

# ENGLAND SQUASH & RACKETBALL NETWORK TEAM MONTHLY UPDATE

**Issue 4**

**September 2009**



**England  
Squash &  
Racketball**

Dear County Secretaries

Please find below the September Network monthly update. With the new season now upon us, this months highlights some of the new projects we will be embarking on over the coming months.

## **East**

### *St Ivo Keep Racketball Rolling*

The Second St Ivo Racketball Open was held in September and attracted 22 competitors allowing for a Men's, Women's, Juniors and a Mixed Doubles draw to take place. The tournament was held at the St Ivo Outdoor Sports Centre which provides the ideal venue for a family themed tournament designed to give new and experienced players the chance to play in a competitive environment. It was especially pleasing to see a number of new junior players getting involved in the event from a host of local clubs. Tournament organisers Byron Williams and Faye Kowalewsky did a tremendous job both in preparation for the day and ensuring the tournament ran as smoothly as possible; the event is now an annual competition that will hopefully increase the popularity of Racketball in the Eastern Region.

### *Region's First Coaching Workshop 'a fantastic success'*

Regional Coach Paul Carter held his first East Region Coaches' Workshop recently, to great acclaim. The 4 hour session attracted 16 coaches eager to pick up some new tips and ask questions. One attendee described the workshop as follows: "... In my 38 years of work and education I struggle to think of a single session which ticked so many boxes. When asked at the end if I thought it would be worthwhile running these things periodically and I said, unequivocally, yes....". Paul has now got two more workshops lined up, the first a repeat workshop that will be delivered to a different part of the region and the second a new follow on workshop for the first cohort of attendees. At the end of the season he will have run 8 workshops giving every coach in the region ample opportunity to learn from

### *North Essex Summer Festival*

Earlier this month Essex Development Coach, Chris Vine, ran the successful Tendring and District Summer Festival of Junior Squash for the third year running. This year's Festival Squash record numbers of attendees from numerous schools battle for the top spots that were only decided after

five gruelling days of competition. The festival, sponsored by Tendring District Council and the North Essex Squash Academy (NESA) brought 5 clubs together as host venues namely, Harwich sports centre, Brightlingsea sports centre, Frinton Lawn Tennis and Squash Club, Wick Lodge Squash Club with the finals were then hosted by Ardleigh Squash Club.

#### *AR-U Playing Squash?*

Cambridgeshire Development coach Faye Kowalewsky has been getting new students from Anglia Ruskin University (ARU!) playing squash, many for the first time. Taster sessions were organised at the local Sports Centre for new students, who were also targeted at the incredibly busy Fresher's Fair. Enough interest was generated to run a 6-week taster course that will hopefully generate enough interest to start up a beginners' club at the University for the 1<sup>st</sup> time.

#### *Broadland Get New Junior Club Up and Running*

Newly affiliated club Broadland Sports in East Norfolk have recently got a new junior club up and running with the assistance of Norfolk Development Coach, Nicky Green. The Centre have recently had their courts refurbished, including turning the ladies gym back into a fully functioning squash court, meaning the kids have a great venue to play at. Nicky ran two sessions over the summer, including a girl's only session, attracting 26 children in total. Club member Tony Henden is heavily involved in squash and is sure to make Broadland one of the top junior clubs in the county.

### **West Midlands**

#### *Worcestershire Sport Unlimited Update*

Work is now being undertaken as part of a successful bid for £3440 from Sport Unlimited – with 3 after school Clubs being run at Bronze Charter Redditch Rugby Club, Silver Club Energie Fitness and Gold Charter Barnt Green Sports Club, all in Worcestershire. 10 primary and secondary schools are feeding into the Clubs and sessions are initially planned for two terms.

#### *Wolverhampton University Progress*

Thanks to a recruitment drive by the West Midlands England Squash & Racketball team during Freshers Week, the University of Wolverhampton has registered 40 participants interested in taking up squash and racketball as complete beginners. The Staffordshire Development Coach, Rose Davies, is running a six-week programme for the University (who currently has no squash or racketball Club) and had 10 students turn up to her first session.

