

Squash Eastern Newsletter 2019

No 2: 22nd March 2019



This week's newsletter includes:

- Squash Eastern Calendar – see what's coming up
- Main Tournament & Event Posters
- Report on the Annual Junior Challenge v Central
- Tournament tips for organisers and players
- Interclub – last push
- Other Club Events & Tournaments
- Meet Bryan Powlesland, Board Member & President of Havelock North
- Junior Achievements
- 7 lessons playing sports will teach you

Squash Eastern Calendar

Check what's next in the calendar, both locally and Nationally, by clicking [here](#).

This is a snapshot of all our local tournaments, highlighting the Squash Eastern Pay2Play Player Series event.

As the pocket & wall calendars are no longer being produced, you can access the annual calendar on [Team Up](#) – or download the App to your phone.

2019 SQUASH EASTERN CALENDAR

DATE	EVENT	DATE	EVENT
23 February	Newbiggin Shield (Squashgym)	19-21 July	HBSRC Open
17 March	Junior Challenge v Central (HBLT)	26-29 July	Superchamps Eliminations (HBSRC)
21-23 March	Waipukurau Open	2-4 August	Hastings Open
12-14 April	Hastings Open	10-12 August	HBLT Open
19-22 April	HBSRC Easter Open	23-25 August	Hastings Masters
2-5 May	G&H Pot (HBLT)	30 August-1 September	HBSRC Open
10-12 May	HBLT Open	6-8 September	Champion of Champions District (HN)
17-19 May	Havelock North Open	13-15 September	Havelock North Open
7-9 June	Surf City Open	11-12 October	HBLT Doubles
21-23 June	Eastern Open (HBSRC)	15-16 November	Hastings Doubles
6-8 July	North Island Age Groups (HN & Hastings)		

Other Tournaments
Tournament Circuit
Doubles
Team Events

AON NZ Junior Open

26th – 28th April

Organiser: Deanna Forsyth

Email: deanna@squashnz.co.nz

Entry Fee: \$50

Entries close: Monday 25th March

[Link to poster](#)

Final push for entries – I know there are a number of our juniors going, so why not join them. Murray Sutherland will be there for Saturday & Sunday.



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Hastings Tennis & Squash Club Open



This is the first tournament in our new **Squash Eastern Pay2Play Player Series**, so your first chance to get some points, firstly by entering the tournament and then if you are placed in the top 8 in your Division.

There is a doubles event, which is not included in the Players Series, but another avenue to enjoy a great few days at Hastings T&SC.

The tournament finishes on Saturday with dinner after prize giving so, guess what, you also have Sunday to spend with the family.

Only one restriction so please adhere to this.



G&H Pot

Thank you, once again, to Geoff Goodchild and his team for sponsoring this annual Eastern Club Challenge.

For those who have not taken part in this before, it is a seriously fun event between all the Eastern clubs who field one man and one woman and one reserve of each from each grade.

Hawke's Bay Lawn Tennis & Squash Club are the 2019 hosts.

Entries must be submitted by 4pm on Friday 12th April to admin@squasheastern.co.nz. No late entries will be accepted.

2019 G&H Training Pot

FRIDAY 3RD - SUNDAY 5TH
MAY

Hawke's Bay Lawn Tennis
& Squash Club

OPEN TO ALL SQUASH EASTERN CLUBS
ONE MAN AND ONE WOMAN FROM
EACH GRADE

A full set of rules is available from your Club
Administrator or Club Captain

All entries to be sent to:
Jacquie Sutherland
Cell: 021 802 883

Email: admin@squasheastern.co.nz

Entries close at 4.00pm on Friday 12th April 2019

Click on this link [to our website](#) for further information and details:

- Full set of rules
- Poster
- Entry form

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New Zealand Senior Nationals



Entries are now open for this, the most prestigious event in the New Zealand squash calendar.

This will be held at the National Squash Centre in Auckland from 28th – 30th June.

