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**NEWS IN A FLASH**



British Junior Open 2011 Boys U 13 Champion – Ng Eain Yow following in the foot-step of his idol Ong Beng Hee



Dato' Nicol's 7th and Karim's 1st CIMB KL Open Title

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CIMB RISING STAR 1<sup>ST</sup>. LEG  
 DATE: 23 – 27 FEBRUARY 2011  
 VENUE: BKT. JALIL & JALAN DUTA.

## I. Results

No.	Boys	Girls
	<b>Under 9</b>	
1.	Sacchin Kumar (Sel)	Jessica Keng (Sabah)
2.	Justin Ho (Sel)	Lim Ching You (Kdh)
3.	Tommy Lau (Swk)	Sukirthi Chandran (Prk)
4.	Prasad Ruhern (Swk)	Chen Yu Ng
5.	Shaun Low (Sel)	Zoe Ting (Swk)
6.	Mohd Noor Hilmi (Jhr)	Vasundra (NS)
7.	Chong Hong Zhi (Sel)	Yee Xin Ying (Sbh)
8.	Sam Yong (WP)	Rachel Kong (Swk)
<b>Under 11</b>		
1.	Mohd Hafiz Zafri (Kdh)	Nurul Izzah (Kdh)
2.	Siow Yee Xian (Mlk)	Aifa Azman (Kdh)
3.	Adam Agan Aziz (Mlk)	Noor Ainaa Amani (FT)
4.	Ahmad Sufyan Rusli (Jhr)	Abbitra Devi (Sel)
5.	Darryl Gan (Sel)	Chan Yiwen (Kdh)
6.	Aqif Azahari (Phg)	Nur Syazreen (Kel)
7.	Mohd Harris Ramlee (FT)	Charlize Goh (Swk)
8.	Kumunes Ravinthar (Mlk)	Sharifah (Mlk)
<b>Under 13</b>		
1.	Ong Sai Hung (Kdh)	Jean Wong (Swk)
2.	Mivesh Kumar (Kdh)	Nur Aliah M. Anis (Pg)
3.	Vishno. Ravi (Prk)	Lai Wen Li (Sbh)
4.	Amitaesh T. (Pg)	Britney Tan (Sel)
5.	Eugene Heng (Sel)	Mhalthelly S. (Sel)
6.	Jesse Foo (Kel)	Ma Si Yi (Swk)
7.	Mohd Irfan Haziq (NS)	Nur Natasha (Pg)
8.	<b>Mohd Asyraf Izhar (Jhr)</b>	Michelle Preeti (Sel)

## II. Calendar

Leg	Date	Venue
1	23 – 27 Feb	Jalan Duta & Bkt. Jalil
2	7 – 10 Apr	Kuantan, Pahang
3	19 – 22 May	Astaka, Selangor
G/Final	30 Jun – 3 Jul	Jalan Duta & Bkt. Jalil

## III. Photos



Press Conference for launching the CIMB RS & NJC 2011



CIMB Foundation – Squash's Rakan Sukan



Future squash stars and players – Over 600 of them

**CIMB NATIONAL JUNIOR CIRCUIT 1<sup>ST</sup> LEG**
**DATE: 23 – 27 FEBRUARY 2011**
**VENUE: JALAN DUTA & BKT. JALIL**

No.	Boys	Girls
	<b>Under 15</b>	
1.	Ryan Pasqual (Pg)	S. Sivasangari (Kdh)
2.	S. Puvendren (Kdh)	Andrea Lee (FT)
3.	Alwin Chai (Sel)	Rebecca Ooi (Kdh)
4.	Mohd Faiz Amran (Kel)	Farah Bazilah (Sbh)
5.	Benedict Chan (Sg)	Lee Kar Ern (Sel)
6.	Ho Yu Wai (FT)	Natasha Chin (Sbh)
7.	Marcus Sim (Swk)	Danielle Wee (Swk)
8.	Heng Kai Heng (Pg)	Teh Min En (BJSS)
<b>Under 17</b>		
1.	Ng Eain Yow (FT)	Lim Jee Nee (Pg)
2.	Mohd Hannan (BJSS)	Nazihah Hanis (Kdh)
3.	Shaun Kwan (FT)	Natasha Ariffin (Pg)
4.	Darren Chan (Phg)	Jasmine Tan (Sel)
5.	Muhd Mukhlashin (Pg)	Mindy Lee (Swk)
6.	Choh Calveen (Phg)	Nur Athirah (Pg)
7.	Shyan Kwan (FT)	Angela Chieng (Swk)
8.	Lavindran Luke (Prk)	Jamie Kwa (Prk)
<b>Under 19</b>		
1.	Md Adeen Idrakie (BJSS)	Tan Yan Xin (Sel)
2.	Raja Adam (BJSS)	Yong Sue Ann (Sel)
3.	Afeeq Abedeen (BJSS)	Vaness Raj (Pg)
4.	Choy Ming Wei (Prk)	Teh Min Jie (Kdh)
5.	Marcus Yuen (Sel)	Jadeleen Lee (Pg)
6.	Bexter Jap (BJSS)	Michelle Wong (Swk)
7.	Amir Farhan (BJSS)	Rachel Arnold (BJSS)
8.	<b>Hayate Gunji (Jpn)</b>	Celine Yeap (Pg)

