



SRAM

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NEWS IN A FLASH



Chennai Open 2010: A Malaysian Double



CIMB KL Open 2010: Nicol nick it back

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CIMB RISING STAR 1ST LEG
 DATE: 28 – 31 JANUARY 2010
 VENUE: JALAN DUTA, K. L.

I. Results

No.	Boys	Girls
<i>Under 9</i>		
1.	Mohd Hafiz Zafri (Kdh)	Aifa Azman (Kdh)
2.	Ahmad Sufyan Rusli (Jhr)	Nurul Izzah (Kdh)
3.	Mohd Harris (FT)	Noor Ainaa Amani (FT)
4.	Tan Yu Jing (Kdh)	Nuraishah (Mlk)
5.	Sherman Kwan (FT)	Amirah Rusydina (Phg)
6.	Hardie Danial (Sbh)	Sukirthi Chandran (Prk)
7.	Nathan Kueh (Swk)	Charlir Goh (Swk)
8.	Mohd Haziq Laili (Mlk)	Dinia Amalynn (FT)
<i>Under 11</i>		
1.	Ong Sai Hung (Kdh)	Nur Aliah M. Anis (Pg)
2.	Eugene Heng (Sel)	Michelle Preeti (Sel)
3.	Jesse Foo (Kel)	Lai Wen Li (Sbh)
4.	Sunil Kumar (Sel)	Ma Si Yi (Swk)
5.	Vishnoo Ravi (Prk)	Britney Tan (Sel)
6.	Adam Agan Aziz (Mlk)	Chan Yiwen (Kdh)
7.	Nik Mohd Shakirin (Kdh)	Nurthaqifah laili (Mlk)
8.	Siow Yee Xian (Mlk)	Ooi Kah Yan (NS)
<i>Under 13</i>		
1.	Puvendren (Kdh)	Andrea Lee (FT)
2.	Mohd Farez Izwan (Sbh)	Lee Kar Ern (Sel)
3.	Alwin Chai (Sel)	Sivasangari (Kdh)
4.	Mohd Aqif (FT)	Zoe Foo (NS)
5.	Clifford Foo (NS)	Raihana Aqilah (NS)
6.	Ho Yu Wai (FT)	Tg Amira Natasha (Phg)
7.	Mivesh Kumar (Kdh)	Evelyn Wong (Swk)
8.	Marcus Sim (Swk)	Teh Min En (Kdh)

II. Calendar

Leg	Date	Venue
1	28 – 31 Jan	Jalan Duta, K.L.
2	16 – 18 Apr	Melaka
3	6 – 9 May	Kuantan, Pahang
4	25 – 27 Jun	Sarawak
G/Final	10 Jul – 1 Aug	Bukit Jalil, K.L.