#### *Market Drayton Secure Capital Funding*

England Squash & Racketball have awarded Market Drayton with a £5000 grant towards the refurbishment of two of their squash courts and provide an upgrade their current heating system. Work is to start at the beginning of October 09 and the new courts formally opened with an exhibition match and Open Day for local residents.

The Club have already made significant links with the local Council who were able to match-fund the grant amount, and also with local schools in order to establish Mini Squash sessions. The Club are to introduce beginner squash and racketball sessions and have a dedicated team of volunteers to ensure the growth of the membership once the courts are complete.

#### *Staffordshire County Coaching success*

Staffordshire junior squash players have not received any county coaching for a number of seasons now due to a lack of coaches and willing volunteers in the County. Now, thanks to both Darren Lewis (Regional Coach) and Rose Davies (Staffordshire Development Coach) sessions have been resurrected and received incredible feedback from participants. The first session was to eight under-15 and under-17 boys with the girls session planned for early October.

#### *Worcestershire and Warwickshire Junior Closed Success*

Thanks to ever dedicated volunteers within Worcestershire and Warwickshire their respective junior Closed competitions were a huge success. Warwickshire continued with their increasing entry and had over 80 junior taking part, and Worcestershire also had a pleasing entry of just over 40. Worcestershire ran an under 9's draw and both had positive numbers in the under-11s section. Thanks in particular go to Andy Prendeville from Warwickshire and Bett Dryhurst from Worcestershire for running the events. All under 11's involved in the competitions were invited to the up-coming training day with Darren Lewis in order to provide additional support to the potential talent within the Region.

#### **North West**

##### *Introducing Squash & Racketball at David Lloyd - Chorley*

North Lancashire Development Coach Chris Lengthorn has been at David Lloyd, Chorley delivering squash and racketball programmes which are aimed at both junior and adult beginners. The programme consists of Mini Squash levels for juniors, introduction to squash for adults and an introduction to racketball for adults. Chris is doing a brilliant job by allowing access for juniors and adults who have struggled in the past to obtain high-quality, structured coaching. Keep up the good work Chris!

##### *Fulwood & West View Leisure Centre*

Participation in squash has been increased at both Fulwood and West View Leisure Centres.

A comprehensive squash development programme at both leisure centres was designed to target all primary schools in the Fulwood and the West View area as well as targeting two high schools. The two high schools now have extra curricular squash activities being delivered at their schools.

### *Squash on the rise at Alsager Leisure Centre*

Alsager leisure centre has seen a swift rise in squash thanks to the work of Anna Vaughan Hawkins with a new junior after school club being held at the leisure centre. The juniors have their own club, and now so do the adults, a new university club has been set up at the leisure centre which will be led by the students under the guidance of Anna who will deliver sessions to the students and develop their ability.

### *Juniors in Cheshire taking to squash*

Cheshire Development coach Anna Vaughan Hawkins has been working with Schools from the Sandbach and Macclesfield areas and has successfully set up a junior club which is proving very popular amongst the juniors in that area. The junior participation from the club is now being sustained with the junior leagues now in motion and up and running. Good work Anna!

### *Monton Hosts First Racketball Tournament*

South Lancashire development coach Becky Botwright has been working with Monton squash club and have successfully hosted their first Ladies racketball competition which was thoroughly enjoyed by all. Following on from the success and popularity of this event plans are now in place to start up a ladies racketball league. Well done Becky!!

## **East Midlands**

### *Eastgate achieve Gold Charter*

Eastgate Squash Club in Lincoln have recently achieved the Gold Charter status. For a 2 court club this is quite an achievement and special thanks are extended to Neil Carlin (Club Committee member) for all his hard work in gaining this award. Their junior numbers as well as racketball participation is rising fast and they have 10 teams running out of the club. Court time is now at a premium and Nick Ashby is another committee member who has put a huge amount of time and effort into growing the club and putting them firmly on the squash map! Nick & Neil actually received consecutive Volunteer of the Month awards in August & September 2009. Well done to everyone else at the club who has driven the club to such great heights.