**Calendar**

Leg	Date	Venue
1	23 – 27 Feb	Jln. Duta & Bkt. Jalil
2	24 – 27 Mac	Kucing, Sarawak
3	5 – 8 May	NDISC, Penang
G/Final	30 Jun – 3 Jul	Jln. Duta & Bkt. Jalil

**CIMB NATIONAL JUNIOR CIRCUIT 2<sup>ND</sup> LEG**
**DATE: 24 – 27 MAC 2011**
**VENUE: KUCHING, SARAWAK**

No.	Boys	Girls
	<b>Under 15</b>	
1.	Ryan Pasqual (Pg)	S. Sivasangari (Kdh)
2.	S. Puvendren (Kdh)	Andrea Lee (FT)
3.	Alwin Chai (Sel)	Siti Nurul Jannah (Trg)
4.	Heng Kai Heng (Pg)	Natasha Chin (Sbh)
<b>Under 17</b>		
1.	Mohd Hannan (BJSS)	Nazihah Hanis (Kdh)
2.	Ng Eain Yow (FT)	Lim Jee Nee (Pg)
3.	Muhd Mukhlashin (Pg)	Mindy Lee (Swk)
4.	Shaun Kwan (FT)	Zoe Foo (NS)
<b>Under 19</b>		
1.	Adeen Idrakie (BJSS)	Rachel Arnold (BJSS)
2.	Marcus Yuen (Sel)	Michelle Wong (Swk)
3.	Afeeq Abedeen (BJSS)	Celine Yeap (Pg)
4.	<b>Choy Ming Wei (Prk)</b>	Jadeleen Lee (Pg)



**COACHING JUNIORS (PART 2 of 3)**

By National Head Coach

Allan Soyza.

This is the continuation of the previous article (Jan 2011 issue) which is all about Coaching Juniors and the different stages that they will have to go through in the process of achieving high performance squash.

**2. FUNdaMENTALS**

The way I put the heading says it all, fun and mental. Here, I prefer to put ideas and motivate the kids to think big and think out of the box. "Nothing is impossible" is the motto here, within context that is. Because kids nowadays are more at home than out playing, the focus here is also on multilateral development. It focuses on coordination and basic movements needed for all sports. The duration for them to learn a new skill that looks easy to us can be long due to the fact that they will be using muscles and feeling their body movements for the first time other than the normal walk, run or jump. Continual building of movement activities which develops hand and eye, leg and hand, leg and eye and leg, hand and eye coordination is an important step and need to be maintained throughout the career of a squash player. Movements which include forward, backward, lateral and combinations of these movements are vital to the development of a squash player. Basic stability exercises are also incorporated into the sessions at improving the general strength.

Squash is still very basic, developing the swing to be efficient coupled with improving the timing when striking the ball. Movements to the ball and the timing are also being developed. Simple condition games or modified games are used to help the mind to focus on the objectives of each shot and it's target areas. The kids here also take part in tournaments not for winning but just for the experience of being there, watching better players play and getting a feel of what it is to be on court with referees and crowds. In short, experience is the key here as then we have visual cues for us to use if we need to relate a certain situation to them. Kids here still take part in other sports to help enhance the motor skills that have been learned. It also enriches the mind of the uses of the movement and coordination skills that maybe useful in squash later.

Here, communicating with the players would require visual cues or showing the action required for them to learn new skills. It is very difficult to get the correct wordings for the kids to understand what you require of them. Showing them helps but we also need to figure out what visual cues

each kid can relate to. Not all of them see things the same way, so that is the difficult part. Keeping notes on the cues that has been used is a great help for future references as I have found that if a kid can relate to a certain cue, there will be big improvements. Copying from a model that is influential also helps, like good squash players. The age group here is anything from 8 to 14 years old depending on their progress to grasp the teachings of the coaches. Plus, again we have to consider the late developers.

