

SQUASH

Malaysia



SRAM

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SRAM Management Committee 2010/2011

-  **President**
Dato' Syed Mustaffa Syed Ali
-  **Deputy President**
Mr. Huang Ying How
-  **Vice President**
Mr. Robert Lau
Mr. Leslie Ponnampalam
-  **Hon. Secretary**
Mr. Christopher Brodie
-  **Hon. Treasurer**
Mr. Gabriel Teo
-  **Committees**
En. Amran Ahmad
Mr. Peter Chee
Mr. Tan Tian Huat A.M.N
En. Rohaizan Mohd Rashid
Mr. K. Sivanesen

PRESIDENT'S MESSAGE



Dato' Syed Mustaffa Syed Ali

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Portfolio: - Media & Public Rel.
- Sponsorship
- Finance
- Selection

Dear all,

First of all I would like to thank all the players, coaches, parents, officials, the National Sports Council, our Rakan Sukan CIMB, our other sponsors and all who have played their vital respective roles in contributing to the success of our programs in 2010.

As we celebrate our 2010 achievements, we are sad to lose the inspiring service of our President Dato' A. Sani Karim, who has decided not to contest the 2010/2012 SRAM's Presidency. During his tenure as President for the last six years, he has transformed SRAM into one of the best run National Sports Association (NSA) in the country as rated by the Olympic Council of Malaysia in 2008 and 2010. We would like to put on record our gratitude and appreciation to Dato' A. Sani Karim for his untiring service to SRAM. It is fitting that he is leaving us on a high note. May Allah bless him and his family good health and success in his future undertakings.

Definitely, it will be a daunting task to follow in the footsteps of Dato' A. Sani Karim. However with the support of the newly elected committee members, together with the State SRA's and all our partners, we will be able to implement all the action plans as outlined in our Strategic Plan (2008-2013) to make Malaysia one of the top four squash playing nations in the world.

Happy New Year to everyone in the Squash fraternity and hope that 2011 will bring further improvements to squash in Malaysia.

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Date: 5th. December 2010
Place: Dewan Komanwel,
 National Sports Council,
 Bukit Jalil, Kuala Lumpur

I. 2009/10 Management Committees

Post	Holder
President	YBhg Dato' A. Sani Karim
Deputy President	YBhg Dato' Syed Mustaffa b. Syed Ali
Vice President	1. Mr. Robert Lau 2. Left vacant by Dato' Aini
Secretary	Mr. Christopher Brodie
Treasurer	Mr. Gabriel Teo
Committee Members	En. Amran b. Ahmad
	Mr. Leslie Ponnampalam
	Mr. Tan Tian Huat
	En. Rohaizan Rashid
	Mr. Peter Chee
	Mr. K. Sivanesen

II. SRAM's Election Mode

SRAM's Constitution uses a two-tiered election mode where the positions to be elected each year are;

Even Year AGM	Odd Year AGM
• 1 President	• 1 Dep. President
• 1 Vice President	• 1 Vice President
• 1 Hon. Treasurer	• 3 Committee Members
• 3 Committee Members	

The squash fraternity in Malaysia was shocked on learning that Dato' Sani is stepping down as the President after doing such a wonderful job, but have to accept it due to medical consideration. Anyway his hand-picked successor Dato' Syed Mustaffa whom he had groomed for the past six years will be able to continue his legacy. The three committee members whose terms are due this year are En. Amran b. Ahmad, Mr. Tan Tian Huat and En. Rohaizan Rashid. Another vacancy was created by Mr. Leslie Ponnampalan who relinquished his post of Ordinary Committee Member (Article 10.3 of SRAM's new constitution) to vie for the Vice President post which has been left vacant for a year.

By the dateline of 21st Dec 2010, YBhg Dato' Syed Mustaffa was duly elected to the SRAM Presidency unopposed while Mr. Huang Ying How just walked into the Deputy President post left vacant by Dato' Syed Mustaffa. Mr. Leslie Ponnampalan celebrated his long service in SRAM with the Vice President post whereas the Honorary Secretary and all the three Committee Members post were retained. There was so much calmness in this year AGM and long gone were the days when any available posts were keenly contested . . . thanks to YBhg Dato' A. Sani Karim.



