



South West Newsletter



Hello and welcome to the Spring edition of the England Squash South West Newsletter.

As the recent heatwave hit the South West, the squash has also been "hotting up" with county leagues coming to an end and places in the National Cup up for grabs.

Many congratulations also to the junior teams who competed in the Inter Area Championships in Birmingham and finished an excellent third overall.

Inside this edition you'll find details of our success in all areas of squash development and hopefully something to everyone's taste!

Finally, I would like to thank all of you for your continued support of squash in the region and wish you a relaxing and stress free summer!

Matt Baker Area Manager

Inside this issue.....

- Inter Area Championships report
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- Volunteers recognised *and much more!*

Spring 2007

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Exciting Developments in Avon!

England Squash South West is pleased to announce the appointment of Julian Kendall as the new Squash Development Officer in Avon.

One of his first tasks will be to continue the excellent work of the Avon Committee in promoting affiliation benefits and creating more Mini Squash Approved centres.

Julian commented "When this opportunity arose I was overjoyed to be invited to apply and I'm very enthusiastic about the challenge ahead".



Julian Kendall Avon SDO

Inter Area Championships

The South West won the U15 boys title and finished third overall at a gloriously warm and sunny Edgbaston Priory, the venue for this year's Inter Area Championships.

Played in a group format with playoffs on the Sunday, the competition was an exciting battle between the Areas and spectators were treated to excellent squash throughout the weekend.

The U15 team of Nathan Lake, Mark Broekman and Jack Barnes beat the South East A in an exciting final. Jack Barnes got the team off to a great start winning 3-2 in a match that could have gone either way and the tie was wrapped up by Nathan Lake who won 9-1, 9-0, 9-0.

The U13 Boys also reached the final with a great run of wins. The squad featuring Peter Joyce, Lyell Fuller, Joel Brickell and Matt Boal lost 2-1 against a very strong



South West Boys U13 – Inter Area Runners-up

South East team.

The U15 girls took third place over the North West. Natalia Page won 3-0 and Rebecca Quiney put the match beyond doubt with an emphatic win, also 3-0.

The under 13 girls finished an impressive fourth for what was a very young squad, all aged 10 or under. Recovering from defeat against the South East B team,



South West Boys U15 – 2007 Inter Area Champions

wins over East Mids and North West put them into the 3rd/4th playoff against South East A, who proved too strong winning 3-0.

Also finishing fourth were the U17 boys squad of Ben Rodgers, Chris Quiney and Rory Brickell. Wins over East Mids and South East B left them in with a chance of third but the North West team ran out winners 3-0.

The girls' U17 had a difficult weekend. Successive defeats left the team playing to avoid coming last and a good final performance saw them safely home against East Anglia 3-0.

So once again the South West finished a very creditable third.

A big thank you to all the players, parents and supporters that made it an enjoyable weekend.

SW Squads:

U13 Boys—Peter Joyce, Joel Brickell, Matt Boal, Lyell Fuller.

U13 Girls—Rhianne O'Donnell, Kip Quiney, Ellie Epke, Ellie Lake.

U15 Boys—Nathan Lake, Mark Broekman, Jack Barnes

U15 Girls—Rebecca Quiney, Rebecca Epke, Natalia Page

U17 Boys—Ben Rodgers, Chris Quiney, Rory Brickell

U17 Girls—Natalie Coombs, Rebecca Palmer, Lucy Hancock.



Area Academy—Coach Report

The Area Academies that started last season have continued this year with a nucleus of young squash players from around the area.

Each Academy forms a planned lesson and all the way through the emphasis is on soft hands, spacing, concentration, attention to detail and ensuring correct technique does not break down. With the technical aspects of the game coming first, pressure and difficulty of the exercise is increased and the player is observed to see whether or not technique is breaking down.

The Academy sessions will continue to develop along the path required by England Squash.

"I would like to combine this with strength training exercises to strengthen ones body and also avoid injury, including arm, shoulder back, legs and abdominal exercises. Also, cardiovascular

"the real hard work starts when they go back to their clubs...."

training to try to help practice recovery such as ghosting and court sprints with particular attention to the quality of effort and good technique by all pupils. Emphasis is on recovery times and variations to simulate a squash rally" says Area Coach Mike Phillips.

"At each session, we as coaches can only point out and encourage pupils of the correct way of doing things, the real hard work starts when they go back to their clubs and use their own initiative to practice, which we at the South West Area Academy are constantly monitoring.

I feel as Area Coach that I am building on all the positives that have happened since we started with the Academy, and looking to add a different dimension with the strength training exercises that juniors can be encouraged to do in the space of their own bedroom.

Academy Coach - Mike Phillips

With all this planning starting to come together, the future looks good for South West junior squash".

