



SRAM

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'Pelapis' Programme

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Mr. K. Sivanesen

PRESIDENT'S MESSAGE



MALAYSIA BOLEH . . . !

Dear All Enthusiasts

Once again it 's Seasons Greetings! **SELAMAT HARI RAYA & HAPPY DEEPAVALI** to all celebrating in this month of October 2008.

What a grand event we had last July at our CIMB Malaysian Open. Surely special was the spectacular all Malaysian Men's Final with Beng Hee grasping the title in the fifth which was almost Azlan's by the fourth game! And then, our Dato' Nicol went on to win for the fourth time to make it a grand Malaysian golden double again; and all this played in our spanking new and pretty Pizza Hut Glass Court.

I hope we are all further inspired to achieve even more glorious results. I call on all of us to strive towards our **Vision Plan** of being a Power House in world squash by 2010, barely months away!

Thanks again for all the Teamwork so far. Best wishes.

President.

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2ND. ASIAN JUNIOR CHAMPIONSHIP

Date:	26 – 30 June 2008
Venue:	Busan, Korea
Category	Achievement
Boys Under 19	Ivan Yuen – Runners-up
Boys Under 15	Muhammad Addeen Bahtiar – 4th.
Girls Under 19	Low Wee Wern – Champion
Girls Under 15	Low Wee Nee – Quarter-final



HONG KONG JUNIOR OPEN

Date: 13-17 Aug
Venue: Shatin, Hong Kong
Achievement:
 Zoe Foo – U11 Champion

**GERMANY PIONEER CUP (4-7 JULY)
 & DUTCH JUNIOR OPEN (10-13 JULY)**

Attending Coaches: Cheong Pak Kau
 Khoo Teng Hin
 Andrew Sam Cross

No.	Players	Ranking Achieved	
		Germany	Dutch
Girls Under 13			
1.	Vanessa Raj	1	3
2.	Celine Yeap Shu Wan	2	5
3.	Rachel Arnold	4	7
Girls Under 15			
4.	Yong Sue Ann	4	13
Girls Under 17			
5.	Low Wee Nee	1	2
6.	Tan Yan Xin	7	11
7.	Nessrine bt. Ariffin	8	21
Girls Under 19			
8.	Rachael Goh Mei Hsien	18	21
Boys Under 15			
9.	Darren Subramaniam	2	1
10.	Muhammad Addeen	3	7
Boys Under 17			
11.	Muhammad Zul Azri	11	33
12.	Cheong Kah Wah	9	13
13.	Affeeq Abedeen b. Ismail	33	49

15TH. WORLD JUNIOR MEN 2008

Date: 27 July – 7 Aug 2008
Venue: Zurich, Switzerland

Team Members:

Players	Officials
1. Ivan Yuen	1. Peter Chee - Manager
2. Mithran Selvaratnam	2. Azat Ahmad – Coach
3. Ng Joo Wern	3. Li Da Yong – Massuer
4. Cheong Kah Wah	
5. Muhammad Zul Azri	
6. Muhammad Yassin	

Individual Event

Ivan Yuen (seeded 9/16) did very well to finish at No. 8;
 1st round: beat Danish Atlas Khan (Pak) – 8, 4, (7), 1
 2nd round: beat Norman Junge (Ger) – 3, (9), 5, 5
 3rd round: beat Mohd Sayed Mahmoud (Pak) – (7), 1, 3, 0
 4th round: beat Farhan Zaman (Pak) – (0), 1, 5, 7
 Quarter: lost to Mohamed El Shorbagy (Egy) – 3, 5, 1

Team Event

1st Round: The Pool Events were played in various Club in Zurich. Malaysia was in Pool F, together with Guatemala and Austria playing in Sihital. Malaysia beat Guatemala 3/0 and Austria 2/1 to top the group.
 Top 16 play-off: beat the United States 2/1
 Top 8 play-off: lost to England 2/1
 5th – 8th play-off: beat Canada 2/1
 5th – 6th play-off: lost to Germany 2/1

Manager's Report

Without our No. 2 player Kamran Khan who was floored by injury, Malaysia's ranking in the team event was down-graded from 4th to 6th and under such circumstances, we have done our best to achieve the 6th position.