After 16 years of excellent service, Dato' Sani steps down as the 6th President of SRAM due to medical advice. His exemplary leadership and keen insight across the full range of squash activities will be greatly missed by all.

Tracing Dato' Sani's involvement in Squash;

- 1988 – Deputy Championship Director for Squash at the XVI Commonwealth Games at Kuala Lumpur
- 1998 – President of SRAFT for seven terms and initiated the KL Open which is now a 5 Star/Gold event
- 1999 – Deputy President of SRAM who envisioned our first Strategic Plan called 'Project 2006'
- 2002 – Vice President of World Squash Federation for two terms before taking a break in 2006 & 2007
- 2004 – Persuaded to take over SRAM Presidency from Dato' Mokhzani Mahathir, and managed to pull SRAM through the 'Dark Ages' with a Rakan Sukan Sponsorship deal with CIMB Bank
- 2005 – Elected to the OCM Vice President post and guided Malaysia to the best showing of 8 Gold Medals at the Doha Asian Games in 2006
- 2006 – Envisioned 'Project 2010' - To Be a Power House in World Squash by 2010, which was achieved on a regular basis by the Malaysian Team
- 2007 – Secured a new ASB All-Glass squash court sponsorship from Johore Corporation Berhad
- 2008 – Placed SRAM as a 'Top 5 Star Sports Organisation' in OCM's first rating of National Sports Association
- 2008 – Organized 1st SRAM Convention which came out with a new 'Strategic Plan 2008 – 2013'
- 2009 – Wrested over the Asian Squash Federation Presidency and moved it's office to KL
- 2009 – re-elected OCM Vice President with the highest vote
- 2010 – Delivered the needed Gold Medals from squash to achieve Malaysia Best Result in both the Commonwealth Games and Asian Games

COACHING JUNIORS

by Allan Soyza
(National Coach)

Coaching junior squash players have always been a big challenge, especially here in Asia where in most cases funding is from the government. Because of this reason, it is often that a coach has to sacrifice the gradual progress of a player just to get the results needed to support why the funding should continue for his or her squash programs.

For the professional coaches who earn from every session they conduct, pressure from the parents contributes to his or her reason to push for the results to be obtained to enable to continue having a steady income. Also the education system here has made parents prefer the paper chase instead of a holistic approach in their children's upbringing. With these points in mind, the concepts of coaching juniors can be and are different from other regions of the world.

My concepts on coaching junior are a combination of information and things that I have learned over the last 10 years coaching and having discussions with many coaches. These concepts may not be new and you may have heard about it, but the way I interpret it may differ from others and it is specifically for Malaysia and maybe Asia. My concepts are divided into development and high performance junior players as both need to be handled differently.

I will start by giving an overview of the general concepts that I use to plan and coach players in my program as to enable you to get a clearer picture of how I view things. Then only will you understand how we handle coaching juniors and its concepts. The journey to produce high performance squash players begins with the understanding of these concepts.

General Coaching Concepts

I have used the Balyi and Hamilton model for my program to develop a squash player from the day I learned it from my coaching coach. I owe him a lot for opening my eyes to what coaching is. To be coached and trained are two very different things. Unfortunately for me, I was only trained from the beginning and not coached. My progress was so fast in the initial stages but could not get anywhere after a few years. Only when I was coached did I realized what was wrong and opened my eyes to a new world, the world behind the making of a squash player.

The model consists of 5 phases of an athlete's development from the day they start to the day they retire from their sport. They are:

- Fundamentals

- Training to Train (TT)
- Training to Compete (TC)
- Training to Win (TW)
- Retirement

In this concept, we have to take into consideration the human growth and development stages in both the physical and mental aspects. As such, I split the Fundamental and Training to Train phase as development players. Those in Training to Compete and Training to Win would be high performance players.

I have added another phase to that model, **Introduction**, which is to allow the kids to come and try the sport as I believe it is for them to like the sport and not forced upon them. Introduction also serves as a filtering phase before they or even the coaches embark on the high performance road of development.

