

MALAYSIA SQUASH



SRAM

Pusat Skuasy Nasional,
 Kompleks Sukan Negara, Bukit Jalil
 Sri Petaling, 57000 Kuala Lumpur
 Tel: (603)-8996 3964 Fax: (603)-8996 9406
 E-mail: squashmalaysia@yahoo.com
 Website: www.malaysiasquash.org

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NEWS IN A FLASH



The 9th. World Squash Coaching & Development Conference which was held in Hong Kong on 22 – 24 May 2009



The Inaugural Azlan Iskandar Challenge Trophy (pg. 6)

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CIMB



Circuit 2 : 3 – 5 April 2009
Venue: Kuantan, Pahang

No.	Boys	Girls
Under 9		
1.	Adam Agan Aziz (Mel)	Nur Aliah Izzati (Kdh)
2.	Ahmad Sufyan Rusli(Jhr)	Ma Si Yi (Swk)
3.	Thoo Jun Yi (Per)	Chan Yiwen (Kdh)
4.	Sunil Kumar (Sel)	Aifa Azman (Kdh)
Under 11		
1.	Mohd Farez Izwan (Sbh)	Zoe Foo (Sel)
2.	Ammar Naim (Mel)	Lee Ka Ern (Sel)
3.	Eugene Heng (Sel)	Teh Min En (Kdh)
4.	Saw Yu Jian (Kdh)	Andrea Lee Jia Qi (Ft)
Under 13		
1.	Ahmad Afiq Roslan (Prk)	Aika Azman (Kdh)
2.	Ng Eain Yow (Ft)	Nazihah Hanis (Kdh)
3.	Nishan Ravi Nekoo (FT)	Farah Bazilah (Sbh)
4.	Nicholas Tan (Sel)	Netra Nair (Sel)

Circuit 4 : 19 – 21 June 2009
Venue: Ipoh, Perak

No.	Boys	Girls
Under 9		
1.	Thoo Jun Yi (Per)	Chan Yiwen (Kdh)
2.	Sunil Kumar (Sel)	Lai Wen Li (Sbh)
3.	Ahmad Sufyan Rusli(Jhr)	Aifa Azman (Kdh)
4.	Kan Chern Hann (Kel)	Ma Si Yi (Swk)
Under 11		
1.	Mivesh Kumar (Kdh)	S. Sivasangari (Kdh)
2.	Eugene Heng (Sel)	Lee Ka Ern (Sel)
3.	Ammar Naim (Mel)	Andrea Lee Jia Qi (Ft)
4.	Haikal Aiman (Kdh)	Ilya Natasha (Sel)
Under 13		
1.	Ng Eain Yow (Ft)	Nazihah Hanis (Kdh)
2.	S. Puvenden (Kdh)	Tg Amira Natasha (Phg)
3.	Bryan Lim (NS)	Nur Athirah (Pg)
4.	Andrew Lee (FT)	Zoe Foo (Sel)

Circuit 3 : 1 – 3 May 2009
Venue: Alor Star, Kedah

No.	Boys	Girls
Under 9		
1.	Thoo Jun Yi (Per)	Chan Yiwen (Kdh)
2.	Kan Chern Hann (Kel)	Ma Si Yi (Swk)
3.	Sunil Kumar (Sel)	Lai Wen Li Sbh)
4.	Ahmad Sufyan Rusli(Jhr)	Aifa Azman (Kdh)
Under 11		
1.	Mivesh Kumar (Kdh)	S. Sivasangari (Kdh)
2.	Eugene Heng (Sel)	Ilya Natasha (Sel)
3.	Ammar Naim (Mel)	Lee Ka Ern (Sel)
4.	Terry Lau Lee Wei (Swk)	Teh Min En (Kdh)
Under 13		
1.	S. Puvendren (Kdh)	Aika Azman (Kdh)
2.	Nishan Ravi Nekoo (FT)	Natasha Chin (Sbh)
3.	Ng Eain Yow (Ft)	Tg Amira Natasha (Phg)
4.	Lavindren Luke (Prk)	Netra Nair (Sel)



Winners of the CIMB Junior 3rd. Leg . . .
 A historic "Clean Sweep" by the host state . . . KEDAH.



Winners of the CIMB Junior 4th. Leg

CIRCUIT 3: 7 – 10 MAY, 2009

VENUE: JALAN DUTA, K.L.