III. Photos



CIMB Foundation continuing its Title Sponsorship



As usual the kiddies event was packed to the brim



The Winners – 4 Kedahan + 1 ex + 1 FT

CIMB NATIONAL JUNIOR CIRCUIT 1ST LEG

DATE: 4 – 7 FEBRUARY 2010

VENUE: ASTAKA, SELANGOR

I. Results

No.	Boys	Girls
<i>Under 15</i>		
1.	Md Syafiq Kamal (BJSS)	Nazihah Hanis (Kdh)
2.	Al Nick Ally (Phg)	Rebecca Ooi (Kdh)
3.	Ng Eain Yoe (FT)	Sofea Najwa (Jhr)
4.	Daryl Choo (NS)	Angela Chieng (Swk)
5.	Shyan Kwan (FT)	Farah Bazilah (Sbh)
6.	S. Puvendren (Kdh)	Tg Amira Natasya (Pg)
7.	Darren Chan (Phg)	Raihana Aqilah (NS)
8.	Vincent Tan (Sel)	Natasha Chin (Sbh)
<i>Under 17</i>		
1.	Mark Low (Sel)	Sherilyn Yang (Sg)
2.	Amir Farhan (BJSS)	Aika Azman (Kdh)
3.	T. Devamuthan (Sel)	Ilya Kareena (BJSS)
4.	William Oon (Sg)	Nur Syazwani (Kel)
5.	Pang Ka Hoe (Sel)	Nurdiana Laili (BJSS)
6.	Hui June Hoe (Sel)	Dahlia Abd Basik (BJSS)
7.	Shwan Kwan (FT)	Mindy Lee (Swk)
8.	Low Zhi Lun (Kel)	Norazira (Mlk)
<i>Under 19</i>		
1.	Md Adeen Idrakie (BJSS)	Eunice Tan (Prk)
2.	Afeeq Abedeen (BJSS)	Choi Yu Ra (Korea)
3.	Marcus Yuen (Sel)	Rachel Arnold (BJSS)
4.	Timothy Soh (Sg)	Michelle Wong (Swk)
5.	Raja Adam (BJSS)	Mao Shi Yuan (Sg)
6.	Low Weng Onn (Prk)	Teo Li Fang (Sg)
7.	Faris Daniel (BJSS)	T. Mithila (Sel)
8.	Jashen Joel Paul (Prk)	Teh Min Jie (BJSS)

II. Calendar

Leg	Date	Venue
1	4 – 7 Feb	Astaka, Selangor
2	22 – 25 Apr	PISC, Penang
3	1 – 4 Jul	N. Sembilan
G/Final	10 Jul – 1 Aug	Bukit Jalil, K.L.

III. Photos



Team to watch out . . . in the near future



What a retro shot . . . in black & white



The Winners . . . and the Boys in slippers?

SPORTEXCEL PREMIER CIRCUIT 1ST LEG

DATE: 19 – 21 FEBRUARY 2010

VENUE: BUKIT JALIL, K.L.

I. Results

No.	Boys	Girls
	<i>Under 17</i>	
1.	Yeung Ho Wai (Hkg)	Nazihah Hanis (Kdh)
2.	Md Syafiq Kamal (BJSS)	Nurdiana Laili (BJSS)
3.	Choy Ming Wei (Prk)	Aika Azman (Kdh)
4.	Amir Farhan (BJSS)	Clara Pereira (Pg)
5.	T. Devamuthan (Sel)	Goh Jing Xin (Mlk)
6.	Al Nick Ally (Phg)	Adele Han (Mlk)
7.	Gurshan Singh (Prk)	Mindy Lee (Swk)
8.	S. Puvendren (Kdh)	Nur Syazwani (Kel)
<i>Under 19</i>		
1.	Fung Ngo Lung (Hkg)	Tong Tsz Wing (Hkg)
2.	Raja Adam (BJSS)	Low Wee Nee (Pg)
3.	Afeeq Abedeen (BJSS)	Ho Ka Po (Hkg)
4.	Cheong Kah Wah (Prk)	Vanessa Raj (Pg)
5.	Baxtermaphil Jap (BJSS)	Tan Yan Xin (Sel)
6.	Adeen Idrakie (BJSS)	Rachel Arnold (BJSS)
7.	Sanjay Singh (BJSS)	Celine Yeap (Pg)
8.	Max Ong (Pg)	Yong Sue Ann (Sel)

II. Calendar

Leg	Date	Venue
1	19 – 21 Feb	Bukit Jalil, K.L.
2	9 – 11 Apr	Bukit Jalil, K.L.
G/Final	14 – 16 May	Bukit Jalil, K.L.



