



# Tasmanian Masters Squash

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Tasmanian Masters Squash

<http://www.tas.squash.org.au/w/masters>

## Latest squash updates

Annie Baker



I am no wordsmith like our President Garry but I will do my best while Garry is having some well earned time out from the squash scene.

Firstly, we are the luckiest people on earth living here in Tasmania. Our lives are closer to normal than anywhere else in the world.

We have so much to look forward to. It is almost certain we will be travelling to Adelaide in October 11-22 for the Australian Masters Championships. Accommodation has been booked and if you are interested please fill out the expression of interest included in this newsletter.

Click on the hyperlink below, this will take you to the homepage that will provide you with all the information you will need. The entry form is not available yet but will not be far away.

<https://sams.asn.au/calendar-of-events/tournaments/>

Our first tournament for the year was held in Devonport in March. Thank you to the Devonport committee for running a great tournament and making us feel very welcome. Although we were only a small group, great squash and sportsmanship is always guaranteed.

Monday Masters continues to be a challenge for the organisers with late withdrawals and the re-organising of matches. Thank you to Andrew Koerbin who has taken over the reigns in sorting

teams and matchups for the night, with the help of Cheryl Unsworth who has been there from the beginning. Cheryl always has an email regarding the nights results in our Inbox before we get home to our beds.

A detailed survey was conducted earlier in the year compiled by Hayden Steele. He had 32 respondents with some interesting results and comments. Hayden put in a lot of time and effort, and based on this feedback we hope to make Masters squash more appealing to the players. A report from Hayden can be read within this newsletter.

A very successful skills session was held on Monday 17th May. If you missed this one, be sure to participate in the next one. It is a fun evening and you can pick up some great tips and skills to improve your squash game.

Sneaking up rather quickly is our Tasmanian Masters Championships being held on July 2-4 at Eastside Squash Courts. Get those entries in ASAP as this is always a great tournament. We already have several Victorians travelling over for this event.

If anyone would like further information about upcoming events, please contact me on [quirkyannie33@gmail.com](mailto:quirkyannie33@gmail.com) or one of the committee members.

**2020 COMMITTEE** • President - Garry Hulme. P: 0439 000 391. E: [garry.hulme@gmail.com](mailto:garry.hulme@gmail.com)

• Vice President  
Wendy Ashley

• Secretary/Publicity Officer  
Gaye Mitchell

• Treasurer  
Glenn Tremayne

Tournament Director  
Michael Brown

• Newsletter  
Annie Baker

• Committee Leon Barnett, Christine Bennett, Elaine Boxall, Sandra Fogarty, Andrew Koerbin, Hayden Steele

# NW MASTERS TOURNAMENT

2021 Tasmanian Masters Squash Championships  
at Devonport Sports Centre, March 20-21

A great squash weekend was held at the Masters Championships in Devonport.

Although we only had around 35 entries, there was plenty of top class squash and lots banter around the courts. Catching up with old friends and making new players welcome, is what masters is all about.

Saturday night's social gathering at the Central Bar & Restaurant was well attended. Thank you to Matthew Cock for looking after us at the Venue and treating us to some tasty appetisers. The food was delectable, the liquid was thirst quenching and the company, well one word fantastic.

Thanks to Michael Brown our tournament director for doing the draws, being patient and co-ordinating a smooth running tournament. Top job Mike.

A big thank you to the Devonport committee for running the canteen and organising all the behind the scene duties that most people take for granted.

Most of all a warm applause to all who attended and to all who unfortunately couldn't make it, we look forward to your presence next year.

A big thank you to Leon Barnett for his tireless work in promoting this event and other events involving squash. Leon does a wonderful job with the Devonport Squash Club Facebook page, keeping us all updated regularly on all squash events involving Tasmanian squash players, masters and juniors. Well done Leon.

Thank you Globes Lighting for your ongoing support  
of Masters Squash



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# DEVONPORT CHAMPIONSHIPS RESULTS



## **DIVISION 4**

Winner: Jan Hopkins  
Runner Up: Judith Fox  
Plate: Leon Barnett



## **DIVISION 3**

Winner: Iain Graham  
Runner Up: George Kovacs  
Plate: Debbie Thompson



## **DIVISION 2**

Winner: Matt Cock  
Runner Up: Sam Harrison  
Plate: Alex McLachlan



## **DIVISION 1**

Winner: Paul Brewthall  
Runner Up: Leigh Mitchell



# NW MASTERS TOURNAMENT

2021 Tasmanian Masters Squash Championships  
at Devonport Sports Centre, March 20-21



On behalf of all Eastside  
Squash members we thank the  
Clarence City Council for their  
ongoing support of our  
great sport.