**3. Training to Train (TT)**

Once I see that the kids in the fundamental phase have learned the required multilateral skills, squash skill and complemented with the focus, drive and hunger to play better squash, only then will I progress them to this phase. I have learned that it is of no use to move them to this phase unless they are ready mentally or they themselves want it. It usually is they want to improve but again the need to gradually ease them into a regime is important. When they reach this phase, I will start to prepare them for some serious training in their later years, not at present.

The training to train phase focuses on training the physical and mental aspects of the player as well as now getting the squash technical skills consistent and dependable for each player. Basic tactic and patterns are introduced to help the perceptual motor skill develop and react faster. The physical focus will be focused on injury prevention and assisting the growth of the player. Improving of general strength in the core section and flexibility is also emphasized. The mental aspects will introduce new but important skills needed for squash like focusing, motivating and relaxation. This is due to the fact that they will now start a more regimented type of training and so those mental skills will get them through the tough times to come.

Also here, they start to take part in tournaments which are planned for them to do well. I set about 2 to 3 tournaments for them to peak for depending on their age and ability. The emphasis on peaking is not the result but the performances that they produce in that tournament. As long as the performances are what were expected of them, or if the players say it's their best matches, it would mean it is a success. They would also take part in other tournaments during the year but they are more of taking part and for evaluation or to see how effective the program is till that point. Taking part in these non-peaking tournaments, it is essential to make sure that the player knows the objectives that they are looking to achieve and not the results or best performances. Kids here range from 10 to about 17 depending again on the growth and ability to grasp the objectives that are needed to be achieved.

#### **4. Training to Compete (TC)**

It is here that I start emphasizing on high performance for squash. The mental aspect here is the key area of focus together with the tactical aspect of squash. As the phase states, training to compete, so it means training to compete with the best and learning how to compete tactically and learning the ropes of being a high performance squash player. Here the players are aged between 16 to 24 depending on sex; with the girls being younger than the boys due to the nature of maturity and less competition in the women's event. The physical growth of both sexes matures at about 19 to 21 years of age but the brain still continues to grow till about the age of 24. That means the learning process and decision making of a player is still unstable in this phase and they would need to still go through a trial and error process to enable the brain's database to continually fill up with information. Here experiential type of activities helps the information gathering process of the brain. Experiential is a combination of the coach's experience put into an experimental situation for a player to find the best solution in certain situations that helps accelerate the decision making process rather than the traditional method of trial and error.

Players here are usually playing the highest junior level of squash and trying to make the transition into the senior category or on the start of their professional career. They will also learn new experience of how to plan their traveling, making a budget and sticking to it, planning which tournaments to play in and how to progress in the rankings with the help of the coach. In short, it means learning the life skills of an adult in a guided environment. Tournaments here are in successions of 3 or 4 in the span of 6 to 8 weeks, where they will be away practicing and sparring with other professionals and taking part in the tournaments before returning to home for a discussion with the coach and resuming training for the next round of tournaments.

There will be players who will no longer be juniors when they enter this phase, but that only means that they are just late developers or having to juggle and balance studies with squash all this time. As such, they should not be forsaken but given some attention to enable them to develop as a squash player.

#### **4. Training to Win (TW)**

When a player reaches this stage, they have already completed all the necessary training and are ready for performing at the highest level. This is when the players

and the people who fund the programs can seriously look into getting the results to justify the spending of money to support the programs. Players here range from 22 years of age till about 35 at this moment in time. But with the amount of scientific knowledge that is being discovered, the age of 35 maybe extended further.

The training here is divided into 3 main areas, Pre-season, In-season and Transition. In Pre-season, the player will be doing more off court work like cardiovascular training, strength training and some goal setting to prepare for the In-season. The In-season training would consist of tactical training and perfection of shots coupled with speed agility training for the physical component. The mental aspect would focus on the concentration and relaxation of the player.

Tournaments here are similar to the Training to Compete phase which is in clusters of 2 to 4 in a row. This means that players would be training to peak and play to win the events they enter all the time or surpass their best performances all the time. Then they would return to their base and train again before going off for another round of tournaments. Players here play about 18 tournaments a year in the In-season. These include all the PSA/WISPA tournaments, WSF sanctioned tournaments and national level as well.

