



REVERSE ANGLE

Squash Canada's High Performance Newsletter

Published by
JAMIE HICKOX
Performance Director
Squash Canada
Email: performance@squash.ca



August 2016

A Unified Canadian Ranking/Rating System

Squash Canada's 2016 AGM (held in June) saw a key motion unanimously passed; a Unified Canadian Ranking System. Such a simple idea but the logistical challenges are immense. There are a handful of software programs that can handle rankings, some better than others. To get all PT's and Squash Canada on the same system, or a new one, will be a fine achievement if successful and will ultimately get us to where the community wants us to be.

From the Press Release:

"Squash Canada and the Provincial/Territorial representatives endorsed the desire to have a unified, nation-wide ranking system at all levels of participation. What that ranking system will be, when and how it will be implemented is still to be determined but there was a commitment made by all to fully engage in the development process to ensure that collective needs can be met with one system. In addition to the rankings, the desired system would look to explore many other business functions such as membership management, tournament administration, officials' certification, etc. One unified system is expected to provide many efficiencies and greater coordination of player results and rankings.

Squash Canada will take the lead in the project, working closely with partners, members and key stakeholders. As the project moves forward the first steps will be collaborating with partners and members to establish what a system needs to be able to do. A project plan will be established and a committee formed with stakeholder representatives to help guide the process. A one to two-year development process is anticipated."

And:

"Addressing the current status of the Canadian Rankings System was singled out as one of the highest priorities identified by respondents to Squash Canada's strategic planning telephone interviews and online survey. Currently, there are a multitude of tournament results platforms being used around the country that do not readably 'speak' or upload to the existing national player results database being managed by Squash Canada. Consequently, without all results being imported into the database, and in a timely manner, the rankings generated were most often not accurate representations of where a player really stood."

Read the full release: <http://squash.ca/en/news/squash-canada-community-agrees-unified-canadian-rankings-system-future>

Mentor/Coaches

Thank you to the following Community Leaders who gave their time to our 2016 Athlete Development Camps (*alphabetically*):

Alexi Gosset	Bruce Marrison	Chad Dommasch
Colin West	Dileas MacGowan	Kathy Cowper
Maddie O'Connor	Mel Jans	Mike McCue
Nicole Garon	Nikki Todd	Sam Cornett
Seanna Keating	Sophie Mehta	the many others who were willing but unavailable

As a part of our Mentor Program we are always looking to involve community leaders in Mentoring roles. If you are interested to inspire our next generation of elite athlete, please contact performance@squash.ca for other mentoring opportunities.



Team Canada

Senior Nationals Mayfair Lakeshore

The Mayfair Group of Clubs has a long tradition of hosting National and other major events and Mayfair Lakeshore, under the guidance of Head Pro, Barb Cooper put on an excellent 2016 National Senior Championships. The Open draws were as competitive as always and we saw the changing of the guard as two new Champions were crowned:

Hollie Naughton (ON) bt Danielle Letourneau in a thrilling 5 set match to win the Women's Open
Andrew Schnell (AB) bt National number 1, Shawn Delierre (QC) 3-0 to win the Men's Open.

Mayfair Lakeshore will take on hosting duties once more, as it was recently announced they would be hosting the 2017 Nationals.

World Junior Boys

Team Canada finished 11th at the 2016 World Junior Team event beating Ireland for the 11-12 play-off. Team Canada members:

Mike Mehl (AB)
Rahul Sehrawat (ON)
Matthew Henderson (BC)
Ravi Seth (ON)
Jonathan Hill (AB) Coach
Andrew McDougall (AB) Manager

Noel Heaton also competed in the Individual event.