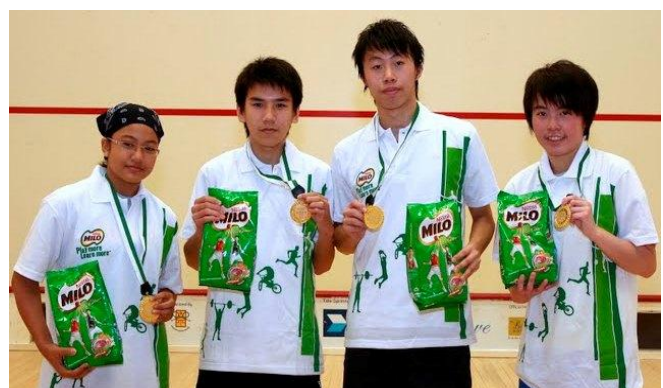
Taking the sport route to achieving 1Malaysia



Eyes on the ball . . . that's what the coach says



Photography session for the winners



Nearly a clean sweep by the Hong Kees

I. Background

The KL Open Squash Championship was started by SRAFT in 1999 in conjunction with the Federal Territory Day Celebration. The inaugural Satellite Event soon grew into a PSA and WISPA Tour Event.

Berjaya Times Square came into the picture in 2006, providing an open-air court for the tournament proper, from the quarter-final onwards. The qualifying and the first round of the event were held at the Bukit Jalil National Squash Centre.

II. The 2010 Edition

The 2010 edition was held from 14 – 20 Apr and for the first time the current Men’s World No. 1 player grace the tournament, together with our very own Women’s World No. 1. To have so many World Top 10 players in both the Men and Women’s category signify the growth of this event into one of the Majors in World Squash.

III. Results & Photos

Both the top seeded players proved their World No. 1 ranking by clinching their respective title convincingly . . .



Future Malaysian Stars enjoying their free Gatorade



Cheering up the players and the spectators



Azlan Iskandar (and Beng Hee) making it to the semis

	Men	Women
W I N N E R	 Ramy Ashour (Egy)	 Nicol David (Mas)
1st. Round	bt Nafizwan Adnan(Mas) 11/7, 11/9, 11/7	bt Jaclyn Hawkes (Nzl) 11/7, 11/8, 11/2
Quarter-Final	bt Aamir Atlas Khan(Pak) 12/14, 11/3, 11/6, 11/6	bt Kasey Brown (Aus) 12/10, 14/12, 11/1
Semi-Final	bt Ong Beng Hee (Mas) 11/5, 8/11, 11/6, 11/7	bt Alison Waters (Eng) 11/3, 11/7, 11/5
Final	bt Karim Darwish (Egy) 11/8, 11/8, 11/9	bt Omneya A. Kawy(Egy) 11/4, 11/2, 13/11



Winners . . . smiling with their pay-cheques

Back To Fundamentals

By: Allan Soyza

Malaysia Asst. Head Coach

Over the years of coaching, people have often asked me where do we start if we were to have a program to develop world class squash players and my answer is usually the same. It is simple yet can encompass many little things that all top performers have in common. The answer is ATTITUDE . . . (for a better understanding of it, refer to this link: [http://en.wikipedia.org/wiki/Attitude_\(psychology\)](http://en.wikipedia.org/wiki/Attitude_(psychology))).

Attitude can be summed up as a person's like or dislike towards something which develops the emotional and physical reaction in regards to that something (squash in this aspect). The development of the attitude is dependent on the environment that they were brought up in, currently in and will be in which can change for the better or the worse. All these environments will create a response that determines the psychological character of an individual and their reasons for doing something.



Are they thriving in the RIGHT environment . . . ?

For squash, it is even more important to have the correct (also known as positive) attitude from the very beginning as a solid foundation to build on. It is known that it is much easier to teach kids anything from a new language to new skills as compared to an adult. This is due to the attitude that they each possess; a kid has no experience and is happy go lucky and is willing to try anything, while an adult who is filled with experience and cautious will be selective and thinks of many possible outcomes. Thus, if we were able to inculcate the correct attitude in a kid, they are more likely to make it a habit as compared to a young adult.

So to have an effective attitude development for squash, the fundamentals need to be addressed when they start off. Everything in the early stages when they start off, need to be FUN and MENTAL, and this is where the FIRST COACH is so important. The experience that a kid gets is solely determined by these coaches, be it good or bad. All activities need to be fun yet being able to teach them the

skills needed for the sport. Fun does not mean easy but need to stimulate their emotion and creates satisfaction when completed. Also, each activity should also be able to work on a particular mental skill indirectly and thus creating a positive learning environment for them to start developing a positive attitude towards squash. As the saying goes, the first impression counts and this is very well the case with the coaches at this level.