CIMB MALAYSIAN OPEN

Date: 21 – 26 July 2008

Place: The Curve, Mutiara Damansara, Selangor

I. A New Court

Matches from the quarter-final stage onwards were played at a brand new 4-sided glass court, sponsored by Pizza Hut Malaysia, replacing the decade-long sole glass-court. The sponsorship hand-over ceremony was carried out on the 17th. July at The Curve, Damansara Utama where QSR Brands Bhd Managing Director, Jamaludin Mohd Ali handed a mock cheque of RM700,00.00 to Dato' A. Sani Karim, SRAM's President. Jamaludin echoed that "the new highly mobile court will help SRAM to easily stage high level squash championships at major malls all around the country, bringing the game to the general public."



II. A New Scoring System

The Women's International Squash Players' Association (WISPA), recently announced that the women's professional game will move to "point-a-rally" PAR scoring (first to 11) system starting from July 2008; thus making the CIMB Malaysian Open the first international tournament to utilize the PAR scoring. This change will hopefully transform the women's professional squash, making the game more attacking, more exciting, and considerably enhancing its spectator and television appeal.

Another notable change by the Professional Squash Association (PSA) which was also adopted by WISPA is the revised reporting of its scoring system. A game finishing at, say, '15-13' was previously reported as '11-10 (5-3)'. Starting from 1st. June 2008, all game scores will be reported in full i.e. 15 – 13.

III. A New Playing Field

For the first time the men's event was graced by a current World Top Ten player in Wael El-Hindi from Egypt (No. 9); whereas our Ong Beng Hee (No. 11) and Mohd Azlan Iskandar (No. 13) were enjoying their recent good run.

In the women's event, it will be another historic first to have a Malaysian Dato' in the playing field . . . Yes! Our very own Dato' Nicol David. She became the youngest Dato' (age 25) in the Malaysian history when she was conferred the Darjah Setia Pangkuan Negeri (DSPN) award in conjunction with the Penang's Yang DiPertua Negeri, Tun Abdul Rahman Abbas 70th birthday celebration; witnessed by the new Penang Chief Minister Lim Guan Eng.

IV. A Familiar Result



From left:

1. YBhg Dato' Syed Mustaffa – Organizing Chairman
2. YBhg Dato' Charon Wardini Mokhzani – CIMB Dep. CEO
3. Natalie Grinham – Women's runner-up
4. Mohd Azlan Iskandar – Men's runner-up
5. Ong Beng Hee – Men's Champion
6. Dato' Nicol David – Women's Champion
7. YBhg Dato' A. Sani Karim – SRAM's President

V. Road To Glory

	Nicol David	Ong Beng Hee
1st. Round	bt Rebecca Chui (Hkg) 11/5, 11/5, 13/11	bt Mohd Asyraf Azan(Mas) 11/3, 11/6, 11/0
Quarter-Final	bt Omneya Abdel Kawy (Egy)11/9,11/8,8/11,11/4	bt Farhan Mehboob (Pak) 14/16,9/11,11/1,11/8,11/8
Semi-Final	bt Rachael Grinham (Aus)11/3,7/11,11/1,11/6	bt Stewart Boswell (Aus) 5/11, 11/8, 13/11, 11/5
Final	bt. Natalie Grinham (Ned) 11/1, 11/4, 11/6	bt Mohd Azlan Iskandar 11/6,8/11,4/11,12/10,11/8

TO BE A WORLD CHAMPION (PART 1)

As I progressed part way through this article I realized there was much potential for content. I wanted to share my direct experiences with World Champions and then I want to give my view on what they have that the everyday achiever does not. So here is part one: The Champions I have had the honor to brush against. Part two will conclude in the next SRAM Bulletin.

My highest world ranking was 15 and I held a top 20 spot for many years; a somewhat impressive career but not great. Some have said I could have done better and they were right; top 10 perhaps even top 8. I did not have what it takes to be the best physically nor mentally though. Because of this I was drawn to coaching and ever since, I have been intrigued to work out the reasons why a champion is such an over achiever.

During my career I have had the pleasure and honor to meet, be coached by and play against many of the most respected squash champions of my time and others on the periphery. That has to be worth something and gives me the confidence to have a stab at trying to define these great people.