Entry fee: \$50

Entries close on Monday 3rd June

Squash Eastern **Pay2Play** Player Series

A reminder to get your entries into the qualifying tournaments if you want a shot at the end of season prize pool

[Link to poster and full details](#)

Annual Junior Challenge v Central

Sunday 17th March
HBSRC

Congratulations to our neighbours, Central, who wrestled this annual trophy away from Eastern last Sunday, a trophy we had held for 4 years. However, their victory did not come easy, just winning by one solitary match. With three matches remaining the scores were level at 17-17, so it could not have been much closer, the final results being 19-18.

Eastern welcomed two new representatives in Shaeahrn Ferguson and Tayla Hook who acquitted themselves well and have a great future ahead of them. Five players won both their matches, Winona-Jo Joyce, Jena Gregory, Lucy Kinnear, Kahn Grayson & Isaac Pilcher. Congratulations to them.

There were also some amazing battles not least of which when Jake Hinton, playing his third match of the day to give the Central U11 boy a second game, won 18-16 in the fifth which resulted in 70 grading points.

Thank you to HBSRC for hosting the event and the Greg & Rowena Knox for putting on such an amazing spread for lunch. See you next year, Central, for revenge.

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Tournament Tips – for organisers and players

- Try a Saturday finish – this is becoming very popular across the country
- Ensure, when putting women in a men's draw, that they are asked first; some will say no!
- When entering a tournament make this your priority for the weekend and keep to the restrictions requested by tournament organisers

Interclub

Final reminder: Entries close on Monday 25th March. Registration forms should be on the notice boards at the relevant clubs – Hastings, Havelock North, HBLT, HBSRC & Waipukurau.



2019 Interclub
Mixed and Ladies

START

LADIES TUESDAY 23RD APRIL
MIXED WEDNESDAY 24TH APRIL

**OPEN TO ALL AFFILIATED CLUBS IN NAPIER,
HASTINGS, HAVELOCK & WAIPUKURAU
MIXED TO BE PLAYED OVER 6 DIVISIONS**

A full set of rules will be available from your Club Administrator
or Club Captain
All entries in teams to Jacqui Sutherland
interclub@squasheastern.co.nz

Cost \$80 per team+GST (\$92.00)

Strict Grading cut-off date: Thursday 1st March 2019
All players must be on the appropriate grading list on this date
Entries close at 5.00pm on Monday 25th March 2019 – no late
entries will be accepted

The format will be based on the same as past few years, so in Divisions rather than Grades, and we do want to ensure the Divisions are as equally spread and competitive as possible, so why not pick your teams strictly in points order?

The finals night will not include a supper allowance this year, instead this money will go towards the Awards Night when the winners' prizes and pennants will also be handed out. So, when the Awards Night date is announced get it in the diary and ensure you book a table for your Interclub Team – win or lose!

Waipukurau have led the way; their entries were received on Monday 18th!!

McMillan Mercantile Tournament

McMillan
Mercantile Tournament
Friday 05th April 2019
First Round 6pm



Support our long-term sponsor

Enjoy a fun night out. You can enter in Teams of 3 or individually and you will be put into a team.

Blind handicap, so grading levels do not matter.

Open to members and non-members, graded and ungraded players.

Entries to admin@hawkesbaysquash.co.nz

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Meet Bryan Powlesland, Havelock North President and Squash Eastern Board Member

My reason for joining the Squash Eastern Board was to strengthen the link between our club and the district and to learn and give feedback both ways as much as possible.

I started playing squash regularly in about 2000 - playing in the Havelock North Business House Competition. After 7 years of rapid development I won the E Grade Championship - Yay! So I went to the prize-giving to pick up my cup and got roped on to the committee - double Yay!



I ended up running the Business House competition and we expanded it over 2 days of the week Wednesdays and Thursdays for the past 6 or 7 years. That was a lot of fun and quite a lot of work - Somewhere during that time I became club secretary.

It took me another rapid 7 years to get to C grade - treble YAY!! - with a lot of patient help from Murray Sutherland - I've managed to cling on to C grade since - though my grip is slipping now!!

In my other life, I have worked for Kraft Heinz in a technical roll for 32 years (you only get 10 years for murder) - which is where I got the nickname BP. I enjoy running - did my first marathon a couple of years ago, and have done a few Triple Peaks and lots of half marathons.

I have a wife and two kids; my daughter is in Chicago where we will be disappearing to in June for a couple of weeks. My son is a sports nut at Teachers' College in Auckland.