Another dimension of the positive attitude that needs to be inculcated is GOAL SETTING. It is basically seeking improvements constantly and COMMITTING to it. Yes, everyone does look to improve but does anyone commit to it with a plan and stick to it? Most of the time it is wishful thinking and leaving it to chance to make it happens. Once the player and coach set things on paper together and be accountable for it, then only the process will begin. The goals and aspirations needs to be coming from the player themselves and guided by the coaches. Goal setting also helps develop a sense of responsibility and helps remove the fear of failure. Too often players set easy goals for fear of not achieving it or they do not have the far sightedness. This can be changed in due time with constant evaluation of the goals set.





Are they having the same GOALS . . . ?

Lastly, PASSION is needed to drive a person towards the goals that have been set. Passion is the energy that moves the person even when faced with the toughest obstacles on the journey towards their goal. Passionate people can eat, sleep and talk about their passion 24/7 with a real zest of energy. They are also self-starters and don't rely on others to get things going. Passion is the most important positive attitude to have if anyone wants to be world class in squash, be it as a player, coach or even administrators.

All players and coaches especially at the grassroots and developmental stage need to possess the correct ATTITUDE to help Malaysian squash maintain the world class status it has attained. Let's start today by looking at ourselves, finding things in squash that makes us passionate and make a commitment towards that goal.

CHENNAI OPEN 2010

Date:	2 – 11 Mar, 2010
Place:	Chennai, India
Player 1:	
1st. Round	beat Dipika Palikal (Ind) 11/6, 11/9, 11/5 (30 min)
Q- final	beat Samantha Teran (Mex) 11/9, 11/4, 12/10 (28 min)
S-final	beat Kasey Brown (Aus) 11/2, 11/4, 11/4 (23 min)
Final	Beat Jenny Duncalf (Eng) 11/6, 11/4, 11/6 (25 min)

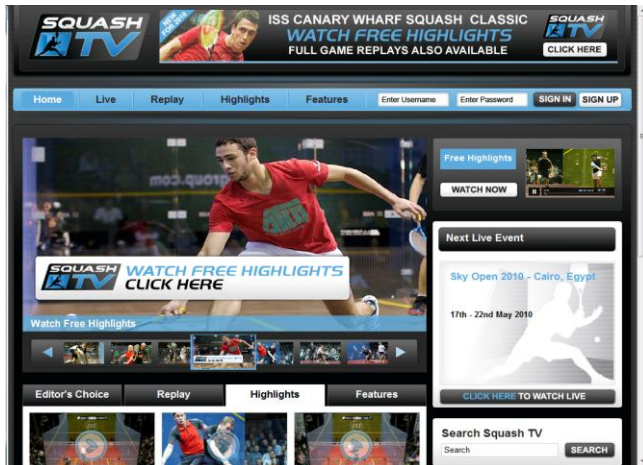
Player 2:	
1st. Round	beat Ivan Yuen (Mas) 11/6,3/11,11/8,3/11,11/3 (50min)
Q- final	beat Yann Perin (Fra) 11/5, 11/8, 11/8 (41min)
S-final	beat Ali Anwar reda (Pak) 9/11,11/8,11/7,7/11,12/10(116m)
Final	beat Jonathan Kemp (14/12, 11/9, 11/9 (47 min)