In a long playing career that included being Welsh U19 No. 1 and reaching the last 16 of the World Junior Open, Mike Phillips went on to win 20 senior caps for Wales, and currently represents the O45 team.

An England Squash Level 3 Coach, Mike has been coaching for over 25 years and runs the Cornwall Junior Squash Academy based in Penzance, following spells in Warwickshire and Belgium.



Area Coach Mike Phillips

Mini Squash A Major Success



Mini Squash continues to go from strength to strength across the whole of the South West and the region now boasts over 25 approved centres, all recommended as suitable to deliver all elements of “Grass Roots” squash.

All parts of the programme are perfectly designed to look at both the physical and technical aspects of the game in preparation for county level participation.

One coach commented; “I never realised how much fun these sessions were and the quality of the players involved. I can safely say the future of squash is very

much secure with such a vibrant programme in place”

If your child is between 5-11 or keen to start the game contact one of the centres below and get “Squashing”!!

Mini Mega Zone is Here!



If you are holding an event to promote your club, county or school or sports centre, then why not hire the famous England Squash Inflatable Squash Court to help promote your day?

Contact the Area Office for more information.

Mini Squash Approved Centres in the South West

Avon	Redwood Lodge Junior Squash, Bristol Thornbury Leisure Centre Yate Leisure Centre	Chris Epke Steve Smith Julian Kendall	01275 395888 07757 805529 07711 857607
Cornwall	Truro Squash Club Falmouth Squash Club Newquay Squash Club	Julie Johns Terry Beckett Adrian Noott	01872 273252 01326 311056 07973 813547
Devon	Penzance Pirates Squash Club Exeter Golf & Country Club Devon & Exeter Squash Club Fort Stamford Squash & Fitness, Plymouth	Mike Phillips Mark Readman Adam Lings Mark Bell	07790 541084 01392 874139 01392 436100 01752 407999
Dorset	Okehampton Squash Club Westcountry Squash Club, Plymouth Bournemouth Squash Club Jersey Squash Club Weymouth Squash Club	Sue Doidge Ian Shannon Martin Foot David Evans Darren Long	01752 862931 01202 581933 07797 779277 07810 753925 07810 753925
Gloucestershire	East Glos Squash Club, Cheltenham Strings Squash & Fitness, Tewkesbury Wycliffe College	Tony Jordan Wendy Maitland David Morrish	01242 230562 01684 292340 07748 303871
Somerset	Cheddar Valley Squash Club King Alfred Junior Squash Club Shepton Mallet Leisure Centre Sydenham Junior Squash, Bridgwater Wellington Junior Squash Club Westlands Leisure Complex, Yeovil Wynvern Squash Club, Taunton	Rose Bamber Peter Cossey Paul West Lee O'Donnell Adrian Wordsworth Richard Smith Graham Bishop	01934 744939 01278 786868 07778 409455 07702 494142 01823 667182 01935 873067 07802 230649
Wiltshire	Five Rivers Leisure Centre, Salisbury Nightingale Hotel, South Marsden	Lesley Aldridge Paul Clark	07754 126305 07966 797173

Volunteer of the Month

Jan Ellis is this editions Volunteer of the Month.

The presentation by Matt Baker was made at the Aztec Hotel in Bristol for all Jan's efforts in developing both junior and senior squash in the county.

Arguably, her greatest achievement has been the promotion and marketing of England Squash and all of the affiliation benefits on offer with many clubs now joining the governing body.

All of Jan's hard work finally paid off with the recent appointment of an England Squash funded development officer to continue the great work in developing "grass roots" squash.



Jan receives her award from Matt Baker

Young Volunteer of the Month



Toby Gaylor of Sydenham Junior Squash Club

Toby Gaylor from Somerset has been busy over the last two years in developing county squash at all levels.

What makes this achievement all the more worthy of recognition is that he has done much of it as a young volunteer!!

The seventeen year old from Bridgwater started his career helping out at Chilton Trinity squash club, before progressing at the age of 14 to the highly regarded Sydenham Silver chartered club across town.

After completing a 3 hour Mini Squash workshop, Toby began helping to deliver Mini Squash sessions on Saturday mornings.

In December 06 Toby became one of the first UKCC level 1 coaches in the country and is looking forward to helping more young people follow in his footsteps.

Currently studying a B-Tec in Sports Science at Bridgwater College Toby now runs Mini Squash sessions at weekends and an after school club... he has also attended workshops run by Sports Coach UK on Child Protection and Equity and is planning to attend a First Aid Course.

Do you know anyone who deserves recognition as a volunteer?
Contact the England Squash SW office on 01392 206349

Volunteers' Week: 1st-7th June

To celebrate Volunteers' Week, Volunteering England is running a photographic competition to win up to £200 of Dixon's vouchers. Send a photo of a volunteer carrying out their activity in their usual setting before the closing date of 25th May 2007. Full details of the competition and Volunteering news and opportunities can be found at www.volunteering.org.uk

A Sleeping Giant Awakes!