No.	Boys	Girls
Under 15		
1.	Mohd Hannan (BJSS/NS)	Nurdiana Laili (Mik)
2.	Hui Jone Hoe (Sel)	Mindy Lee (Swk)
3.	Shaun Kwan (FT)	Aika Azman (Kdh)
4.	Mohd Syafiq (BJSS/Kel)	Ilya Kareena (BJSS/Sel)
Under 17		
1.	Ng Eain Wei (FT)	Jemyca Aribado (Phi)
2.	Faris Danial (BJSS/FT)	Sherilyn Yang (Sin)
3.	Hayate Gunje (Jpn)	Teo Li Fang (Sin)
4.	Krishan Paul (NS)	Julia Cheah (Prk)
Under 19		
1.	Muhammad Zul Azri (Sel)	Low Wee Nee (Pg)
2.	Darren Subramaniam (Sel)	Rachael Goh (Swk)
3.	Leong Elroy (Sel)	Tan Yan Xin (Sel)
4.	Muhd Yassin (Pg)	Vanessa Raj (Pg)



Circuit 3 Winners showing off their medals



Introducing Tournament Referee ... Mr. Muniandy

CIRCUIT 4: 26 – 28 JUNE, 2009

VENUE: PISC, PENANG

No.	Boys	Girls
Under 15		
1.	Al Nick Ally (Phg)	Mindy Lee (Swk)
2.	Mohd Mukhzani (Pg)	Aika Azman (Kdh)
3.	Gurshan Singh (Prk)	Nur Fazlyana (BJ-Sbh)
4.	Hui Jone Hoe (Sel)	Ilya Kareena (BJSS/Sel)
Under 17		
1.	Hayate Gunje (Jpn)	Michelle Wong (Swk)
2.	Ryosei Kobayashi (Jpn)	Natasha Arriffin (Pg)
3.	Mark Low (Sel)	Julia Cheah (Prk)
4.	Mohd Amir Farhan (FT)	T. Mithila (Sel)
Under 19		
1.	Muhammad Zul Azri (BJSS/Sel)	Yong Sue Ann (Sel)
2.	Samuel Kang (Sin)	Celine Yeap (Pg)
3.	Muhd Addeen Idrakie (BJSS/Sel)	Choy Siew Foong (Prk)
4.	Muhd Yassin (Pg)	Vanessa Raj (Pg)



And the players started playing according to the rules



A hard fought victories for the Circuit 4 Champions

TO BE A WORLD CHAMPION (PART 2)

by: Jamie Hickox (Malaysia's Head Coach)

It is what elite coaching is all about; making a champion. Those lucky enough to have this opportunity should be thankful as world champions are a rare breed, very rare. They are born with genetic advantages physically and mentally, they are brought up with specific and progressive attitudes and as they develop into young adulthood they are already way ahead of the overachievers. They are the ultimate achiever. I have attempted to pen some of the traits of these extra ordinary individuals.

Initially there is much outside of the sphere of control. There is an amount of luck or destiny involved dependant on; parental choices, parental support, parental skill, physical disposition such as body type. Is there a squash facility near by? Is it accessible? Is there a thriving squash program? If these external factors do not piece together our prospective world champ may be taken down a less successful or different path. **Parental support is crucial initially to facilitate opportunity.** Parental skill is crucial to facilitate a good upbringing and a smooth path. Good parental skill will also help ensure a progressive attitude. We have all seen the overbearing, intrusive parent living the dream through their child. This rarely works. World Champs are rarely negative, don't make excuses or blame it on others. This all comes from good parenting.



Parental Support . . . Malaysian Style

An early character trait is a 'maturity beyond their years'. There seems to be an unusual awareness of self and others at a young age. They are 'doing this for themselves' as opposed to pleasing their parents which is often the case. They fall in love with the sport, they learn the intricacies, they know what they want from it and they understand what

is required to take them there. There is no teenage insecurity. Instead, they understand responsibility. They have a realistic and rational outlook toward their progress. On the flip side there is the imagination to visualize the pathway and the progressive goal setting needed to succeed. In short, they mature very early.

I have always felt that desire determines much of success. Beyond instinct, desire suggest something more; passion, romance, fulfillment. If it is not there it is not going to happen. But 'desire alone a champion does not make'. Without determination desire is just an unfulfilled, wishful thought. **So many talented squash players never reach their potential.** Why? Lazy, easy going, other interests, it's too hard. Without commitment to 'see it through' the desire and determination will be diminished by missed training sessions and/or lessened effort. Whether considering a training session, a training block or year long program, maximum attendance and maximum effort are guaranteed from those with a view to the top.