The whole story here: <http://wsfworldjuniors.org/>

2016 PanAm Junior Champs

US Squash hosted the 2016 Pan American Junior Championships. Team Canada members:

Women

Grace Thomas (BC)
Hannah Blatt (MB)
Rhea Dhar (ON)
Emma MacGillivray (AB)
Jackie Moss (AB) Coach

Men

Noel Heaton (AB)
Julien Gosset (ON)
Brett Schille (AB)
Brock Janzer (AB)
Ben Uliana (BC) Coach

Grace Thomas (BC) made the semis of the Individual and along with Hannah Blatt (MB) made the finals of the doubles. Both Teams made semis. Tournament information and results:

<http://www.panamsquash.com/2016jrpanams/>

PanAm Senior Champs

US Squash is also hosting the 2016 Pan American Senior Championships from 18-24 September, 2016 at Trinity College. Team Canada members:

Men

Tyler Osborne (ON)
Ahad Raza (ON)
Blake Reinsen (AB)

2016 Battle of The Border

Coming off a 15-9 defeat from last year, Team Canada dug deep and pulled off a great victory for the 2016 Battle of the Border by beating the mighty US 13 matches to 11. Of the 9 five set matches, Team Canada won six adding to the excitement of the day and showing incredible competitive composure and resolve.

A special mention to the Boys U-17 who won all four matches. A complete reversal from last year.

Many participants to appreciate. Thank you to:

- The athletes for committing to the mission and performing so well and to the parents and families for supporting our athletes.
- The outstanding Coaching Team who led the Battle athletes through the weekend and got the best from them: Tara Mullins (ON), Marci Sier (ON), Nicole Garon (ON), Janet McLeod (NS), Greg Hutner (ON), Chris Sachvie (ON), Tyler Osborne (ON), Spider Jones (NWT).
- The fantastic Primary Coaches from across the country who look after our athletes year round.
- Cindy Sachvie for her 13th year of Battle organization and the White Oaks Resort and Spa as one of our favorite venues.
- Squash Canada staff for their admin support and the Squash Canada board for understanding the significance of the Battle weekend and need for funding support so as to make sure we field our strongest players.

Press Release: <http://www.squash.ca/en/news/team-canada-wins-2016-battle-border>

2016 World Women's Team Championship Selection Trials

The World Women's trials are set for the 26-29 of September at the Windsor Squash Club to be organised under Graeme Williams. Seven participants have qualified for the trials and will fight for the two remaining positions. Hollie Naughton and Nikki Todd have qualified based upon their Top 60 PSA ranking. The World Championships will be held in Paris, France from November 28 – December 3, 2016.

PSA in North/South America

Not much PSA action this quarter

Danielle Letourneau (AB) made the Down Under trek for two PSA's. Danielle qualified for both but ran into the formidable Mayar Hany (Egy) both tournaments losing 3-1 and 3-0 in each 1st round.

National number 1, Hollie Naughton (ON) won her first HK Open qualifying match but lost next up to Mariam Metwally (Egy) 3-0.

National Champions, Hollie Naughton (ON) and Andrew Schnell (AB) are the highest PSA ranked Canadians as of August, 2016:

Female

45 Hollie Naughton (ON)
55 Nikki Todd (SK)
67 Danielle Letourneau (AB)
88 Melina Turk (MB)
132 Nicole Bunyan (BC)
198 Micaala Seth (ON)
202 Jennifer Pelletier (ON)
219 Pooja Chugh (NWT)
220 Sam Cornett (ON)**

Male

62 Andrew Schnell (AB)
70 Shawn Delierre (QC)
110 Mike McCue (ON)
134 David Baillargeon (QC)
136 Nicholas Sachvie (ON)
155 Matt Serediak (SK)
191 Albert Shoihet (ON)
231 Thomas King (SK)
348 Cameron Seth (ON)

220 Grace Thomas (BC)

388 Josh Hollings (ON)

388 Brock Janzer (AB)

362 David Mill (ON)

***Good to see National no. 1, Sam recovered from injury and entered in the upcoming Nash Cup.*

Featured Canadian PSA Events coming this quarter:

