open April 26<sup>th</sup> – 28<sup>th</sup> 2019

Entry:	\$35 (tournament may finish Saturday depending on entries and draws) Price includes meal Saturday night	 
Venue:	Hokitika Squash Club 97 Sewell Street Hokitika	
Games:	Score PAR to 15 and win by 2 points. Some grades may be mixed depending on entry numbers	
Prizes:	Prizes for Winner and Runner up in each division	
To Enter:	Email: <a href="mailto:hokitikasquash@gmail.com">hokitikasquash@gmail.com</a> Phone: 021 235 4113 or enter via the i-Squash website Entries close Friday 19 April 2019	

The theme for Saturday evening will be "SUPERHERO'S"  
Come dressed as your favourite SUPERHERO, or just come along as yourself...  
And join us for some Food and Beverages

Proudly Sponsored by:



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