### *Grove Junior Enrolment & Exhibition Night*

The Grove Squash Club in Newark, Nottinghamshire got their junior season underway with an enrolment evening followed by an exhibition match between nationally ranked players Eddie Charlton and Lewis Walters.

The evening started with the Juniors spending an hour being coached by Lisa McKenna with the assistance of the club's coach Dean Drury. The two Park professionals then took to the court to keep the crowd entertained with some high quality squash, which Eddie finally won 3-1, taking the fourth 17-15.

The club is also looking to play matches against other junior sections, so please go to the website for contact details. If anyone would like more details on joining the club please visit the Grove website at

[www.grovesquashclub.co.uk](http://www.grovesquashclub.co.uk)

### *Lindum Junior Squash Winners Enjoy Day Out*

Winners of the junior tournament at the Lindum Squash Club, Lincoln were treated to a day out at Sincil Bank on Saturday 5 September and helped cheer the Lincoln Imps on to a 3-0 win. Junior members who were either winners or runners-up were treated to a day out as hosts of the Imps who offered free tickets. They also supported the competition. They had the opportunity to have their picture taken with goalkeeper Stefan Oakes before kick-off and a tour of the players areas. Congratulations to all from Lindum Squash Club who were Charlie Jubbs, Lois Wildman, Victoria Campling, Sophie Addelee, Cieran Fitzpatrick, Wez Elcock and Ellie Jackson

### *Brampton Manor – busy, busy, busy!!*

Brampton Manor in Derbyshire are looking forward to hosting the Junior County Championships this weekend, & they have their Internal Summer League team finals on Friday 25<sup>th</sup> Sept & the following Friday with 24 players in each.

The start date of end of Oct 2009 for the new Business League is an exciting project on the horizon and the club are hoping to convert some of these players into members once the league is up and running. Numbers will be reported in November '09. There's a new internal Junior Ladder to run alongside the Junior Leagues that has just been launched along with the new Sheffield & District junior league which is up & running (starts 4th Oct). They have put a team in the Under-15 category.

They've also recently hosted the 1st Derbyshire Junior Grand Prix event of the season with a very good turnout.

There are enough players to enter an extra team in the Men's Derbyshire League for this season & they've also managed to get the club to have a dedicated space on the website for Squash/Racketball containing info & news stories etc. Jason Fearn (Level 4 Coach), Brampton Manor's Squash & Racketball coach has achieved a lot in a short space of time since last season and we're very excited to hear how things develop there in the future.

*The Manor is back in town*

The Manor Squash Club in Ilkeston, Derbyshire is sensing a bit of a revival. This previously prestigious 5-court club that once held the British Open and boasts 3 glass-backed courts as well as another traditional court (the fifth court is now used as a gymnasium) has recently had an injection of enthusiasm from Todd McQuilkin, a Nottinghamshire businessman with a seriously big passion for Squash. Along with Carol Wood (Derbyshire Squash & Racketball Development Officer) and coach Lisa McKenna Todd is looking to bring the club back to its former glory and is already attracting local school children to the club with some junior clinics. Todd intends to bring some big plans to the table at the Manor and there's a renewed buzz in the club who already have an active Racketball following. Todd really is starting to roll back the years and everyone is looking forward to some exciting times in the months/years to come.

**North East***North East Regional Closed championships 5/6 September*

The event was very well supported with 51 boys and 24 girls competing at 2 venues. The boys played at Pontefract Squash Club over 2 days and the girls played on the Saturday at Chapel Allerton Tennis, Squash & Gym club.

The most impressive aspect of the competition was the high number of players competing in the under 11 age group (with 10 boys & 6 girls playing). This might be an indication that the junior development programme is reaping rewards.