I believe that the objectives for each phase needs to be set for a program to be successful and to fulfill its role. That makes the program different and flexible to be used in many different situations and conditions. Only then can we start consistently producing players to compete at the highest level and not rely on luck of discovering those special talents.

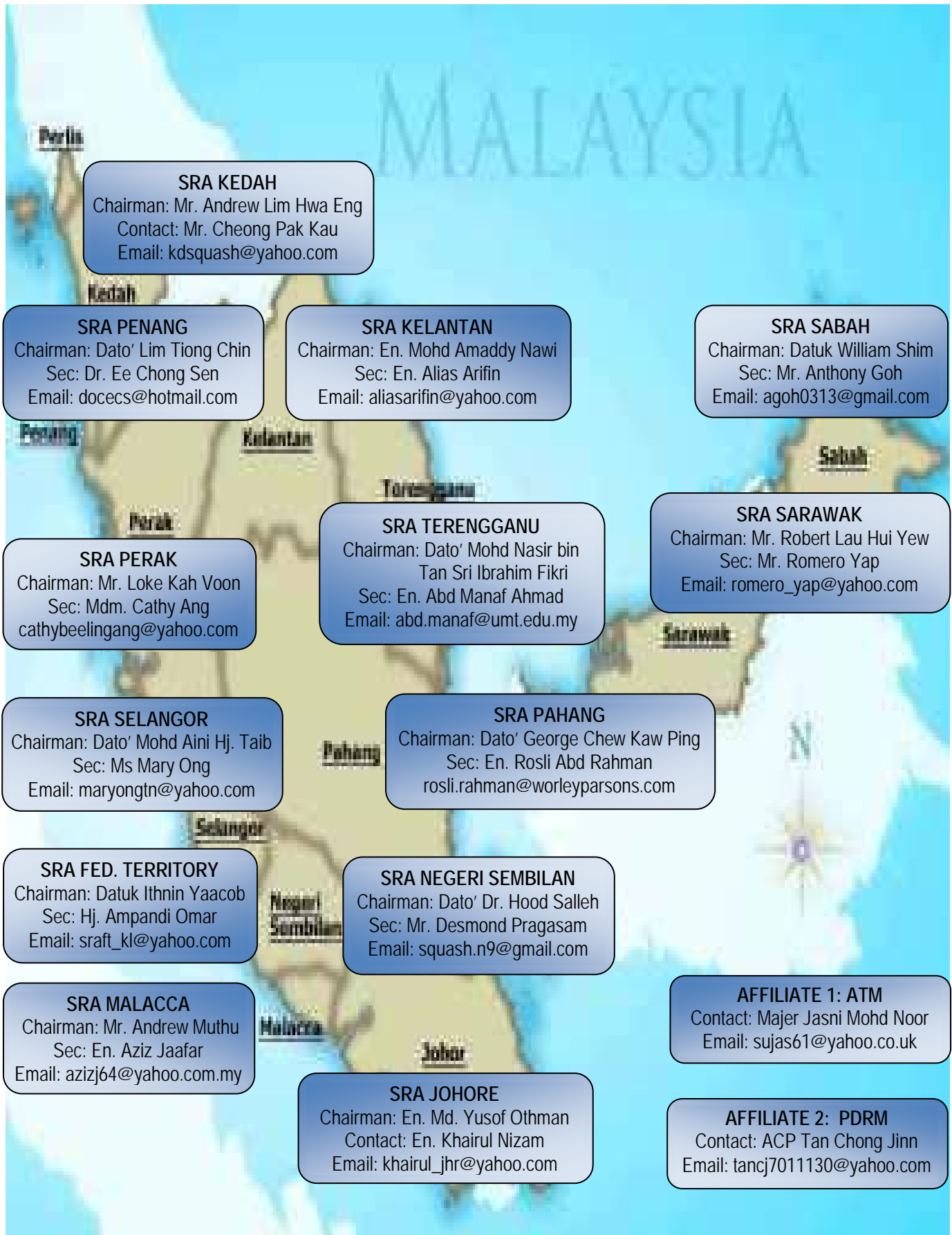
Stages of Development

1. Introduction

In this phase, I'd like to just introduce squash to the kids that want to play. Teaching them the basic rules and the serve, forehand drives and backhand drives are enough. What is important is for them to play some sort of squash game, be it a modified version of squash for the younger kids to the full court version. I have seen that kids who join a program usually are just testing out the game and are not really interested in being competitive players. They want to just play squash to maybe fill up their free time or meet new friends. This also serves a purpose of learning to interact with other kids and socializing.