MOTOR CIY OPEN 2010

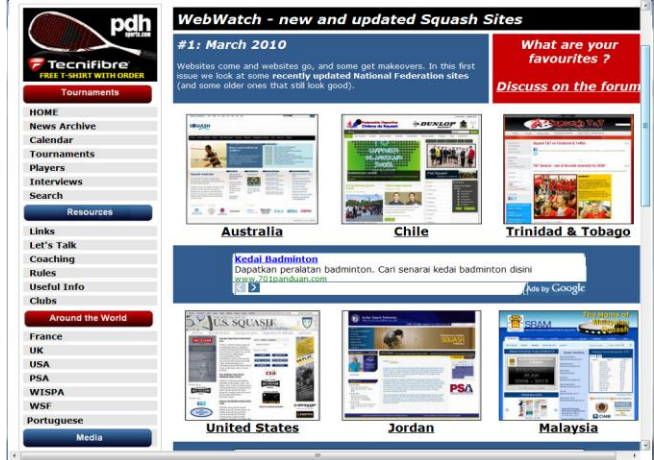
Date:	27 Jan – 1 Feb 2010
Place:	Michigan, USA
Mohd Azlan Iskandar	
1st. Round	beat Campbell Grayson (Nzl) 11/2, 11/5, 11/6
Q- final	beat Chris Ryder (Eng) 11/4, 11/5, 11/1
S-final	beat Thierry Lincou (Fra) 5/11, 11/8, 10/12, 11/3, 11/4
Final	beat Karim Darwish (Egy) 11/3, 11/7, 11/4

JUNIORS ACHIEVEMENTS

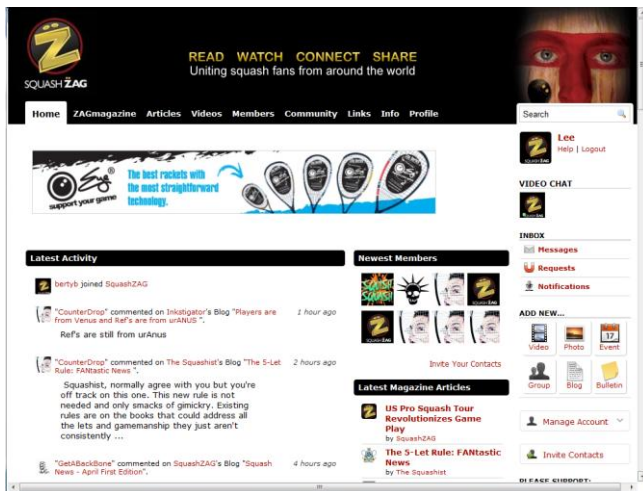
	
Tournament 1:	Scottish Junior
Date:	28 – 31 Jan
Place:	Edinburg, Scotland
Player:	Zoe Foo
Achievement:	Champion (U13G)
Tournament 2:	British Junior Open
Date:	2 - 6 Jan
Place:	Sheffield, UK
Player:	Nicholas Tan
Achievement:	Semi-final (U13B)
Lost to:	Youssef Mohamed (Egy) 2/11, 11/8, 4/11, 3/11



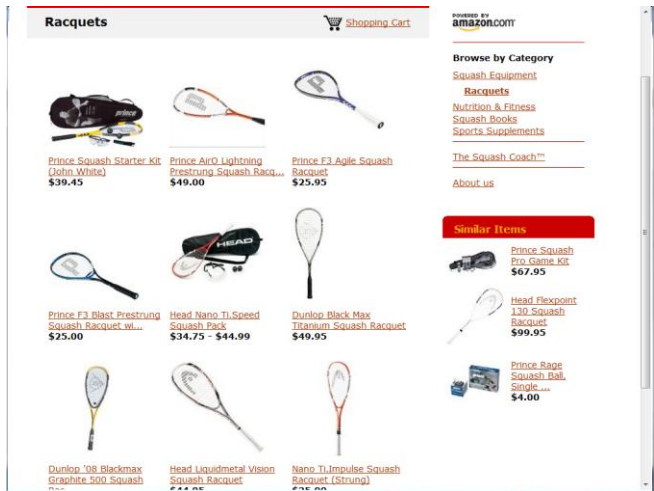
Squash TV
<http://www.psasquashtv.com/page/Home/>



Worldwide National Squash Website
<http://www.squashsite.co.uk/2009/webwatch.htm>



Squash Zag
<http://www.squashzag.com/>



Squash Superstore
<http://astore.amazon.com/worcupson201-20>



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