I remember the first professional match I watched was the Geoff Hunt v Qamar Zaman, British Open final where Geoff lost the first game, 9-7 in 52 minutes. He then went on to win the next 3 games in less than half an hour and the match 3-1. I was too young to notice or appreciate the depth of what happened but as a kid I was enthralled and subsequently hooked on squash. Known for his speed and agility, Hunt's patient character staved off the Pakistani challenge for years.



A 96-minute match filled with drama and excitement

I learned my squash at Richmond Town SC in Greater London. We had a close affiliation to the Kings Club in Guernsey and as such I saw the likes of Lisa Opie and Martine le Moignan as teenagers. Lisa used to come to Richmond to train and we sparred together often. Both players were unorthodox especially Martine with her 'rollover forehand' and both were quietly gifted. They were also completely different in so many ways not least in body type; one tall and powerful the other compact and agile.



Compact and agile - matching Nicol David's physique

Around the same time, at 15 years old I was invited to join the England U-19 National squads. This was my first introduction to the great Jonah Barrington along with the brutal training methods of his fitness guru Bomber Harris. I wish I were more open to Jonah, his interest in me and his gifted personality. My youthful outlook and stubborn 'I can do it myself' personality had no room for the Jonah brilliance; my loss. Thankfully we are all given the opportunity to mature. I took this chance and as a coach have had the benefit of many years of learning from this great man.

During my early professional career I competed in tandem with Susan Devoy. Wow! What dominance! With 8 British Open titles to this 'tomboys' name she is certainly the 2nd 'all time' player behind Heather MacKay. As with Dato' Nicol David, it was evident that Susan was destined for miracles. Her basic game was remarkable and her backhand drop was deadly; put the ball loose on the left side and it was gone. Less known was her cheeky sense of humor and charitable concerns.

While Devoy was dominating and I continued my career now looking behind me at who was coming through rather than ahead. Michelle Martin and Sarah Fitzgerald were maturing and showing signs of super star potential. They went on to have a legendary rivalry ruling the game for much of the 90's and beyond. With tremendous natural flair and height

Michelle was so dominant. She would murder any loose play executing the volley utilizing her many shots. Sarah on the other hand relied on power and pace to unsettle opponents by way of prevention. Couple this with her incredible speed and mobility and the result was an aggressive dominance few girls could handle.

After Jonah Barrington and Geoff Hunt came the invincible Jehangir Khan. After all these years in squash I finally read Jonah's 'Murder on the Squash court' which oozed respect for Jehangir and Jonah's prediction of Jehangir's dominance was spot on. Because Jehangir was in the thick of my career, I had the pleasure of playing him 9 times. Some might say dis-pleasure but I cherished every match and indeed every point I got off Jehangir was hard earned. I did well to reach the final of the Swedish Open to play Jehangir one year only to have the organizers put pressure on me saying 'we have an hour of live TV for the final so you have to last an hour??' No thought of winning; after all this was smack in the middle of Jehangir's five and a half year winning streak when a half hour match with the master was considered good. I lasted 54 minutes and earned myself a whopping 8 points for my efforts. (I suspect the organizers might have spoken to Jehangir too.)

Then there was Jansher Khan who I battled on 6 occasions. I was also one of his sparring/training partners. He would line up 4 or 5 of us and pound on us one after the other. He would mutter 'come on' during a rally when he felt I was not pushing hard enough. I never felt under too much pressure when playing him though. In fact, early on in each match I would often feel in control. Then after about 30/40 minutes he would smell fatigue, up the pace and goodnight. Jansher's counter punch style was very different from Jehangir's all out pace game and it was quite incredible to see Jansher's ability to absorb anything thrown at him.

During the latter part of my 'serious' playing days I saw Rodney Martin, Rodney Eyles and Peter Nicol shoot through to prominence. All were different players; Martin spectacular, Eyles aggressive and Nicol basic. They all had the special something that said it was just a matter of time. I believe Peter Marshall deserves a mention. If not for overtraining and illness he had all the attributes of the rest. I remember the two handed Peter as a 10 year old U-12 junior when I was in the U-19's. 'You are going to have to change that style if you want to get better' resounded throughout his career. Some were still saying it when he was world number two!!

As my career slowed and I turned to coaching my first real but unofficial gig was Jonathan Power. We were both competing on the US Satellite Tour; I was on my way down

Jonathon on his way up. We hung out in Toronto a lot, training and sparring together and we became good friends. His extra curricular activities would never allow him to succeed so I made it my mission to open his eyes to his talent, his potential and what that could bring. I saw this kid go from struggling against 'a has been that never was' (myself) to winning the coveted Tournament of Champions within 2 years. By then World Champion was written all over his dynamic game.