The reason for this is because I want to promote the game and expand the playing numbers, and from there look to pick out if there are any kids who really decide to play a little more competitive squash such as the local tournaments or the junior leagues, or even if they come on their own and play with other kids when they are free. Kids here range from ages 6 to 12 years. We need to remember that there are slow developers that we don't want to miss out on.

[to be continued in Mac issue – don't miss out on it]



I. National Calendar

Month	Date	Event
Feb	24 – 27	CIMB Rising Stars 1 st Leg – Bkt. Jalil CIMB NJC 1 st Leg – Jln. Duta
	13 – 19	MSSM – Alor Star, Kedah
Mac	15 – 20	CIMB KL Open – Bkt. Jalil/ Berjaya Times Square, KL
	24 – 27	CIMB NJC 2 nd Leg – TBA
Apr	7 - 10	CIMB Rising Stars 2 nd Leg – Kuantan
	26 – 30	16 th Asian Ind. C'ship - Penang
May	5 – 8	CIMB NJC 3 rd Leg – TBA
	19 – 22	CIMB Rising Star 3 rd Leg – Ipoh
May/Jun	30 – 5	Milo All Star – Astaka, Selangor
Jun	7 – 11	Penang Junior Open - Penang
Jun/Jul	30 – 3	CIMB Rising Stars G/Final – Bkt. Jalil CIMB NJC G/Final – Jln. Duta
Jul	6 – 10	TC Malaysian Closed – Bkt. Jalil
	18 – 23	CIMB Malaysian Open – Bkt. Jalil/ The Curve, Damansara
Sep	15 – 18	SportExcel 1 st Leg – Bkt. Jalil
Oct	13 – 16	SportExcel 2 nd Leg – Bkt. Jalil
	27 – 30	National Interstate (Senior) – Bkt. Jalil
Nov	10 – 13	SportExcel G/Final – Bkt. Jalil
	21 – 27	13 th CIMB OBH/ND Challenge Trophy - Melaka
Dec	3 – 6	National Junior C'ship – Bkt. Jalil
	7 – 10	CIMB National Interstate (Junior) – Bkt. Jalil
	14 – 18	Milo-Prince KL Junior Open – Jln. Duta

II. International Events

Month	Date	Event
Jan	2 – 6	British Junior Open – Sheffield, UK
	25 – 29	Asian Junior Team C'ship – Ratmalana, Sri Langka
Mac	8 – 12	SDAT WSF World Cup – Chennai, India
Jun	21 – 25	Asian Junior Ind. C'ship – Amman, Jordan

July	13 – 17	Men's World Junior Ind. C'ship – Herentals, Belgium
	20 – 25	Women's World Junior Ind. C'ship – Cairo, Egypt
	26 – 30	Women's World Junior Team C'ship – Cairo, Egypt
Aug	10 – 14	Hong Kong Junior Open 2011 – Hong Kong
	21 – 27	Men's World Team C'ship – Paderborn, Germany
Oct/Nov	28 – 6	Men's and Women's World Open – Rotterdam, Netherland

III. Curtain Down for Sharon Wee

SHARON WEE EE LIN:

It is hard to say goodbye to competitive squash that has been part of me for the last 20 years. However, the wear and tear of the cartilage on both my knees since a few years back had made me play more in pain than having fun.



I am ready to retire because I know the younger players are ready to bring success to Malaysian squash. I may retire as a professional squash player, but it is only a start to a new career. I am excited yet nervous to be out of my comfort zone. I believe life must go on and with all the good traits that I have learned from playing squash, I will be successful in my new career and as a person.