In the boys event the most impressive player was Toby Pratt, as although only ranked 5/8, he produced 3 outstanding performances, to win the Boys under 13 event. In the final he defeated the top seed and also displayed exemplary behaviour on court, which was a joy to watch. The most popular event was the under 15 event with 14 players competing. It was won by Tom Lee in a very closely contested final with Oliver Hotchkiss.

In the under 17 event Taminder Gata Aura triumphed, showing the importance of consistent play and dedication to training as his game has improved markedly.

At the girls event there were some thrilling matches when old rivalries were renewed between under 15 players Lucy Beecroft and Millie Pugh, as they pushed each other hard in a tough 5 setter, won by Lucy. In the under 17 event Jade Thompson eased through to the final, without dropping a set; but then in the final against top seed Katie Smith, she was given a real workout, in an epic 5 setter. The crucial game was the 4th set when Jade levelled the match, edging it 19-17. In both the under 13 & 11 events there were some plucky performances from many of the players, appreciated by the spectators.

*Woodland Squash Club development*

Promotional activity at various schools in Goole was run by Coach Derek Norris with pupils aged 8 – 16 years attending Squash taster sessions at Goole leisure centre during the school term. Then some of the pupils from Swinefleet Primary school attended the Summer Squash camp held during the school holidays and have now become members at Woodland Squash club, Goole. In response to the increase in membership the Club is increasing its coaching capability with 2 adults attending Level 1 Coaching & Emergency 1<sup>st</sup> aid courses, overseen by the club coach Derek Norris. Also it has set up 6 week 'beginner' squash sessions on a Monday & Tuesday teatime aimed at under 10's. This initiative was funded by a successful 'Awards for All' grant of £6,550 put together by Derek Norris.

### *Cardio Racketball at Huddersfield LTSC*

A new racketball class has been piloted at Huddersfield LTSC by ES& R Development Coach David Hymas that involves using a squash court for a circuit training class. The initial idea for this came from the Lawn Tennis Association and their introduction to Cardio Tennis.

Within the court 5-6 stations are set up, all of which must be completed within a certain amount of time. Stations like press ups, shuttle run, speed agility, bicep curl, swiss ball and a coach fed drop shot station are set up; all accompanied by motivational background music. Each station should be completed within 2-3 minutes with a 1 minute break in between; but length of times can be varied to suit different pupils.

All participants at Huddersfield LTSC thought that this was a great way to 'workout' and so further classes have been set up at Heaton Tennis & Squash club by ES & R Development Coach David Hymas to attract members that want to sample a different way to 'get fit and have fun'.

### *Durham & Cleveland Leisure centres initiate junior circuit*

For many younger players there has in the past, been a lack of competitions for them to attend. But in Durham & Cleveland Local authority Leisure centres in partnership with ES& R Development Coach Colin Wheatley have committed court time and personnel to implement a Junior event programme targeted at those players that are not part of the Regional and County squads. These players aged 8 – 16 years have limited experience of playing in tournaments and are not accustomed to playing at different venues.

The 1<sup>st</sup> event was held at Bellevue Leisure centre on 20 September and although only 14 players took part, all thoroughly enjoyed the experience and committed to play in the next tournament at Oak Leaf Leisure Centre, Newton Aycliffe on 10 October followed by a return to Belle Vue in December.

This approach has been championed through the work of Development Coach Colin Wheatley as he is conscious of the need to adopt an inclusive approach to maintain numbers playing squash by giving them the opportunity to compete and develop at all levels of the Sports continuum.

### *Racketball makes a splash on the East Coast*

The Pavillion Leisure centre in Withernsea have started an introduction to racketball course in partnership with the East Riding County Council Community Recreation Officer Adam Toes and England Squash & racketball. The sessions are being delivered by Steve Harris ES&R Development coach for the Humber and 10 people turned up for the initial session. It is intended to organise a continuing coaching programme along with Mini Leagues for the players.

As part of the ongoing programme the Pavillion Centre Manager David Johnston has affiliated the centre to ES&R and ES&R Regional Manager Mark Shipley has provided the centre with some Racketball equipment. Following the initial programme a Racketball Leaders course is planned. Following the success at Withernsea the neighboring centre at Hornsea are looking to run a similar programme.