The Transition is very important in this phase, as it allows a player to rest and recharge their batteries. The rest can help alleviate the stress and pressures that they have to face as professionals like getting the results to justify funding and making an income. It is also the time to meet up with family and friends after the grind of traveling during the In-season. Even though it is rest, the rest will be active or otherwise all training effects during the past season will be lost due to reversibility.

#### **5. Retirement**

This is the final phase that a squash player has to go through in their squash life. This area is often neglected by a lot of coaches and officials in Malaysia as they always want to associate themselves with current and successful players. But when a player has committed their life to squash, it is only fair that the coaches and authorities help assist a player in this aspect. Preparation for this phase can be done early as in balancing the player's squash and studies in both the Training to Train and Training to Compete phases. That will give them a base of education for them to return to complete their studies when they retire from the sport. This balance is what is not being encouraged at the moment by many countries and by the paper chase mentality of the Asian countries.

**BRITISH JUNIOR OPEN 2011**

**Date:** 2 – 6 Jan, 2011

**Place:** Sheffield, UK

**Player 1:**  
Ng Eain Yow  
B U 13  
Champion



**Player 2:**  
Andrea Lee  
G U 13  
Runners-up



**Other Players**  
BU13 – Mohd Farez Izwan (3rd)  
GU13 – S. Sivasangari (4th)  
G U15 – Rachel Arnold (5th)

**15th ASIAN JUNIOR TEAM CHAMPIONSHIPS**

**Date:** 26 – 29 Jan 2011

**Place:** Ratmalana, Sri Langka

**Girls Team:**  
Tan Yan Xin  
Vanessa Raj  
Yong Sue Ann  
Celine Yeap  
(Runners-up)



**Boys Team:**  
Muhd Zul Azri  
Sanjay Singh  
Addeen Idrakie  
Raja Adam  
(Joint 3rd)



**Cleveland Racquet Classic**

**Date:** 28 Jan – 2 Feb 2011

**Place:** Ohio, USA

**Website:** <http://www.squashsite.co.uk/2009/clevelandclassic2011.htm>

**Player :**



**1st. Round** beat Samantha Teran (Mex)  
9/11, 11/2, 11/5, 11/8 (44min)

**Q- final** beat Amanda Sobhy (USA)  
11/9, 11/5, 11/6 (25 min)

**S-final** beat Annie Au (Hkg)  
11/5, 11/6, 11/7

**Final** Lost to Laura Massaro (Eng)  
9/11, 7/11, 11/9, 8/11 (61 min)

**6th ANNUAL WORLD SQUASH AWARDS**

**Date:** 20 Jan 2011

**Place:** New York, USA

**WISPA 2010  
Player of The  
Year:**

**Nicol David  
(sixth title)**



## BLUENOSE CLASSIC 2011

<b>Date:</b>	1 – 6 Feb, 2011
<b>Place:</b>	Halifax, Nova Scotia, Canada
<b>Web-link:</b>	<a href="http://www.squashsite.co.uk/2009/bluenoseclassic2011.htm">http://www.squashsite.co.uk/2009/bluenoseclassic2011.htm</a>
<b>Player :</b> Azlan Iskandar	
<b>1st. Round</b>	beat Nafiizwan Adnan (Mas) 11/2, 11/5, 11/7 (49 min)
<b>Q- final</b>	beat Nicolas Mueller (Sui) 11/9, 11/8, 4/11, 11/9 (49 min)
<b>S-final</b>	beat Gilly Lane (USA) 11/6, 11/5, 11/2
<b>Final</b>	beat Hisham Ashour (Egy) 11/8, 8/11, 11/9, 11/7 (53 min)

## NORTH AMERICAN OPEN

<b>Date:</b> 18 – 26 Feb	
<b>Place:</b> Aberdeen, Scotland	
<b>Web-link</b>	<a href="http://www.squashsite.co.uk/2009/northamerican2011.htm">http://www.squashsite.co.uk/2009/northamerican2011.htm</a>
<b>Player:</b>	<b>Azlan Iskandar</b>
<b>Achievement:</b>	<b>Quarter-finalist</b> Lost to Amr Shabana 7/11, 11/6, 10/12, 10/12