Thank you to my family and friends for their support and for believing in me. Thank you to all the people around me that have helped me along the way in this great journey. Thank you to MSN, ISN, SRAM, MSRA, the media, my sponsors, coaches, teammates and my fans for making my journey as a squash player the one to remember forever.

Some of Sharon's notable individual achievements:

- Melaka State Champion from 1990 – 2010
- National Champion in 14, 16 & 19 age group
- 5th SUKMA Champion 1994 in Perak
- SEA Games Gold Medalist 2005 in Philippines
- Asian Squash Championship Silver Medalist 2004 in KL
- Asian Games Bronze Medalist 2006 in Qatar
- No. 2 in Malaysian Women's ranking from 2000-2009
- Highest WISPA ranking at No. 18
- Melaka Sportswomen of the Year for 1994, 1995 & 1999

INTERSTATE SQUASH CHAMPIONSHIP

DATE: 28 - 31 OCTOBER 2010

VENUE: BKT. JALIL, K. LUMPUR

No.	Men		Women
	Div. 1	Div. 2	Div. 1
1.	Terengganu	Selangor	Penang
2.	Penang	Kelantan	Selangor
3.	N. Sembilan	F.T.	N. Sembilan
4.	Perak	ATM	Kedah

12TH ONG BENG HEE/NICOL DAVID TROPHY

DATE: 23 - 28 NOVEMBER 2010

VENUE: NDISC, PENANG

I. Individual Event

No.	Elite	
	Boys	Girls
1.	Ng Eain Yow (FT)	S. Sivasangari (Kdh)
2.	Mohd Farez Izwan (Sbh)	Andrea Lee Jia Qi (FT)
3.	Mivesh Kumar (Kdh)	Zoe Foo Yuk Han (NS)
4.	Ong Sai Hung (Kdh)	Lee Kar Ern (Sel)
5.	Ammar Naim (Mlk)	Nurina Md Najib (Trg)
6.	Ma Teck Leck (Swk)	Sara Chew Rou-Yi (Pg)
7.	Haikal Aiman (Kdh)	Teh Min En (Kdh)
8.	Eugene Heng (Sel)	Jean Wong (Swk)
Development		
1.	Pavanesh (NS)	Nor Aina Ampandi (FT)
2.	Mohd Hafiz Zhafri (Kdh)	Louise Chan (Pg)
3.	Afy Luqman (FT)	Alya Atirah (FT)
4.	Mohd Ikram (Kel)	T. Nimesha (Pg)

II. Team Event

No.	Boys	Girls
1.	Kedah	Kedah
2.	Perak	Selangor

3.	Selangor	Penang
4.	Sarawak	Sarawak

NATIONAL JUNIOR CARNIVAL

DATE: 8 - 12 DECEMBER 2010

VENUE: JLN. DUTA & BKT. JALIL, K.L.


No.	Boys	Girls
Under 11		
1.	Jesse Foo (Kel)	Lai Wen Li (Sbh)
2.	Sudesh Kannah (Phg)	Nur Aliah (Pg)
3.	Sunil Kumar (Sel)	Aifa Azman (Kdh)
4.	Muhd Hafiz Zhafri (Kdh)	Nurul Izzah (Ked)
Under 13		
1.	Ng Eain Yow (FT)	Andrea Lee (FT)
2.	Mohd Farez Izwan (Sbh)	Zoe Foo (NS)
3.	Muhd Aqif (BJSS)	Sivasangari (Kdh)
4.	Alwin Chai (Sel)	Natasha Chin (Sbh)
Under 15		
1.	Md Syafiq Kamal (BJSS)	Vanessa Raj (Pg)
2.	Darren Chan (Phg)	Rachel Arnold (BJSS)
3.	Vincent Tan (Sel)	Jadeleen Lee (Sel)
4.	Al Nick Ally (Phg)	Celine Yeap (Pg)
Under 17		
1.	Muhd Adden Idrakie (Sel)	Yong Sue Ann (Sel)
2.	Sanjay Singh (BJSS)	Michelle Wong (Swk)
3.	Choy Ming Wei (Prk)	Norazira Karim (Mlk)
4.	Bexter Jap (Swk)	Clara Pereira (Pg)