15-19 August	W 10k	Sun & Surf, Vancouver, British Columbia
19-24 September	M/W 15k, 10k	Nash Cup, London, Ontario
26-1 October	M 5k	BDO Northfield Open, Waterloo, Ontario
13-16 October	M 5k	White Oaks Court Classic, Niagara-on-the-Lake, Ontario
25-28 October	W15k	Slaight Music Granite Open, Toronto, Ontario
2-5 November	W 10k	Nicola Wealth Open, Vancouver Canada
10-13 November	M 10k	Goodlife Open, Ottawa, Ontario
11-13 November	M 5k	Tree Brewing Kelowna Open, Kelowna, British Columbia
14-19 November	M/W 5k, 5k	Simon Warder Memorial Open, Sarnia, Ontario
15-20 November	M 10k	Sunrise Foods Saskatoon Boast, Saskatoon, Saskatchewan
21-26 November	M 25k	Reid Built Homes Edmonton Open, Edmonton, Alberta
27-2 December	M 5k	MAA PSA Invitational, Montreal, Quebec

‘We continue to appreciate those promoters, coaches, club members and volunteers who run PSA (and other) events and therefore contribute greatly to our Canadian HP system.’ With the USD v CAD exchange rate these events are having to find 40% more money.

There has been consistent community feedback that a circuit of smaller 3k tournaments would be beneficial to our pro athletes, as well as our up and coming juniors. A circuit like this was vibrant 15-20 years ago when there were many pro events across the country. If you feel your club would like to host a pro tournament but cannot raise the funds for a 5k PSA but a tournament with \$3k in prize money is manageable please contact us.



High Performance Strategic Planning

De-centralized Training

Feedback from 38 major stakeholders, especially the athletes, allowed us to re-evaluate our HP programming. As a result, we are moving toward our goal with a de-centralized approach to our athletes.

Key programs:

- Starting September, 2016 there will be an Athlete centered funding support system; money for coaching, training, travel to tournaments etc.
- Squash Canada has created a pool of Primary Coaches who have applied for the opportunity to work closely with the planning of our National Athletes
- A key part of the Primary Coaches role is to manage and monitor the athletes Yearly Training Plan (YTP)
- Targeted Training Stints at established training programs with high level sparring

Professional Development National Team Camp

Squash Canada partnered up with Canadian Sports Institute Ontario to hold a Professional Development Camp for our athletes. 12 of our national players stayed in the University of Toronto, Scarborough dorms during a 5-day educational camp. The CSIO crew carried out a number of tests on our athletes as well as presenting lectures and workshops on nutritional and physiological demands for high performance athletes. AthletesCan and the Canadian Centre for Ethics in Sports (CCES) sent representatives to give presentations to the athletes.

One of the highlights was the referee's presentation put together by officials' guru, Wayne Smith. We were shown many different decision making situations on video and asked our opinion and decision. It was very interesting how our opinion might change after seeing the slow motion from a couple different angles. Most decisions became quite obvious as to the correct call with the benefit of replays. Great to see the PSA using the video playback to appeal border line decisions. The correct decision often comes back and it is great TV.

Athlete Development Program Camps

The Battle of the Border gives us the opportunity to have our best U-17, U-15 and U-13 Junior Athletes train together and have meaningful Team Canada bonding. Last summer we started with a U-17 Girls Camp. This summer we added a U-17 boys Camp which was held before the Battle. We had 30 junior athletes participate. Tentative camp and Battle dates for next summer:

30-3 August ADP boys' camp
4-6 August Battle of the Border
6-10 August ADP girls' camp

Thank you to the many volunteer Mentors/Coaches who gave their time to spar with our junior players and contribute to our succession planning.