## MSSM (15 – 19 MAR: ALOR SETAR)

No.	Boys	Girls
	<b>Under 12</b>	
1.	Mivesh Kumar (Kdh)	S. Sivasangari (Kdh)
2.	Ong Sai Hung (Kdh)	Lai Wen Li (Sbh)
3.	Sudesh Kannah (Phg)	Nur Aliah Izzati (Kdh)
	Eugene Heng (Sel)	Ma Si Yi (Swk)
<b>Under 15</b>		
1.	Al Nikc Ally (Phg)	Celine Yeap (Pg)
2.	Mohd Syafiq Kamal (Kel)	Aika Azman (Kdh)
3.	Darren Chan (Phg)	Teh Min Jie (Kdh)
	Shyan Kwan (Sel)	Andea Lee Jia Qi (FT)
<b>Under 18</b>		
1.	Muhd Adden Idrakie (FT)	Yong Sue Ann (Sel)
2.	Mohd Amir Farhan (FT)	Michelle Wong (Swk)
3.	Choy Ming Wei (Prk)	Lim Jee Nee (Pg)
	<b>Bextermaphil Jap (Swk)</b>	<b>Adele Han (Mik)</b>

## KISH PERSIAN GULF CUP

	<b>Date:</b> 5 – 10 Feb 2011
	<b>Place:</b> Kish Island, Iran
	<b>Web-link:</b> <a href="http://www.squashsite.co.uk/2009/persiangulfcup2011.htm">http://www.squashsite.co.uk/2009/persiangulfcup2011.htm</a>
	<b>Player:</b> Asyraf Azan
	<b>Achievement:</b> Quarter-finalist lost to Danish Atlas Khan (Pak) 2 – 3

## OVER-ALL RESULT

1.	MSS KEDAH	44 points
2.	MSS WP	31 points
3.	MSS SELANGOR	27 points
4.	MSS SARAWAK	23 points

**NORTH OF SCOTLAND OPEN**

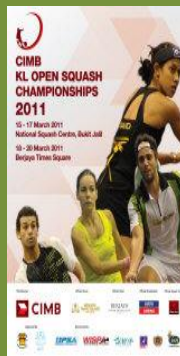


Date: 4 – 6 Mac, 2011  
 Place: Aberdeen, Scotland  
 Web-link:  
<http://www.squashsite.co.uk/bspa/aberdeen.htm>

**Player:**  
**Nafiizwan Adnan**  
**Achievement:**  
**Quarter-final**  
**Lost to Stuart Crawford**  
 11/3,0/12,8/11,6/11



**CIMB KL OPEN**



Date: 15 – 20 Mac 2011  
 Place: Bukit Jalil & Berjaya Times Square, K.L.  
 Weblink:  
<http://www.squashsite.co.uk/2009/klopen2011.htm>  
 Photos: <https://picasaweb.google.com/mohdroslan.usptn/KLOPEN2011Final#>



Nicol David

1st. Rd – beat Sarah Kippax (Eng) 11/4, 11/8, 11/8 (39m)  
 Quarter – beat Kasey Brown (Aus) 11/5, 11/4, 6/11, 11/5 (41m)  
 Semi – beat Alison Waters (Eng) 11/7, 12/10, 11/5 (36m)  
 Final – beat Madeline Perry (Irl) 11/6, 1/6, 11/2 (34m)



Azlan

1st. Rd – beat Farhan Mehboob (Pak) 9/9 (rtd)  
 Quarter – beat Aamir Atlas Khan (Pak) 14/12, 11/6, 11/2 (43m)  
 Semi – lost to Mohamed El Shorbagy (Egy) 11/8, 12/14, 7/11, 5/11 (64 min)

**WSF SQUASH WORLD CUP**



Date: 5 – 12 Mac 2011  
 Place: Chennai, India  
 Web-link:  
<http://www.squashsite.co.uk/2009/worldcup2011.htm>

**Players**

Nicol David, Low Wee Wern, Kamran Khan, Muhd Asyraf Azan, Choong Kam Hing

**Results: Pool A**

**Lost to Egypt 1 – 2**  
 beat Sri langka 3 – 0  
 beat South Africa 3 – 0  
 beat France 2 – 1  
 (to grab the last semi-final spot)

**Semi-final**

Lost to England 2 – 1  
 Asyraf lost to James Wilstrop 0 – 3  
 Wee Wern bt Jenny Duncalf 3 – 1  
 Kam Hing lost to Peter Barker 0 – 3

**3rd/4th play-off**

**Lost to Australia 1 – 2**  
 Asyraf lost to Cameron Pilley 0–3  
 Nicol bt Rachael Grinham 3 – 0  
 Kamran lost to Frankcomb 0 – 3