# SKILLS & DRILLS NIGHT



- **Andrew Koerbin**

A Skills and Drills evening was held at Eastside on Monday 17th May organized by myself, Christine Bennett, Wendy Ashley and Gaye Mitchell. A great turnout with a few other older players who are Masters but do not play in the Monday pennant. A special thanks to Mark, Jack and Ben Hudson, Bill Hanley and Graeme Bradfield for assisting on the night. Great instructions from our star squash players and top juniors who ran us through our paces. Thank you all for the feedback forms filled in - scored 9.2/10 for the Clinic Overall and Enjoyment! Next time we will have a ball machine in action.

A few drinks, sandwiches and pizza afterwards and lots of "please can we do this again - even though we ache!" heard quite often.





# LIGHTNING TOURNAMENT

Christine Bennett and Andrew Koerbin ran a lightning tournament on Monday, May 24th which was a great success.

This was a good change in the routine in between pennants.

As the players arrived we were assigned a player and a handicap. We scored point a rally to 31, with 3 matches for every player. When the handicaps are substantially varied it makes it even more challenging for both players.

It was most welcome to see some new faces as well, even though on the younger side of 35, it is a good introduction to masters for them.

At the end of the night we adjourned to the clubrooms for a decadent supper and some awards for the players.

Bottles of wine, chocolates and lollies were the prizes. Christine Forshaw and Mark Kinghorn took out the winners of the night having won all their matches. A few booby prizes were awarded also in the form of a lolly pop.

It was a great success, have not seen so many in the clubrooms on a masters night for a long time. Terrific job Chris and Andrew, cannot wait for the next one.





# THE GAME OF THROWNS

*Crafted and designed by Mark Hudson*

I have an inkling that this may be the  
very seat for future champions to have  
their photo snapped on.



# SURVEY RESULTS

- Hayden Steele

Thank you to our squash community for taking the time and contributing to our Masters 2020 squash survey.

The survey purpose was to develop insights, identify priorities and ideas directly from our squash community aimed at maintaining and growing our sports participation.

Your responses provide very detailed and informative information that will continue to help inform and guide the committee when it considers its business, processes and makes decisions.

## A summary of some key results:

32 Responses from across the state, with 88% being a current player and with communication preferences being through newsletter, Email and Facebook over any other forms.

## Positive and higher interest results:



- Coaching clinics for skills development across the state
- More masters players and social members getting together outside the courts, through quiz nights, meals and pub nights and various information evenings like pain management
- Offering a Social Masters membership to help attract non-player eligible masters to stay connected.
- Playing in the Australian Masters Championships each year (either in a team or individual)

## Lower interest results:



- Wanting to become an accredited referee ☐
- Masters merchandise if developed

## Summarised verbatim comments into the key themes:

**Barriers to participation** – Injuries, lack of fitness, not knowing how to get involved, travelling and easy access to pennants,

**Ideas to help drive greater masters participation** – Come & try days, more publicity in mainstream media, lower age of masters to 30 (like Victoria), Masters walk in style, running competitions at other centres, encourage younger players, calendar of events / year overview, social events tied to bringing a friend to try, targeting schools and promotion to build premasters numbers that will become future masters players. Providing nice and comfortable facilities that invites attendance including game and social formats that mix up and cater for all levels of experience and player condition.

**Areas to invest money to help drive participation** – Marketing, advertising and nice facilities, sponsored events at different centres, contacting people that have played in the past



# Squash tips to improve your game

**DRINK** - And I don't mean alcoholic – save that for after the game! Try drinking a couple of pints of water (if you can manage it) two to three hours before you play. This is a sure way to ensure that you're well-hydrated when your match begins. Being fully hydrated means your body won't get tired quite as quickly and helps reduce the risk of muscle-related injuries.

**STRETCH** - Always stretch thoroughly before going on court. Squash involves a lot of lunging and reaching and therefore it is important that your muscles are fully warmed up. Focus predominantly on the muscle groups in your arms and legs.

**WARM THE BALL UP** - This is essential as the game is practically unplayable without a warm ball but warming the ball up also warms yourself up in terms of getting the blood flowing and your muscles working. All of which goes towards enabling you to stay injury-free. Please don't be greedy when warming the ball up. Control the ball and then play it back to yourself no more than twice before playing it back to your opponent.