After many years in the doldrums the former South Marston Squash Club and Village Swindon in Wiltshire has found a new lease of life.

Now owned by the Nightingale Hotel group, the club has not only affiliated to England Squash but has already appointed a squash professional and submitted a Sport England Clubmark application.

The soon to be accredited club has appointed England O40 player and Level 3 coach Paul Clark to construct their junior programme to include Mini Squash and community links.



Club pro Paul Clark with General Manager Beata Slapikaite

Development Club of the Year



Club pro Jonathan Gallacher receives the award from Matt Baker

The East Glos Club in Cheltenham was recently selected from hundreds of clubs nationally as runner-up in the silver category for its efforts in club development.

Since the appointment of squash professional Jonathan Gallacher last year, the club has gone from strength to strength, and its school to club links programme and Mini Squash structure is now very strong.

Jonathan commented: "We are very proud to win this award and gain recognition in the community and working in producing the top players of tomorrow".

For details of Coaching Courses visit the Coaching section of www.englandsquash.com or phone Louise Pickford on 0161 438 4318.

For coaches yet to achieve the Coach Licence, the Area Office can organise a Coach Licence Day for twelve or more candidates. Alternatively, the following Sports Coach UK courses are being held in the area:

Safeguarding & Protecting Children

- 24th May - Newton Abbot Leisure Centre, Devon 01626 215603
- 12th July - Newton Abbot Leisure Centre, Devon 01626 215603
- 16th August - Dawlish Leisure Centre, Devon 01626 215603
- 13th September - Dawlish Leisure Centre, Devon 01626 215603
- 19th September - Plymouth City Council, Windsor House, Plymouth, Devon 01752 307137

Strings Squash & Fitness.....

Building for the future

Originally opened in the early 70s, Strings Squash & Fitness Club was bought by Wendy Maitland and partner Marcus Jones in September 2005.

Wendy, a former Scottish National Champion represented Scotland at the 2002 Commonwealth Games in Manchester reaching a high of World No. 25 during her professional career.

"Since buying the club we have managed to treble the membership through advertising, promotion and hard work" says Wendy.

"We have introduced an aerobic class timetable, which along with the gym has proved very popular".



Recognising the importance of junior development, time has been invested in building links with local schools. Together with local company Oberthur Card Systems, 14 feeder primary schools in the area were offered free squash coaching for their P1–P3 classes for 6 weeks. This was followed by an inter-schools tournament.

The Club now has 60 juniors involved in its coaching programme including 25 in six Mini Squash sessions each week. Five junior players have received Mini Squash training and assist in the delivery.



Wendy and fiancée Marcus

This success has led to Strings being awarded the Gold Club Charter.

The Club also boasts an active social calendar with quiz and curry nights, charity events, barbeques and parties. This September Wendy and Marcus will be holding a wedding reception for members and friends that couldn't be invited to their wedding in Scotland.

"We try to create an atmosphere where everybody is good enough to go on court with anyone else. New members are welcome and find it easy to fit in. We also encourage children which makes for a family friendly atmosphere. Strings is an old fashioned club where players stay for a drink and to socialise after playing".

And the future? "To continue to promote squash through schools, open days and advertising to raise participation levels and hopefully produce the next generation of England Internationals!"



If you would like to see your club featured here please call the SW Area Office 01392 206349





South West Area Office

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Useful Contacts

England Squash

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 Coach Education Coordinator Louise Pickford
 SW Academy Director Mike Harris
 SW Area Coach Mike Phillips
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Sports Partnerships

Active Gloucestershire	John Stevens	University of Glous, Oxtalls Lane, Glous	01242 715190
SASP (Somerset)	Joy Morton	Weir Lodge, Staplgrove Rd, Taunton	01823 447128
Active Devon	Nick Gillen	University of Exeter, Stocker Rd, Exeter	01392 263674
Cornwall Sports Partnership	Mike Thomas	Unit 6, Threemilestone Ind. Est. Truro	01872 324391
WASP (Wilts)	Jo Gay	3 Lancaster Park, Bowerhill, Melksham	07876 758670
Sport West	Steve Nelson		01454 868159
Active Dorset	Peter Barry	Talbot Campus, Poole	01202 965927

If you have any news stories or special features for the next edition of the Newsletter please email or send details to the Area Office



Stop Press - Congratulations Wendy Maitland!
 Wendy Maitland the proprietor of Strings Squash and Fitness completed the Flora London Marathon in a time of 4 hours 26 mins raising £1,300 for the Outward Bound Trust.
 "For anyone who has a slight inclination to do it, do it! Running a marathon should be on your list of 'things to do before you die', it was a very emotional day" said Wendy.