SRAM's Coaches Conference – cooking up new ideas!

My coaching continued with my first official position which was with Malaysian Squash preparing our talent pool for the '98 Commonwealth Games. Ong Beng Hee was one of the lads put in front of me and I saw in him so much of what I saw in all those mentioned above. He was nicely on track too with a World Junior Championship under his belt and I still believe he has the squash in him to take on the top few.

Another player who caught my eye during my first Malaysian stint was a tiny little Penangite with legs no thicker than my arms. But a 12 year old (then just) Nicol David was in a better athletic condition than some of our adult back-up men players at the time. She could interval train with the best of them. She has subsequently turned into the finest physical female athlete I have ever seen. Thankfully she has the other attributes too and combined this is equal to total domination of the WISPA Tour.

Part 2 – What is it that all these world champions have?



And do these SportExcel Grand Final Winners have them?

CIMB NATIONAL JUNIOR SQUASH CIRCUIT

I. 4th. Leg (4 – 6 July: Astaka, P.J.)

No.	Boys	Girls
	<i>Under 9</i>	
1.	Ong Sai Hung (Kdh)	Sivasangari (Kdh)
2.	Thoo Jun Yi (Per)	Britney Tan (Sel)
3.	Nik Muhd Shakirin (Ked)	Nur Aliah Izzati (Kdh)
4.	Jesse Foo (Kel)	Nur Athirah Ruzi (NS)
	<i>Under 11</i>	
1.	Mohd Aqif (FT)	Aika Azman (Ked)
2.	Ho Yu Wai (FT)	Nazihah Hanis (Ked)
3.	Daniel Poh (NS)	Danielle Wee (Swk)
4.	Huang Yu Ming (FT)	Zoe Foo (Sel)
	<i>Under 12</i>	
1.	Choh Calveen (Phg)	Farah Bazilah (Sbh)
2.	Nicholas Tan (Sel)	Mindy Lee (Swk)
3.	Andrew Lee (FT)	Raja Nurul Farah (FT)
4.	Nishan Ravi Nekoo (FT)	Netra Nair (Sel)

II. Grand Final (31 July – 3 Aug: Bukit Jalil)

No.	Boys	Girls
	<i>Under 9</i>	
1.	Ong Sai Hung (Kdh)	Sivasangari (Kdh)
2.	Thoo Jun Yi (Per)	Nur Aliah Izzati (Kdh)
3.	Mivesh Kumar (Ked)	Britney Tan (Sel)
4.	Darren Rahul (NS)	Nurthaqifah Laili (Mel)
	<i>Under 11</i>	
1.	Mohd Aqif (FT)	Aika Azman (Ked)
2.	Ho Yu Wai (FT)	Nazihah Hanis (Ked)
3.	Daniel Poh (NS)	Danielle Wee (Swk)
4.	Mohd Farez Izwan (Sbh)	Natasha Chin (Sbh)
	<i>Under 12</i>	
1.	Choh Calveen (Phg)	Farah Bazilah (Sbh)
2.	Nicholas Tan (Sel)	Mindy Lee (Swk)
3.	Andrew Lee (FT)	Netra Nair (Sel)
4.	Bryan Lim (NS)	Raja Nurul Farah (FT)



CIMB Grand Final Winners posing with their winning cheque
Girls (from left): Farah Bazilah, Aika Azman, Sivasangari,
Boys (from right): Ong Sai Hung, Choh Calvin, Mohd Aqif