Winners of Ong Beng Hee/Nicol David Challenge Trophy




Commonwealth Games
 Date: 4 – 13 Oct 2010
 Venue: New Delhi
 Nicol David – Champion
 Azlan Iskandar – Bronze
 Nicol & Beng Hee - Bronze
<http://squash.me.uk/cgames/>



Madison Open
 Date: 2 – 7 Nov 2010
 Venue: Wisconsin, USA
 Kamran Khan - Semifinal
<http://www.squashsite.co.uk/2009/madisonopen2010.htm>



Torneo Bicentario
 Date: 19 – 24 Oct 2010
 Venue: Mexico
 Nicol David - Champion
<http://www.squashsite.co.uk/2009/bicentariomexico2010.htm>



Qatar Classic
 Date: 4 – 12 Nov 2010
 Venue: Doha, Qatar
 Nicol David - Champion
<http://www.squashsite.co.uk/2009/bicentariomexico2010.htm>



Kuwait International
 Date: 20 – 24 Oct 2010
 Venue: Kuwait City
 Delia Arnold - Champion
<http://www.squashsite.co.uk/2009/kuwait2010wispa.htm>



Seoul Open
 Date: 9 – 12 Dec 2010
 Venue: Seoul, Korea
 Low Wee Wern – 2nd
 Delia Arnold - Semifinal
<http://www.squashsite.co.uk/2009/bicentariomexico2010.htm>



Crocodile Challenge Cup
 Date: 27 – 31 Oct 2010
 Venue: Hong Kong
 Ivan Yuen – Quarterfinal
 Sharon wee – Quarterfinal
<http://www.squashsite.co.uk/2009/crocodilecup2010.htm>



16th Asian Games

Women's World Team	
Date:	29 Nov – 4 Dec 2010
Place:	Palmerston North, New Zealand
Team:	Nicol David, Low Wee Wern Delia Arnold, Sharon Wee
Achievement:	3rd placing
Link:	http://squash.me.uk/wwt/

Date:	18 – 25 Nov 2010
Place:	Guangzhou, China
Individual Achievement:	Azlan Iskandar – Gold Ong Beng Hee - Bronze Nicol David – Gold Low Wee Wern - Bronze
Team Achievement:	Women – Gold Men - Silver
Link:	http://www.asiansquash.com/

SRAM 2010/11 MANAGEMENT COMMITTEE MEMBERS

	<p>Name: Mr. Huang Ying How Post: Deputy President E-mail: hyh@cmdr.com Portfolio: Competition</p>		<p>Name: En. Amran Ahmad Post: Committee Member Tel (H/p): 019-9069 696 E-mail: amran7878@hotmail.com Portfolio: Publication & Website</p>
	<p>Name: Mr. Robert Lau Post: Vice President Tel (h/p): 012-8877 200 E-mail: robertlau@live.com.my Portfolio: Disciplinary & Constitution</p>		<p>Name: Mr. Peter Chee Post: Committee Member Tel (H/p): 012-2123 580 E-mail: chee.peter@gmail.com Portfolio: Development</p>
	<p>Name: Mr. Leslie Morgan Ponnampalam Post: Vice President Tel (H/p): 012-2882 499 E-mail: leslie.ponnampalam@gmail.com Portfolio: Human Resources</p>		<p>Name: Mr. Tan Tian Huat A.M.N. Post: Committee Member Tel (H/p): 019-2883 116 E-mail: tthuath@gmail.com Portfolio: Coaching</p>
	<p>Name: Christopher Brodie Post: Honorary Secretary Tel (off): 03-8996 3964 Tel (H/p): 016-8768 250 E-mail: ckbrodie@gmail.com</p>		<p>Name: En. Rohaizan b. Mohd Rashid Post: Committee Member Tel (H/p): 012-3767 313 E-mail: rohaizanrashid@yahoo.com Portfolio: Players Welfare</p>
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