Athlete Development Coaches

The Battle of the Border and ADP Camps have opened up many new National Coaching opportunities. Squash Canada created 6 new National Coaching positions 5 of which are filled. We are pleased to introduce the following Coaches who are now a key part of our Athlete Development Pathway:

- | | | |
|------------------------|-----------------------------------|------------|
| • Nicole Garon (ON) | Athlete Development Program Coach | U-17 Girls |
| • Greg Hutner (ON) | Athlete Development Program Coach | U-17 Boys |
| • Giselle Delgado (BC) | Athlete Development Program Coach | U-15 Girls |
| • Vacant | Athlete Development Program Coach | U-15 Boys |
| • Janet McLeod (NS) | Athlete Development Program Coach | U-13 Girls |
| • Spider Jones (NWT) | Athlete Development Program Coach | U-13 Boys |

If you are interested in these coaching opportunities, please contact us performance@squash.ca

The Battle of the Border – Team strength

Team Canada was missing a few key players to the Battle Roster; our No.1 Boys U-15 and Girls U-13 among the key omissions. The US Team had to dig deep for their roster. Team US members according to their most recent US National ranking:

BU13 – 6, 15, 16, 20
BU15 – 3, 7, 8, 10
BU17 – 6, 8, 9, 13
GU13 – 2, 7, 8, 11
GU15 – 6, 8, 11, 18
GU17 – 9, 12, 14, 15

World Junior Team Selection Events

Selection Events for the 2016-2017 season:

- 21-23 October Windsor Squash and Fitness Club, Windsor, Ontario
- 11-13 November Glencoe Club, Calgary, Alberta
- 27-29 January Ontario Racquet Club, Oakville, Ontario
- 17-19 February Cedar Hill Squash Club

World Junior Team Policy Change

It became mandatory to compete in 3 of 4 Selection events two years ago. We have added to the language of the Policy with the key changes as follows:

From Clause 16:

It is mandatory for each player to participate in three (3) of the four Designated Selection Events in each year of the two-year cycle (participation in the U-17 category counts as participation); only the three (3) best results will be used for calculation purposes.

From Clause 30:

It is mandatory for each Wild Card player to have participated in three (3) of the four Designated Selection Events in each year of the two-year cycle (participation in the U-17 category counts as participation) unless at full time college during one of the years

The criteria change will come into effect this season for the boys and next season for the girls. It is highly recommended that parents and coaches make themselves aware of this rule even for younger athletes. All high performance juniors should have a World Junior Timeline and Plan.



Deeper Dialogue

Technical Development – the Figure of 8!

They say you need 10,000 hours. And they are absolutely right give or take a few. 10,000 hours is enough to achieve technical prowess in any sport. It is this long road that can take you to professional technical proficiency; the ability to place the ball exactly how you envision. Not roughly or sometimes but with pin point accuracy and every single time. Accuracy can be found fairly quickly depending on talent level. It is the consistency that takes more time; accuracy + consistency = control.

One single drill can take you far along the technical journey. If you master the Figure of 8 solo drill the benefits should transfer in all other technical racquet work. If you can hit 120 Figure of 8's within 2" or if you can hit 500 or more consecutively then you are already technically advanced. If you cannot get these numbers yet you need to add this solo drill to your weekly regime for as long as it takes.

Harrow
OFFICIAL PARTNER OF

WORLD SQUASH
WSF

WOMEN'S
WORLD TEAM SQUASH
CHAMPIONSHIP 2014

squash
CANADA

SQUASH
ONTARIO

Nikki Todd
Team Canada Member 2014

As a part of our testing protocols Squash Canada will be coming out with pathway recommendations for many tests, Figure of 8 included. For now, if you are at 100 consecutive Figure of 8's or less then you have much technical work to do.

Thierry Lincou cross court volley test – 131 in 60 seconds

<https://www.youtube.com/watch?v=UymCclvYpYA>

And the need for technical development is prevalent in all sports. Here is a similar Tennis example from Cara Black:

<https://www.youtube.com/watch?v=cThQlhFSZk>

And she could do the same when she was just 16 years old:

https://www.youtube.com/watch?v=W_fDp3DkBGk

Chris Hanebury (BC) put it very well in his blog:

‘As for the game itself, it’s simply about repetition and hitting more balls. The more squash balls you hit the more grooved your swing becomes which means you will become more accurate and you will also learn to hit with more power.’