With so many distractions, will these 'future World Champions' be able to realize their full potential

Along with a positive 'can do' outlook these ultimate achievers seem to have an iron will. Their single minded attitude and persistence manifest into a relentless improvement cycle. They are absolute perfectionists and nothing less will do. They learn, then apply, then practice to perfection, then perform and this will be repeated. Hard working is an understatement. They are aggressive in every aspect of their mission whether quietly under the radar or with obvious exuberance. The ultimate achiever allows for no distractions and does not consider missing out on things a 'sacrifice'. Their interest is narrowed by their desire and determination to succeed. Instead, they gain satisfaction and enjoyment at every step toward furthering their quest.

They take incredible pride in performance. They have incredible composure. They have developed excellent concentration skills especially when tired or under pressure. They have developed the consistent ability to repeat and they have become relentless with this consistency. They are highly self motivated. They do not wait to be told or rely on others for help; they will work it out and do it themselves. They have great powers of self initiative. They are a 'quick study' picking up new ideas and implementing them fast. They are always looking for the best, most economical and progressive way.

World Champs have developed a belief in themselves beyond other achievers. This begins at a young age and parental skills are crucial during this childhood developmental stage. They have confidence oozing from their pores whether subtle or striking. Why? As simple as positive re-enforcement or is there more? This confidence allows for unhindered ambition which helps to overcome obstacles with little challenge. They have no fear. Although they hate to lose they know it will happen and it is accepted. **There is no fear of success.** They pursue it as if on a hunt to the death and embrace it with deep satisfaction.



Success breeds Success . . . Ravi Dixit & Low Wee Wern
Under 19 Winners of the 2009 Milo All Star Championship

The World Champ not only hates to lose but they hate to make mistakes. In the tin or out of court, they meticulously avoid simple errors. They hate to perform sub par and will ensure the best possible outcome through preparation, fitness, skill, control, tactics, strategy, psychological strength and more. Each rally becomes separated from the next allowing for total concentration for that particular battle. Once finished, the same applies to the next rally which also becomes a mini war and again and again continually testing ones resolve.

Specific to squash, these ultimate achievers are incredibly fit in every aspect; aerobic, anaerobic, strength, agility and so on. Not considered a hardship, they enjoy the training. They enjoy the feeling of getting to such high fitness levels that they crave it and find it hard to ease off. It is easy to be jealous of these icons as they have the talent too. They have the talent to attain the skill and the flair to use it affectively. They have it all and have perfected and maximized their mental and physical potential beyond all others.

When the external factors string together stepping toward opportunity and when the internal indicators form into something special, you will begin to see the makings of a World Champ. Assuming the parents and other support team members have done a great job and assuming the individual has all the needed psychological and physical attributes, this world champ will make progress and climb the world ladder. Once they have jumped to the top few they will realize that the other 10 or so competitors all have what is needed to succeed too. They are all overachievers. But only one person will succeed at any given 'world championship moment'. That is when you realize there is something more; something hard to define or explain. Call it the X factor.

So when you as a parent or a coach are considering your child or charge look for the qualities outlined above. Nurture and encourage these qualities. Most of us would be happy with an over achiever. Most of us will be happy if our child becomes a well rounded and successful individual. Every now and then we are lucky enough to be exposed to someone who will become an ultimate achiever. **They have the X-factor.** Malaysia is certainly lucky to have one within the squash world.....and others with the potential.



Does she has the X-factor to be a World Champion?

AZLAN ISKANDAR CHALLENGE TROPHY

DATE: 23 – 26 APRIL, 2009

VENUE: KUCHING, SARAWAK

No.	Boys	Girls
Individual Event		
1.	Bexter Jap (Swk)	Michelle Wong (Swk)
2.	Faris Danial (FT)	Mindy Lee (Swk)
3.	Muhd Hannan (NS)	Danielle Wee (Swk)
4.	Mohd Haidi (Swk)	Tg Amira Natasha (Phg)
Team Event		
1.	FT	SARAWAK (1)
2.	PAHANG	KELANTAN
3.	TERENGGANU	SARAWAK (2)
4.	SARAWAK	PAHANG

MILO ALL STAR JUNIOR

DATE: 28 MAY – 2 JUN, 2009

VENUE: ASTAKA, P.J.