SPORTEXCEL/MILO SQUASH CIRCUIT

I. Grand Final (8 – 10 Aug: Bukit Jalil)

No.	Boys	Girls
	<i>Under 13</i>	
1.	Al Nick Ally (Phg)	Goh Jing Xin (Mlk)
2.	Ryan Pasqual (Pg)	Sofea Najwa (Jhr)
3.	Shyan Kwan (FT)	Nurdiana Laili (Mlk)
4.	Daryl Choo (NS)	Teh Min Jie (Kdh)
	<i>Under 15</i>	
1.	Raja Adam (FT)	Lim Jee Nee (Pg)
2.	Adeen Idrakie (BJSS/Sel)	T. Mithila (Sel)
3.	Sanjay Singh (Swk)	Rachel Arnold (FT)
4.	Mohd Hannan (BJSS/FT)	Nattasha Ariffin (Pg)
	<i>Under 17</i>	
1.	Darren Subramaniam (Sel)	Yong Sue Ann (Sel)
2.	Max Ong (Pg)	Vanessa Raj (Pg)
3.	Nicholas Pasqual (Pg)	Celine Yeap (Pg)
4.	Samuel Chan (Sel)	Raja Nurul Sarah (FT)
	<i>Under 19</i>	
1.	Andre Kho (Swk)	Zulhijjah Azan (FT)
2.	Samuel Kang (S'pore)	Tan Yan Xin (Sel)
3.	Mohd Khairul Azlan (Trg)	Rachael Goh (Swk)
4.	Mohd Hafifi Tarmidi (FT)	Lim Sue Ann (Sel)

AT BUKIT JALIL

Satellite No. 4
15 – 18 July

Super Satellite No. 2
15 – 18 July

**W
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Shahid Zaman (Pak)

Line Hansen (Den)

1st. Round

bt Le Roy Leong (Mas)
11/2, 11/7, 11/4

bt Shin Nga Leung (Hkg)
9/2, 9/1, 9/1

Quarter-Final

bt Aqib Hanif (Pak)
11/7, 12/10, 11/7

bt Park Eun Ok (Kor)
9/4, 9/3, 9/6

Semi-Final

bt Elvinn Keo (Mas)
11/9, 11/7, 11/7

bt Alana Miller (Can)
9/2, 9/5, 9/2

Final

bt Mike Corren (Aus)
7/11, 11/4, 11/5, 13/11

bt Low Wee Wern (Mas)
9/6, 10/8, 9/4

1 Star No. 2
11 – 16 Aug

Tour 12 No. 2
11 – 16 Aug

**W
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Mohd Nafiizwan (Mas)

Delia Arnold (Mas)

1st. Round

bt Elvinn Keo (Mas)
17/15, 11/8, 12/10

bt Misaki Kobayashi (Jpn)
14/12, 8/11, 11/10, 11/2

Quarter-Final

bt Arshad Iqbal Burki (Pak)
11/7, 6/11, 5/3 (Rtd)

bt Sharon Wee (Mas)
11/5, 11/7, 11/6

Semi-Final

bt Muhd Asyraf (Mas)
5/11, 11/5, 11/5, 12/10

bt Joey Chan (Hkg)
13/11, 11/8, 11/8

Final

bt Wong Wai Hang (Hkg)
8/11, 11/9, 11/5, 11/4

bt Rebecca Chui (Hkg)
2/11, 11/4, 11/8, 11/9

ELSEWHERE

Tournament Singapore Masters

Venue & Date Kallang, Singapore (Aug)

Achievement Dato' Nicol David – Champion

Tournament Petrosport International

Venue & Date Cairo, Egypt (Aug)

Achievement Mohd Azlan Iskandar – Semi-final

Tournament World University Championship

Venue & Date Cairo, Egypt (Aug)

Achievement Nafiizwan Adnan – Semi-final

Tournament Dutch Open

Venue & Date Amsterdam, Holland (Sep)

Achievement Dato' Nicol David – Champion

Tournament Maharashtra State Open

Venue & Date Mumbai, India (Sep)

Achievement Mohd Azlan Iskandar – Runners-up
Mohd Asyraf Azan – Semi-final

ANOTHER 'PRINCE' STATE



Kedah became the fourth state in Malaysia to go under Prince Sponsorship, after Selangor, Sarawak and Sabah. The Agreement was signed on September 11 at Wisma Darul Aman and witnessed by State Youth, Sports, Arts, Culture and Heritage EXCO Dr. Hamdan Mohamed Khalib.



<http://www.asiansquash.com/index.html> - Asian Squash Federation (ASF)

Special features: News, tournament results, **awards** and upcoming events in this Asian part of the world



<http://www.squashsite.co.uk/> - UK Squash Site

Special features: Results archive, expert's views, player's website, interviews, **coaching tips**, club directories, etc.



<http://www.squash360.com/> - A 360° view of Squash

Special features: News (RSS Feed), articles, gears, coaching & **training tips**, interactive Q & A, etc.