## South West

### *University Squash and Racketball a breath of fresh air!*

England Squash and Racketball (ESR) SW is working closely with Exeter, Gloucestershire and Plymouth Universities to develop the sports in the educational environment. ESR has allocated development coaches alongside other resources to attend "Freshers Fairs" as well as support the BUCS structures in these key centres. The plan is to deliver 6 week Squash and Racketball sessions to new users with a view to them joining the University Squash Club in the mid term. Tom Murray from the Exeter athletic union commented " We are very pleased to be linking with the NGB for Squash and Racketball and hopefully creating a sustainable structure for years to come" *Devon and Dorset achieve*

### *Racketball success..*

South West representation in the recent Inter-County Racketball competition was rewarded by a spot at the sports top table this week, with both Devon and Dorset overcoming strong opposition to make the finals weekend scheduled for 2010. The sides will be joined by Yorkshire and last years champions Kent at a venue to be confirmed. The two venues used for stage one were both accredited Racketball centres with a rich heritage in the game, these being Stourbridge in Worcestershire and Thame in Buckinghamshire. Racketball is the UKs fastest growing racket sport and can be played by all standards on a standard Squash court....for more info contact the National Racketball co-ordinator on 01392 206349.

### *Regional Championship a huge success!!*

Tournament organisers hailed the recent South West Regional closed event a massive success with over 85 competitors taking part. The event was held at the six court facility at Devon and Exeter SRC and everyone enjoyed the experience of competing at this high level. Representatives from seven counties were in attendance with Gloucestershire and Avon showing the biggest entry. Regional Coach Jonny Harford was very pleased "The standard of play was excellent with all entrants giving their all to gain the best finish possible"

### *New look for Torbay club...*

Established for over 25 years Torquay Squash Centre has changed its name to Torquay Squash and Racketball centre. The Gold accredited club has seen the sport slowly grow from a game of pure recreation to a popular alternative to the more traditional game of Squash. The club has a vibrant membership and now plans to run a beginners course in addition to its existing programmes. Club professional Dave Palmer is pleased with its success "As a centre we are always trying improve and see Racketball as a great way of stimulating off peak usage" If anyone is interested in becoming a member of the club please contact 01803 323491.

## South East

### *Mini Squash & Racketball in West Oxfordshire*

Building on the success of Minis Squash in West Oxfordshire over recent years the south east region is co-funding Peter Pinfold, to deliver Minis Squash to ten primary schools in and around Chipping Norton.

Peter has been given over seven hundred pounds worth of equipment so that he's fully set up to deliver his courses, which will link into the local club that plays out of the leisure centre. West Oxfordshire Schools Sports Partnership are paying Peter for his time. To compliment the sessions, a Mini Squash Teacher's Award will run in Chipping Norton on 13<sup>th</sup> October to which a teacher from each of the ten schools will attend. Peter will be attending the racketball coaching course in the near future and once qualified he will start delivering racketball sessions to over-sixteens at the local secondary school that shares the three glass-backed courts with the leisure centre. Supporting West Oxfordshire in this way goes towards addressing the fact that there's no official England Squash & Racketball Development Coach in the area. It will also help the small club to grow and develop.

### *Regional Closed - Juniors*

Winchester hosted the Regional Closed tournament over the weekend of 5<sup>th</sup> & 6<sup>th</sup> September. Slightly fewer players entered the event this year, which is concerning, but under the new regional programme headed up by Tim Vail we're confident that we'll turn this around. Several parents commented on how welcoming and friendly the South East Team is and that "nothing seemed too much trouble".

### *Junior Audit*

An audit of all the juniors in the regional programme has taken place to determine two things: firstly, the numbers participating (so we can measure the growth) and secondly so we can identify any shortfall in particular age groups. Not surprisingly we need more girls playing, particularly at Under13 and U11. We plan to hold two coaches meetings and workshops (one for Bucks and Oxon combined, the other for Berks and Hants) where it'll enable us to "get closer" to the age group coaches and form a more meaningful working relationship. Dates are yet to be set, but the first might happen on 17<sup>th</sup> October in Aylesbury.

