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Communications Newsletter

OCTOBER 29 2020



**SQUASH AUSTRALIA |
2020 Annual General Meeting**

Squash Australia Annual General Meeting 2020 will in Brisbane at 10.00 am on Sunday 22nd November.

The AGM will be run virtually for those that cannot attend due to the COVID-19 situation. Check out more details via the following link - <https://bit.ly/3i3aMBC>

AUSTRALIAN JUNIOR CHAMPIONSHIPS

BOOK NOW VIA SPORTY HQ

December 12 - 15

AUSTRALIAN NATIONAL SQUASH CENTRE | GOLD COAST

Australian Junior Championships (AJC) will be going ahead as planned for 12-15 December 2020 on the Gold Coast. This is of course subject to change based on border and travel restrictions and any possible outbreaks of COVID-19. Players can enter the AJC on SportyHQ here: <https://squashaustralia.sportyhq.com/tournament/view/Australian-Junior-Open-2020>



BEYOND THE COURT | Episode 1 - Parkes

Join Chris Yeend as he catches up with Jay and Judy Kross from Parkes Services Squash Courts in Squash NSW for the Premiere edition of 'Beyond the Court'.

Hear about some of the history of the Centre and the involvement that Jay and Judy have enjoyed to make it a key asset to the local community; not just in sport, but its connection with the younger community.



SQUASH IN THE MEDIA | Win News Illawarra

Thanks to our friends at WIN News Illawarra for this outstanding news story on our friends in NSW! This aired on WIN TV on Wednesday October 29.



WORLD SQUASH DAY 2020

Congratulations to everyone who participated in World Squash Day this month and playing their part in taking the game to new and current members.

Check out what happened around the world and Australia on World Squash Day Facebook page - <https://www.facebook.com/WorldSquashDay>





TALENT DEVELOPMENT COACHING COURSE



16 - 19 DECEMBER 2020
NATIONAL SQUASH CENTRE
COURSE COST: \$699

Talent Development Coach Education Course

Squash Australia is hosting a Talent Development Coach Education Course at the Australian National Squash Centre from the 16th-19th of December immediately following

the Australian Junior Championships.

The four-day course costs \$699.

Please follow the link for further details and to register your interest in the course
- <https://bit.ly/2HHnkIS>

COVID-19 UPDATE WEDNESDAY OCTOBER 28



COVID-19 Update | Squash and Racquetball Victoria

Updates for Metro - <https://bit.ly/34C91Yu>

Updates for Regional - <https://bit.ly/3mu8cHq>



BLK SQUASH AUSTRALIA MONDAY UPDATE | October 26

Welcome to the latest edition of the BLK Squash Australia Monday Update with Chris Yeend.

Squash Queensland Ltd - Squash Queensland Sharks Team for 2020 was announced. Congratulations to the winners. Check out who made the squad here - <https://bit.ly/35xj28T>

Squash NSW - Reminder to register for the NSW Junior Championships at Elanora by next Friday - <https://bit.ly/37c1Ojl>

Squash SA - Michael Chunys from Home Giraffe Digital Marketing and former World #5 squash player Dan Jenson presented at the October Coaching Workshop held on Sunday!

All attendees found the workshop extremely beneficial and helped further their knowledge of coaching.

Squash Tasmania - Eastside and Devonport will host events on November 13-15 and December 4-6 respectively - register online - <https://bit.ly/2TnFPxY>

WA Squash -WA Masters Squash is hosting its Spring Teams Tournament from November 14 to 15 at the Squash Factory in Wangara. Entries close on November 9. Register here - <https://bit.ly/3mq95AX>



October has been a busy month for Athlete Wellbeing and Engagement. One initiative offered by the AIS has been a series of wellbeing webinars on a range of topics relating to mental health.

So far, we have heard from Australian Opals Captain, Jenna O'Hea on dealing with setbacks and resilience and from AIS Mental Health Manager, Matt Butterworth who helped us to understand why maintaining motivation has been difficult during this period and what we can do to help ourselves and to help others.

Through her experience as an athlete, Jenna shared some key insights around controlling the controllables.

Control is an interesting concept, and one that I talk about often with athletes. When faced with a difficult situation it is indeed worth asking ourselves if we have any control over the issue. If not, we may be wasting a lot of time and energy ruminating or worrying about it.

It's much more useful to focus on things that we do have some control over. For example, you may not be able to control being selected to a team.

But you can control the level of training, your mental focus, your diet, physical preparation and overall effort that goes into a selection campaign. You can put your best foot forward!



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at Squash Australia**

sportyhq.com.au



BIRMINGHAM 2022 | Event schedule

The daily schedule for the Birmingham 2022 Commonwealth Games has been released, with organisers confirming which sports will be held on each of the 11 days of competition as planning for the Games accelerates.

Squash will be played on all days of competition in the UK, commencing on Friday, July 29, and concluding on the final day of competition, Monday, August 8.

For full details about the event and the schedule; check out the following link - <https://commonwealthgames.com.au/whats-on-when-at-birmingham-2022/>



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