His full article:

<https://www.google.ca/url?sa=t&rct=j&q=&esrc=s&source=web&cd=19&cad=rja&uact=8&ved=0ahUKFwrigK3hw9XOAhUVM8AKHe5JBxYQFghvMBI&url=http%3A%2F%2Fframescorner.tumblr.com%2Fpost%2F123535275900%2Fplayers-blog-chris-hanebury-when-a-canadian&usq=AFOjCNFpPzKoIahIVdRZC7sYkdaN2f50iQ>

And here is an El-Shorbagy training article which takes the enormous leap from junior to pro:

http://pharaohsquash.tumblr.com/post/148390111234/want-to-be-the-new-mohamed-el-shorbagy-here-is?is_related_post=1

And cautionary tales for parents and coaches:

<https://www.washingtonpost.com/news/parenting/wp/2016/06/01/why-70-percent-of-kids-quit-sports-by-age-13/>



Quarterly Updates and News

The reality of continued non-Olympic status hits hard

Seems we are now as far as ever from Olympic inclusion. After years of working so closely with the IOC to conform to their criteria for inclusion we are now faced with a single nation deciding our fate going forward. The decision for a 2024 venue will be made next year. Let's all hope for a 'Squash Friendly' nation to win the bid....Rome, Budapest, Paris and Los Angeles are the remaining bidders.

<http://squashsite.tumblr.com/post/148416500083/olympics-the-final-insult>

Here is our National Men's Open Champions take on it:

<http://framescorner.tumblr.com/post/148014763710/andrew-schnell-an-athlete-perspective-golf>

We have even made British Parliament, for what it's worth:

<http://squashsite.tumblr.com/post/147663363943/breaking-british-parliament-debates-squash>

Squash Canada close to rolling out 2016-2021 Strategic Plan

<http://squash.ca/en/news/key-stakeholders-lay-foundation-2016-%E2%80%93-2021-strategic-plan>

Squash Canada announces hosts for 2017 events

<http://www.squash.ca/en/news/squash-canada-announces-hosts-major-2017-events>

WSF World Doubles Squash Championships

From Darwin, Australia, 3rd seed New Zealand takes two Golds with Joel King doubling up:

Men

[2] Alan Clyne & Greg Lobban (SCO) bt [4] David Palmer & Zac Alexander (AUS) 11-8, 11-4

Women

[3] Joelle King & Amanda Landers-Murphy (NZL) bt [2] Rachael Grinham & Donna Urquhart (AUS) 11-7, 11-4

Mixed

[3] Joelle King & Paul Coll (NZL) bt [2] Dipika Pallikal Karthik & Saurav Ghosal (IND) 11-8, 11-8

Nouran Gohar & Eain Yow Ng Claim World Junior Titles In Poland

Men's

[2] Eain Yow Ng (MAS) bt [1] Saadeldin Abouaish (EGY) 11-3, 9-11, 11-7, 11-5 (54m)

Women's

[1] Nouran Gohar (EGY) bt [3/4] Rowan Reda Araby (EGY) 11-5, 11-6, 11-7 (39m)

The ages of Pakistan juniors in question, again

Pakistan stun the Egyptians to win the 2016 World Junior Men's Team event. But were the Team members truly U-19?

<http://framscorner.tumblr.com/post/149221867375/once-again-pakistan-juniors-under-strutiny-wsf>

Australia Squash Tour 2017

<http://squashsite.tumblr.com/post/147991112518/>

Referee update

Many positive changes to the refereeing world as follows:

<http://framscorner.tumblr.com/post/136444355365/keeping-up-with-the-refs-1>

On-line Referee Evaluation

Have you taken the on-line referees evaluation? For \$30 you could become certified referee all from the comfort of your living room. Check it out on the Squash Canada website <http://www.squash.ca/en/officiating-certification>.