### *South East Partner Clubs*

Fifteen Clubs have signed up (so far) to assist the SE region to hit their targets. The "sustain questionnaire" has been written and will be sent out to clubs next month. Perhaps ambitious that the clubs will report on time, but the required data is very simple and straight forward. We're confident

### *Team meeting*

Two South East team meetings have taken place to include Paul Fennel the recently appointed London Regional Manager and Graeme Williams the new regional coach for London. As both regions operate out of the Guildford office it seems sensible to amalgamate and share ideas and resources especially while Paul and Graeme are settling into their new roles and everyone's getting to grips with the new régime.

## **London**

### *Clubs*

Newly appointed Regional Manager, Paul Fennell, has been meeting the key players in the county league structures with a view to building relationships and understanding the individual needs and geography of each county. He has attended the Surrey committee meeting and personally met or e-mailed / telephoned the other County Secretaries and Chairs.

### *Public facilities*

In a bid to sign up national partners Paul has contacted the Managing Director of Greenwich Leisure Ltd (GLL) who hold nearly 50% of the leisure contracts in London. Hammersmith Fitness and Squash Centre (a GLL managed facility) have a new squash professional (L2 licensed coach Andy Keen) and Paul will be supporting Andy in promoting squash and racketball structures; including their internal leagues, building a junior section, forming a new Middlesex team and promoting to local businesses through the management corporate data-bases. In Kent Paul has visited 2 leisure centres; Black Lion with the intention to review their Charter Mark and capital funding bid and Cascades Leisure Centre to support their club and junior section.

### *Work Place*

NHS London's physical activity team, in conjunction with the 5 London County Sports Partnerships (Pro-Actives) are delivering a Department of Health funded initiative to 20 work places across London. St Marys University College have been awarded the contract by the London pro-Actives to deliver the interventions and Paul will be working with St Marys to ensure that squash and racketball are embedded within the physical activity 'offer'. The 20 work places will be selected by late October and a workshop will be held shortly after this at which point Paul should be in a position to present a more detailed offer to the companies involved. Delivery is likely to start early in 2010.

### *Higher and Further Education*

Support has been offered to Surrey and Brunel Universities during their freshers week in terms of staff time and England Squash and Racketball promotional literature. Graeme Williams will play a leading role in developing Surrey University squash and Paul will be working to support Brunel University, particularly around the recruitment of students new to our sports – to this end Paul has identified a potential coach to work with beginners while the University paid coach focuses on the team players. Paul has also helped broker a relationship between Middlesex University (who have no courts) and Finchley Manor, a local club – some taster sessions for staff and students are to be scheduled shortly. Holloway College in Egham, Surrey have been offered coaching support from Matt Burnett (South East Region Development Coach) and a small bursary from the London Region to support their development.

### *Young People*

Graeme has put elite coaching sessions in place, these are due to start next week – players identified from Grand Prix. He has delivered a coach workshop and junior session for Wallingham Squash Club to bolster the volunteer coaching scheme and will be following this up in the future. Working with St Paul's school in Barnes he has successfully exchanged a 2 hour session for the school team for time to run a regional mini-squad session. Paul will explore future use of school for engaging new players in the local community in squash and racketball.

I hope you found this update interesting and informative and if you would like any further details of regional activity, please contact your England Squash Regional Office or myself. All contact details can be found on our website [www.englishsquashandracketball.com](http://www.englishsquashandracketball.com)



**Steve Amos**  
**Head of National Network**  
England Squash & Racketball  
National Squash Centre  
Sport City  
Manchester  
M11 3FF



**E-mail -**  
[Steve.amos@englishsquashandracketball.com](mailto:Steve.amos@englishsquashandracketball.com)  
**Tel -** 0161 2314499