No.	Boys	Girls
Under 11		
1.	Mohd Fareez Izwa (Sbh)	Zoe Foo (Sel)
2.	Mohd Irfan Haziq (NS)	Ho Ka Wing (HKg)
3.	Robin Mann (Ind)	Ilya Natasha (Sel)
4.	Solomon Ravi (Ind)	Teh Min En (Kdh)
Under 13		
1.	Mohd Syafiq Kamal (Kel)	Choi Uen Shan (HKg)
2.	Darren Chan (Phg)	T. Mithila (Sel)
3.	Ryan Pasqual (Pg)	Jadeleen Lee (Sel)
4.	Scott Galloway (Nzl)	Nurdiani Laili (Mlk)
Under 15		
1.	Mohd Hannan (NS)	Ho Ka Po (HKg)
2.	Ko Young Jo (Kor)	Celine Yeap (Pg)
3.	Lo Cheuk Hin (HKg)	Yong Sue Ann (Sel)
4.	Ryosei Kobayashi (Jpn)	Ho Tze Lok (HKg)
Under 17		
1.	Hamza Bukhari (Pak)	Tan Yan Xin (Sel)
2.	Ngo Long Fung (HKg)	Mayu Yamazaki (Jpn)

3.	Ramit Tandon (Ind)	Lee Ka Yi (HKg)
4.	Cheong Kah Wah (Prk)	Tarryn Harborth (Rsa)
Under 19		
1.	Ravi Dixit (Ind)	Low Wee Wern (Pen)
2.	Ng Jo Wen (Sel)	Low Wee Nee (Pen)
3.	Sunil Seth (Aus)	Tamika Saxby (Aus)
4.	Karan Malik (Ind)	Zulhijah Azan (FT)

PENANG JUNIOR OPEN

DATE: 4 – 8 JUN, 2009


VENUE: PISC, PENANG

No.	Boys	Girls
Under 11		
1.	Solomon Ravi (Ind)	Zoe Foo (Sel)
2.	Robin Mann (Ind)	Sivasangari Subramaniam (Kdh)
3.	Abhay Singh (Ind)	Teh Min En (Kdh)
4.	Haikal Aiman (Kdh)	Rayna Kishanchandani (Ind)
Under 13		
1.	Mohd Syafiq Kamal (Kel)	Jadeleen Lee (Sel)
2.	Ng Eain Yow (FT)	T. Mithila (Sel)
3.	Ryan Pasqual (Pg)	Aika Azman (Kdh)
4.	Sandeep Ramachandran (Ind)	Lakesha Rarere (Aus)
Under 15		
1.	Ryosei Kobayashi (Jpn)	Vanessa Raj (Pg)
2.	Muhammad Hannan (Sel)	Yong Sue Ann (Sel)
3.	Gurshan Singh (Prk)	Celine Yeap (Pg)
4.	Shah Jahan Khan (Prk)	Nattasha Ariffin (Pg)
Under 17		
1.	Hamza Bukhari (Pak)	Mayu Yamazaki (Jpn)
2.	Cheong Kah Wah (Prk)	Eunice Tan (Prk)
3.	Marcus Yuen (Sel)	Clara Pereira (Pg)
4.	Muhammad Adeen Idrakie (BJSS/Sel)	Tarryn Harborth (S.Africa)
Under 19		
1.	Ng Jo Wen (Sel)	Low Wee Wern (Pg)
2.	Julius Krauss (Aus)	Low Wee Nee (Pg)
3.	Mohd Zul Azri (BJSS/Sel)	Nessrine Ariffin (Pg)
4.	Sunil Seth (Aus)	Tan Yan Xin (Sel)


CAYMAN OPEN SQUASH TOURNAMENT

Date:	4 – 10 May, 2009
Place:	Grand Cayman
Player:	Nicol Ann David
Achievement:	Champion
1st. Round	beat Sharon Wee (Mas) 11/2, 11/5, 11/6 (24min)
Q- final	beat Samantha Teran (Mex) 11/3, 11/3, 11/8 (32min)
S-final	beat Racahel Grinham (Aus) 9/11, 11/0, 11/8, 11/3 (38min)
Final	beat Natalie Grainger (USA) 11/8, 11/6, 11/5 (33min)