One of my best squash moments - winning the Havelock Vet section last year - only because hardly anyone else entered!

Gissy Interleague

Check out the results of this Surf City initiative on our website. Well done to Daniel Newman, the brain-child of this event.

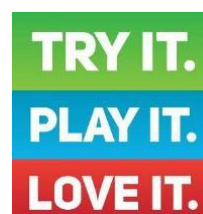
<https://squasheastern.co.nz/gizzie-interleague/>

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Junior Achievements

So we can champion our Junior Academy members, we will be updating their achievements as the season progresses, both in these fortnightly newsletters and on our website. Congratulations on the following:

Willz Donnelly – achieved A1 status. Brilliant news and the result of hard work and determination. Member of 2019 NZ Elite Squad, NZ Trans-Tasman Test Team

Kahn Grayson – Winner of the Katikati B Grade and Special Plate Winner of the Feilding Summer Open. Unbeaten in the Junior Challenge v Central. 180 points off A Grade

Josh Cornforth – Plate Winner Division 7, Feilding Summer Open, Winner Division 4 Ashhurst B & Below, Winner Taupo B Grade Division 5. A current run of 10 unbeaten matches rising 310 points in one month. Moved from Junior Development to Emerging Squad in the Eastern Junior Academy.

Jack Cornforth – Winner Division 7, Feilding Summer Open, 3rd Place Division 4 Ashhurst B & Below

Harry Unwin – Winner of his Division at the Ashhurst B & Below

Jonty Unwin – Runner up of his Division at the Ashhurst B & Below. Moved from Junior Development to Emerging Squad in the Eastern Junior Academy.

Winona-Jo Joyce – Member of 2019 NZ Elite Squad, NZ Trans-Tasman Test Team. Unbeaten in the Junior Challenge v Central.

Jena Gregory – Plate Winner Henderson Open, Member of 2019 NZ Elite Squad, NZ Trans-Tasman Test Team. Unbeaten in the Junior Challenge v Central & Newbigin Shield challenge

Rakairoa Joyce – Runner Up Division 1 at Eastern Bay of Plenty Open

Amber Roydhouse-Ross – Winner of her Division at the Ashhurst B & Below

All Academy results and updates on their grading points and tournament successes can be found on this link: <https://squasheastern.co.nz/junior-academy/>

7 Lessons Playing Sports Will Teach You

Discipline - One of the most important things in life is to learn how to train yourself to know your own limits and goals. Not only in sports, but also in life, having discipline helps you achieve success, better and faster. It also teaches you that not everything will be a victory and you have to work harder next time.

Respect - Having respect for your coaches in sports helps kids later on in life when dealing with adults or authoritative figures. Understanding that you, in fact, don't know it all at a young age can help in the future when talking with or listening to those older and wiser than you.

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Friendship - Some of the best friends come from playing sports together and this sort of bond helps young boys and girls prioritize the things that are most important to them. While growing up, your friends also help you establish who you are and how you are going to live your life.

Overcoming Adversity - Sports are not easy, all athletes are guaranteed to have a hard time at some point in their career. Going through a slump usually brings out the player's true self. Dealing with your own personality when it comes to tough situations can help you improve yourself and cope better with adversity.

Leadership - Even if you were never captain of the football or cricket team, leadership skills are always implemented in athlete's brains. It is always encouraged to strive to be the best that you can be, acting as a role model to people around you.

Resilience - Like overcoming adversity, resilience teaches you that you can't always win. However, it also teaches you to get back up and keep going; to not let anything or anyone stand in your way. Getting past your fear and leaping into uncertain situations is a skill that can incessantly be applied to real life.

Teamwork - Realizing that a team's success is not solely on your shoulders is a lesson largely applied to sports. This also carries over to the real world because working well with people will always be a factor when trying to get a job. Adjusting to people you don't necessarily like is also a skill picked up from sports. As the old saying goes, "there is no I in teamwork."

Our Sponsors & Funders

Our thanks to all our sponsors, funders and partners. You make Squash Eastern happen!

We have recently been granted \$5,000 from ECCT, \$5,000 from Hastings District Council & \$3,000 from Napier City Council all towards the North Island Junior Age Groups.



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