**CONTROL THE BALL** - Timing is essential in squash so get your timing and control of the ball working early on in the game and then as your confidence increases work on increasing the pace. Often accuracy is much more important than pace, a ball tight to the wall or close to the nick is usually harder for your opponent to return than one that is simply hit hard and loose.

**WATCH THE BALL** - Watch the ball, not the front wall. Use your head and your neck to view the ball rather than turning your full body and potentially putting yourself out of position.

**CONTROL THE 'T'** - In squash, the person who has control of the 'T' usually has control of the game. If your opponent has played a shot that is effective at moving you off of the 'T' then don't be lazy in terms of recovering – move quickly back to the 'T' whilst continuing to keep your eye on the ball.

**VOLLEY** - Take the ball early so as to take time away from your opponent and put them under pressure. The volley is predominantly an attacking shot and therefore you should always be looking for good opportunities to volley the ball. Volleying the ball often goes hand-in-hand with maintaining your "T" position – focus on control and accuracy over power.

**MORE TIPS NEXT ISSUE**

## *Sponsorship and Advertising opportunities*



Do you know of any person or business that might want to promote their business through our Masters networks?

Let a committee member know so we can reach out to discuss a range of options from advertising in newsletters, social media, direct sponsorship of event(s), merchandise or other in kind support opportunities.

# 2021

## SQUASH CALENDAR

### TASMANIAN

Hobart, 2-4 July

Tasmanian Masters Squash Championships

Launceston, September 18-19

North West Tasmanian Masters Squash Championships

### AUSTRALIAN

Adelaide 11-15 October

Australian Masters Individual Championships

Adelaide 18-22 October

Australian Masters Team Championships

### VICTORIAN

Horsham 16-18 July

Individuals Event

Ballarat 26-28 November

Individuals Event





# Player Profile

## - GEORGE KOVACS -



### ***Who are you?***

I was born in Hobart and have four children. Worked in insurance and superannuation industry for forty years and now in transition to retirement working part time as Bar Manager extraordinaire at Buckingham Bowls Club.

### ***Did you have a nickname and why?***

I've been called a lot of things but none that I remember.

### ***What do you enjoy about being a masters member?***

I used to play badminton, but they didn't drink, so I took up squash which suits me fine. The social drinks, friendships, squash, all round family feeling. And what's more important than family and friends?

### ***What would be your advice to someone considering joining masters?***

Enjoy the game on and off the courts, have fun.

### ***Do you have any other sports that you are interested in?***

I have played a lot of sports over the years but I concentrate on squash and Lawn Bowls. I intend to do this until I can't walk.

### ***What is your best victory?***

I beat Mel Shutt in 5. We were on the court for over an hour and apparently she didn't play for 12 months as it took her that long to get over it. (That could be bullshit).

### ***What is your worst defeat?***

Recently in the masters Glen Tremayne has beaten me twice and I have never recovered. I am permanently mentally scarred.

### ***Does squash hinder or help your sex life?***

In the early days I had 3 children under 5, but now I would say that I have retired from that kind of behaviour. I would rather go out and have a cold beer and a nice meal with Elaine :)

### ***What do you do for recreation?***

Try different beers and always trying to broaden my horizons behind and in front of the bar.

### ***How many children/grandchildren do you have?***

4 children, 2 boys, 2 girls, 1 granddaughter only recently.

### ***What is something people don't know about you?***

I am a real softy. I have 150 pairs of shoes, 15 jackets, 8 leather jackets, 3 wardrobes.

Thanks George





# AUSTRALIAN MASTERS SQUASH CHAMPIONSHIPS



INDIVIDUAL CHAMPIONSHIPS

OCTOBER 11 - 15



TEAM CHAMPIONSHIPS

OCTOBER 18 - 22

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## EXPRESSIONS OF INTEREST 2021 AUSTRALIAN MASTERS CHAMPIONSHIPS ADELAIDE Individuals - October 11-15 Teams - October 18-22

If you are interested in attending the Australian Masters Championships in 2021, please fill out form below and Email Annie Baker at [quirkyannie33@gmail.com](mailto:quirkyannie33@gmail.com)

*For more information Contact  
Annie on 0438452778*

NAME/S .....PH.....

EMAIL.....

POSSIBLY ATTENDING

YES ☐

WOULD LIKE GROUP ACCOMMODATION YES ☐ NO ☐

INDIVIDUALS YES ☐ NO ☐ TEAMS YES ☐ NO ☐