BBQ SEOUL OPEN 2009

Date:	1 – 7 Jun, 2009
Place:	Seoul, Korea
Player:	
1st. Round	beat Annie Au (HKg) 11/4, 4/11, 11/6, 11/7 (43min)
Q- final	beat Alison Waters (Eng) 12/10, 11/5, 12/10 (40min)
S-final	beat Natalie Grinham (Ned) 11/4, 11/6, 11/8 (36min)
Final	beat Jenny Duncalf (Eng) 11/6, 3/11, 11/6, 11/4 (38min)

TEXAS OPEN 2009

Date:	11 – 17 May, 2009
Place:	Dallas, USA
Player:	
1st. Round	bt Dominique Lloyd-Walter (Eng) 11/6, 11/3, 11/4 (27min)
Q- final	beat Isabelle Stoehr (Fra) 11/5, 11/8, 11/7 (30min)
S-final	beat Jenny Duncalf (Eng) 11/4, 11/3, 11/6 (30min)
Final	beat Natalie Grinham (Ned) 7/11, 12/10, 11/5, 11/6 (39min)

THE SIXTH 'PRINCE' STATE



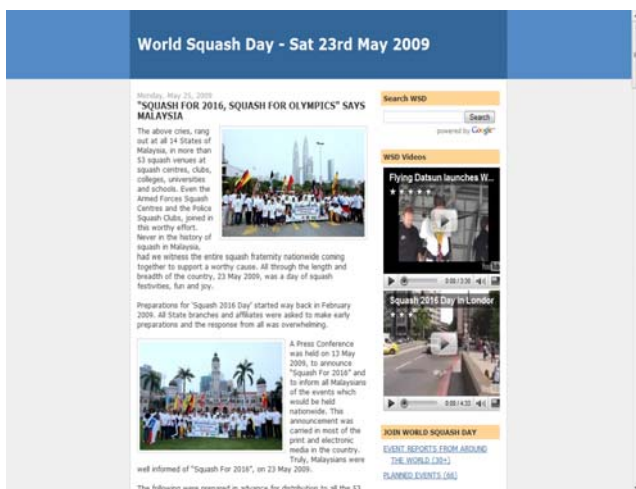
On April 2009, KL became the sixth PRINCE- sponsored state after Selangor, Sabah, Sarawak, Kedah & Pahang



<http://squash2016info>
2016 Information site at World Squash Federation



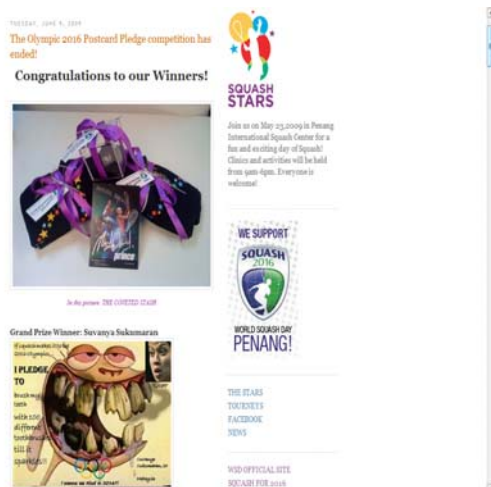
<http://www.worldsquashday.com/>
Official World Squash Day site



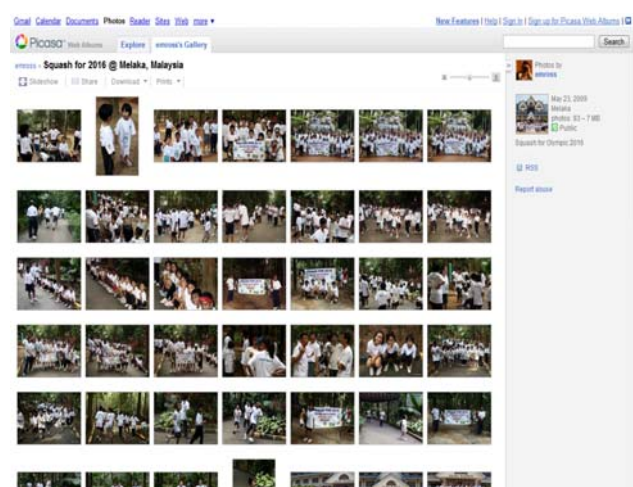
<http://www.worldsquashday.com/2009/05/squash-for-2016-squash-for-olympics.html>



Squash 2016 Day Celebration in Malaysia :
<http://Malaysiasquash.org>



Squash 2016 Day Celebration in Penang:
<http://www.squashstars.com/events/>



Melaka: <http://picasaweb.google.com/emross2007/SquashFor2016MelakaMalaysia#>